



## ACTIVITY CALENDAR – AUTUMN 2010

(Updated 01.09.2010)

### DISCUSSION GROUPS

**More information and group brochures** from [www.familiclub.fi/duo\\_discussion\\_groups](http://www.familiclub.fi/duo_discussion_groups)

#### WOMEN'S GROUPS

Women's groups are aimed for all women living in intercultural relationships. You may have just started your relationship or been married for a decade, you may or may not have children or have a Finnish or foreign background. All groups are free and confidential and they are facilitated by trained volunteers.

If you are interested in participating in a women's discussion group starting in autumn 2010, please contact us by email [duo@familiclub.fi](mailto:duo@familiclub.fi) and we will notify you as soon as the schedules are confirmed.

#### MOTHER & BABY GROUPS

If you are a mother of an intercultural family and have a baby who is under year old, then Duo's Mother & Baby group is for you! The groups meet in the Helsinki metropolitan area and we are planning to start groups in other towns as well. All mothers - both Finnish and foreign - are welcome to participate. The groups are facilitated by women who are mothers of small babies as well. The groups are free of charge.

### Groups starting in September 2010:

#### Mother & Baby group in Espoo

**Time:** Tuesdays 7.9-19.10.2010, 11.00-13.00.

**Place:** Sello Library/Children's Section/"Bubble", Leppävaarankatu 9, Espoo. **Language:** English.

**Register in advance before 5.9.2010** at [duo@familiclub.fi](mailto:duo@familiclub.fi) or call us at 050-5713976.

**Please note** that only children under one-year-old can be taken to the groups and there is no child care available.

### FAMILY TRAINING

#### FAMILY TRAINING IN OCTOBER

Family training group is aimed at expecting intercultural couples. The themes covered during the two sessions include: bicultural children's identity and multilingualism, intercultural parenting and relationship advice. The training is confidential and free of charge, and complements the training provided by maternity guidance centers (neuvola) but does not replace it.

Place: Familia Club (Vilhonkatu 4 B 15, 3rd floor, 00100 Helsinki) | Time: Tuesday 19.10.2010 and Tuesday 26.10.2010, 17.00–19.30 | Register by email [duo@familiclub.fi](mailto:duo@familiclub.fi) before 10.10.2010 (Please indicate your preferred language - English or Finnish - when registering. The language will be decided based on participants' preferences)

## RELATIONSHIP COACHING

More information and brochures from [www.familiclub.fi/duo\\_relationship\\_coaching](http://www.familiclub.fi/duo_relationship_coaching)

### OVERHAND KNOT IN A RELATIONSHIP?

An Overhand Knot in a Relationship counselling is meant for an intercultural couple going through a crisis in their relationship. Instead of couples therapy an Overhand Knot in a Relationship counselling is about providing the couple with a guided structure that they can use when processing the crisis individually and as a couple. For more information contact Hanna Kinnunen by email [hanna.kinnunen@familiclub.fi](mailto:hanna.kinnunen@familiclub.fi) or by phone 050-4522393.

### WILL & SKILL RELATIONSHIP COACHING

Will & Skill relationship coaching programme will give you new ideas and relationship skills that can strengthen your relationship. The three-day programme consists of short introductory lectures and demonstrations after which you and your partner will work privately on exercises. There are no group discussions during the programme. | Place: Familia Club, Vilhonkatu 4 B, 3<sup>rd</sup> floor, Helsinki | Time: Wed 17.11., Wed 24.11. 17.15-19.45 and Sat 27.11.2010 10-14.30. | Cost 60 € /couple. Register by email ([duo@familiclub.fi](mailto:duo@familiclub.fi)) before 31.10.2010.

## ADVICE SERVICE

Duo's confidential advice service offers information on intercultural relationships, family life and parenthood.

### TELEPHONE ADVICE SERVICE

Call 044-5438972, Wednesdays, 9.30-11.30, for the cost of a mobile phone call.

### EMAIL ADVICE SERVICE

You can access our email advice service by emailing us at [duo@familiclub.fi](mailto:duo@familiclub.fi). Email advice is given in Finnish and English.



## CONTACT

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### Project worker Tanja del Angel

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Email [tanja.del.angel@familiclub.fi](mailto:tanja.del.angel@familiclub.fi)

### Telephone advice service

Telephone 044-5438972

(Wednesdays, 9.30-11.30)

Email [duo@familiclub.fi](mailto:duo@familiclub.fi)

Website [www.familiclub.fi/duo\\_homepage](http://www.familiclub.fi/duo_homepage)

Duo is a project for intercultural couples and families. Duo gets its funding from RAY and the project is focused on creating early support and counselling services for intercultural families. Duo's main aim is to foster the resources and wellbeing of people living in intercultural relationships.