

## ADVICE SERVICE

Duo's confidential advice service offers information on intercultural relationships, family life and parenthood. Duo also offers an Overhand Knot in a Relationship counselling for intercultural couples going through a crisis in their relationship.

### 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.

### Overhand Knot in a Relationship Counselling

Overhand Knot in a Relationship counselling is meant for couples going through a crisis in their relationship. The aim of the counselling is to increase understanding between partners and to help them to see each other's point of view. This service is subject to a charge. For more information visit our website or contact project manager Hanna Kinnunen by email ([hanna.kinnunen@familiclub.fi](mailto:hanna.kinnunen@familiclub.fi)) or by phone 050-4522393.

## CONTACT

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**Telephone advice service** 044-5438972  
(Wednesdays, 9.30–11.30)

There are almost 60 000 intercultural couples living in Finland where one of the partners has born abroad. Duo is a project for intercultural families and it is focused on early support and counselling services in order to foster the resources and wellbeing of intercultural couples and families in Finland. Duo organises among other things peer support groups facilitated by volunteers and trainings for volunteers, couples, parents and professionals.



**Familia Club ry / Duo Project**

Vilhonkatu 4 B 15

00100 Helsinki

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

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

## DUO PROJECT FOR INTERCULTURAL COUPLES AND FAMILIES



**Activity calendar  
spring 2012**

(updated 9 January 2011)

## DISCUSSION GROUPS

Duo's discussion groups are meant for people living in intercultural relationships. The groups are not crisis or therapy groups, but a place for members of intercultural families to meet each other as well as share thoughts and experiences.

For more information on discussion groups and to register or preregister, please contact us by email ([duo@familiaclub.fi](mailto:duo@familiaclub.fi)). The schedule of new groups is published on Duo's website and everyone who has preregistered will be contacted personally.

### Discussion group for mothers of bilingual families

**Tuesdays 28.2.-3.4.2012**, 17.00–18.30

(Familia Club, Vilhonkatu 4 B 15, 3<sup>rd</sup> floor)

**Language:** English or Finnish (please specify your preferred language when registering)

**Registration:** by 3.1.2012 by email ([duo@familiaclub.fi](mailto:duo@familiaclub.fi))

### Other planned groups

“Supporting the creativity of children in bilingual families” -group for parents of intercultural families in March 2012 (language: Russian or Finnish)

## MOTHER & BABY GROUPS

Mother & Baby groups are informal discussion groups in which mothers of intercultural families and their under 1-year-old babies can meet and share experiences in a friendly and relaxed atmosphere.

### Mother & Baby group in Kaisaniemi

**Fridays 10.2.–23.3.2012**, 12.00–14.00

(Familia Club, Vilhonkatu 4 B 15, 3<sup>rd</sup> floor)

**Language:** English

**Registration:** by 6.2.2012 by email ([duo@familiaclub.fi](mailto:duo@familiaclub.fi))

If you are interested in participating in a later starting group, please contact us by email ([duo@familiaclub.fi](mailto:duo@familiaclub.fi)). The schedule of new groups is published on Duo's website and everyone who has preregistered will be contacted personally.

## TRAINING FOR VOLUNTEERS

### Mother & Baby group facilitator training

**Tuesday 7.2.2012**, 10.00–13.00

(Familia Club, Vilhonkatu 4 B 15, 3<sup>rd</sup> floor)

**Language:** English

**Registrations:** by 31.1.2012 by email ([duo@familiaclub.fi](mailto:duo@familiaclub.fi))

The training enables you to facilitate your own Mother & Baby group together with a pair. Duo will offer training, material and support for the volunteers and help in finding a suitable pair and place for the meetings.

## FAMILY TRAINING

Duo's family training is meant for expecting intercultural couples as well as intercultural families with small children. The training covers themes such as intercultural parenthood and relationship as well as children's bilingualism and identity development. The training does not include birth training or replace the training offered by “neuvola”.

If you are interested in participating in a later starting family training, please contact us by email ([duo@familiaclub.fi](mailto:duo@familiaclub.fi)). The schedule of new groups is published on Duo's website and everyone who has preregistered will be contacted personally.

## PERHENETTI – “FAMILY NET”

Duo partners with Väestöliitto (Family Federation) and five other organizations to develop internet-based activities – such as discussion groups – for expecting couples and parents of small children. The website will be launched in February 2012. The schedule of all activities and groups will be published on Duo's website and newsletter. Please email us to [duo@familiaclub.fi](mailto:duo@familiaclub.fi) if you want to be kept up-to-date with the activities.