

WELCOME TO MIITTI

Pro lapinlahti mielenterveysseura





our STORY



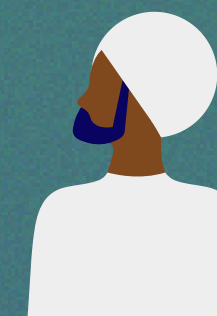
Migration is a crisis that effect our mental health wellbeing, and it's way of worse crisis if the reason of migration is seeking an asylum or being a refugee.

In 2015 we had many conflicts in the world led to a wave of refugees seeking safety in Europe.

The integration plan that is offered by the system in Finland and elsewhere in Europe doesn't consider that fact and apart of learning the language doesn't offer tools for the new citizens to take care of their mental well-being.

MIITTI was launched in September 2017 with funding provided by the Ministry of Education and Culture of Finland.

As a project we work towards equality, diversity and human commonness, and from the belief that human interaction is the key to breaking prejudices.





our AIMS



We work with immigrants living in the Helsinki Metropolitan Area who suffer from loneliness or lack of social networks, but from the beginning our groups and workshops have been open to all, in order to create an open and comfortable setting for people from all backgrounds to come together and form new connections.

IN SHORT, OUR AIMS ARE:

- to increase the overall well-being of the target groups
- to reduce the loneliness and risk of exclusion of target groups
- to reduce cross-cultural prejudices and stigma.

GROUPS & workshops

We offer groups and workshops for **mental wellbeing and peer support**, **physical exercise and movement**, **art**, **languages and cultural exchange**.

Most of our groups take place within the beautiful surroundings at Lapinlahden Lähde, but for some, we meet at different places around the city, such as Talihalli, Maunula-talo and Oodi Central Library.

Many of our groups are run by our dedicated volunteers, some of whom have been attached to MIITTI since the beginning, while other activities are run in cooperation with other projects and independent actors.



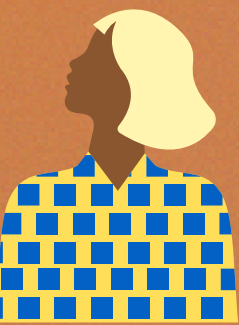
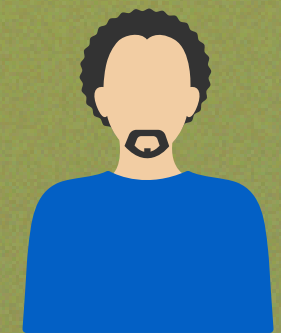


physical ACTIVITIES

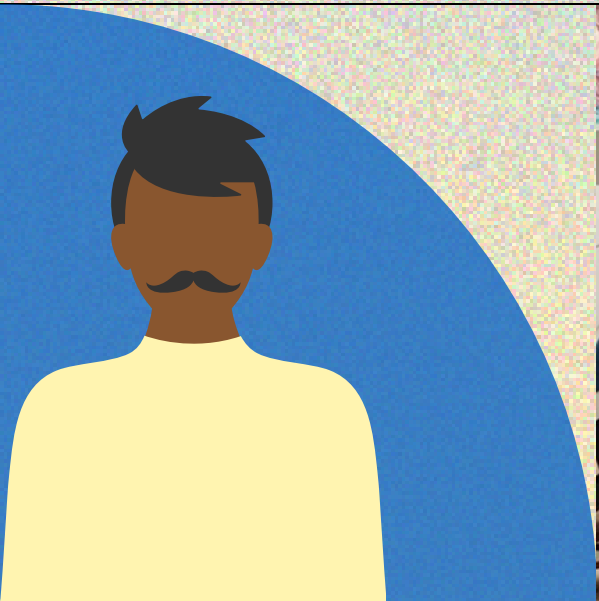
We offer groups for physical activity in a variety of activities, many of them running throughout the year.

At the moment, we offer:

- '*Badminton at Tali*' at Talihalli Huopalahti on Sundays on a bi-weekly basis
- '*Run to Sauna*' on Wednesdays at Lapinlahden Lähde
- '*Let's Tango*' on Mondays at Lapinlahden Lähde
- '*Kundalini Yoga*' on Tuesdays at Lapinlahden Lähde



language & culture EXCHANGE



We offer three different language classes:

- '*Suomea suomeksi*' on Wednesdays, in collaboration with Suomi Sujuu. The classes alternates bi-weekly between beginners and intermediate.
- '*Snacka på svenska*' on Mondays
- '*Kielenvaihtokulma suomi/arabia*' on Wednesdays in Maunula-talo



- At '*Open Kitchen*', participants are invited to cook dishes alongside the teacher to learn how to cook new dishes.
- At '*Story Sharing Café*', people are invited to share stories and listen to others tell theirs, both at tables in small groups led by facilitators, as well listening to the invited storytellers on stage.

creative WORKSHOPS



Through our partnership with Kollek.tiivi, we offer *creative art workshops* once a month with a wide variety of art forms, ranging from workshops of miniature weaving and nature calligraphy to letter design and comic books.



In '*Theatre of the Oppressed*', the participants will be inspired to explore different issues to better deal with shared challenges in the society, and create a forum for dialogue and a sense of community, using theatre as a tool for transformation.



exhibitions in AVOIN TILA



In our open space in the beautiful Venetsia building, sitting right by the water at Lapinlahden Lähde, we offer our walls to immigrant artists looking to exhibit their work.

We know how difficult it is to find available space, let alone afford them, especially when establishing yourself in a new place, and that is why we let artists use our walls for free.



mental health & WELLBEING



Our main aim is always to benefit the mental health and increase the wellbeing of our participants, which is why we host events and groups that seek to help people socialise and meet new people, as well as creating a safe space to come and interact for those feeling alone and insecure.

- **Friends Without Borders:** a social gathering for people to simply come together to talk, eat and drink.
- **TOIVO Peer Groups:** The group closes for participants after the first meeting, and meet 10 times to do fun activities together.
- **Guided Meditation:** Every week a new subject is discussed and meditated on.

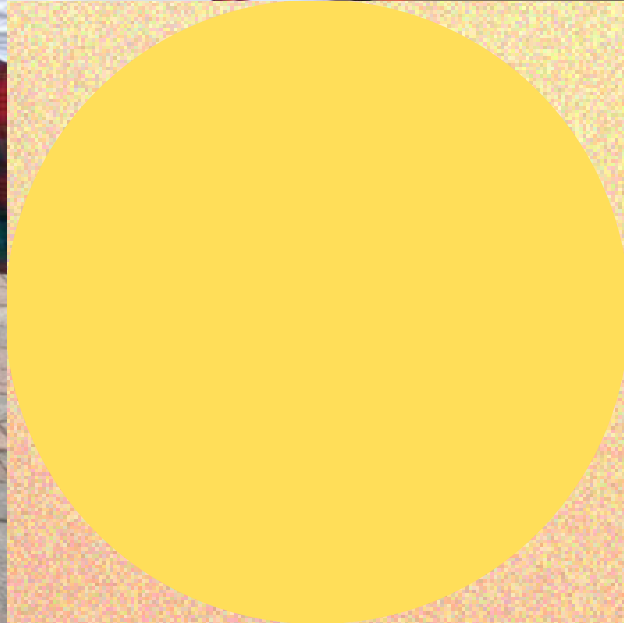


our EVENTS



Through the year, we arrange different events on our own and in collaboration with and other partners.

Our popular *Friends Without Borders* invites people to simply come together to meet new people, eat, drink and dance, while the *Story Sharing Cafés*, created by and hosted in collaboration with Story Sharing Universum, aims to bring people together and break prejudice by creating a safe space to share stories and listen to those shared by others, both other participants and invited guests.



WHAT OUR *participants say*

“

Nice and friendly atmosphere.

I'm grateful for organizers for putting in their time and effort to make these events happen!

Everyone was welcoming.

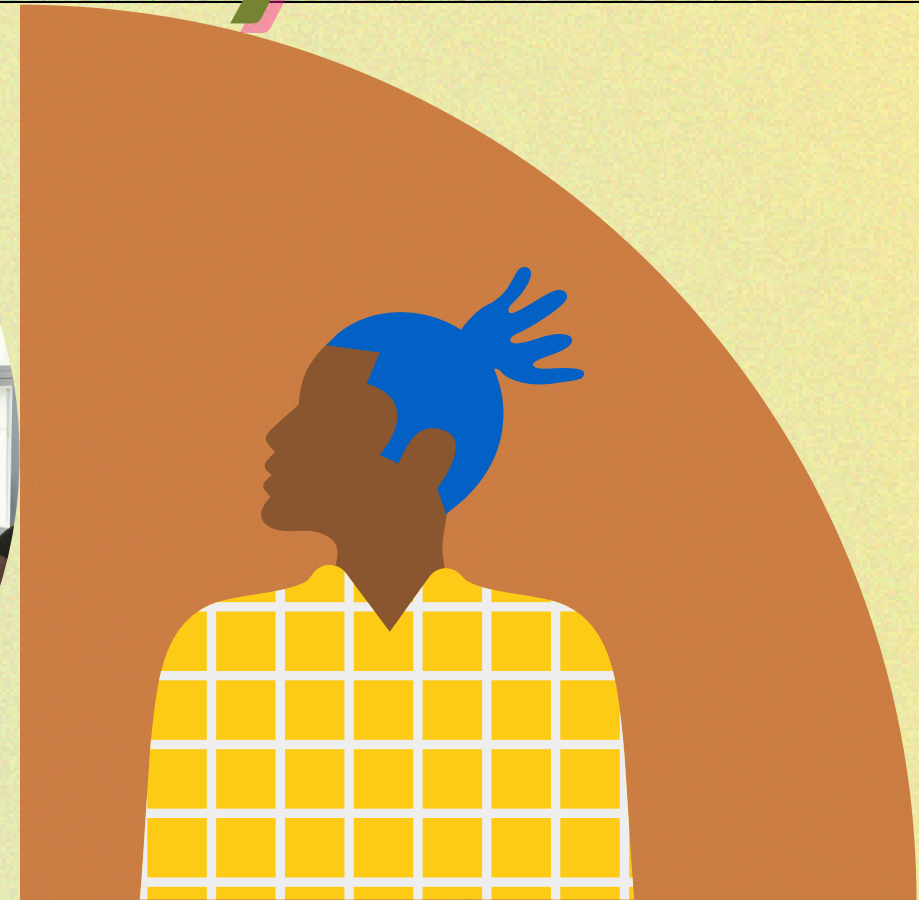
We got a good avenue to self express.

I just arrived to Finland so it felt good to have a place to go (...) and learn the language with other people

I got to relax in a way I hadn't in a very long time.

Going to these activities greatly helped me to feel a part of a community and combat my loneliness.

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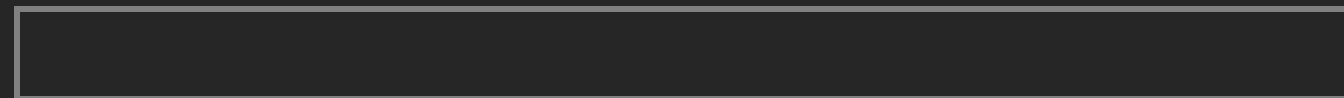
[Click here to watch](#)

LAPINLAHTI

HELSINKI / FINLAND



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