



# Come join the English-speaking women's group!

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

🏠 Koivukylän avoin kohtaamispaikka, Karsikkokuja 17, 01360 Vantaa

⌚ Begins on Wednesday 25.2.2026

The group meets weekly, always on Wednesdays

**12.30 -14.00 / 1.30 p.m - 2 p.m**

**six times: 25.2/ 4.3/ 11.3/ 18.3/ 25.3/ 1.4**

- 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



MANNERHEIMIN  
LASTENSUOJELULIITON  
Uudenmaan piiri