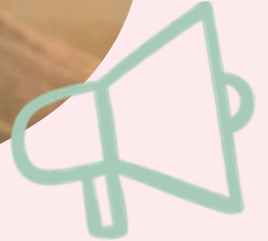




Welcome!



Come join the English-speaking women's group!

A closed group for women,
based on Teaching Recovery Techniques (TRT).


 Kerava library, Paasikivenkatu 12, 04200 Kerava

 Begins **on Tuesday 19.5.2026**

The group meets weekly, always on Tuesdays

15.30-17.00 / 3.30 p.m - 5 p.m

six times: 19.5/26.5/2.6/ 9.6/16.6/23.6

- Confidential and safe space 
- Coffee/tea and snacks included
- Discussions are held in English
- If you have had difficult experiences related to war, natural disasters or crises and want to find ways to increase your well-being, learn some coping tools to deal with difficult memories and be empowered with other women – this group is for you.

The activity is
free of charge.

Registration and further information:
Katri: +358 44 76 58 581 (Finnish, English)
You can also send WhatsApp



registration



MANNERHEIMIN
LASTENSUOJELUJÄRJESTYS
Uudenmaan piiri