

Bonus material 5.1. Information, societies and interests support list

Getting started in Finland:

- Infopankki: www.infopankki.fi
- In To Finland: www.intofinland.fi

Forums:

- IESAF Finland: www.iesaf.fi
- Finland Forum: www.finlandforum.org

Associations:

- Familia Club: www.familiacub.fi
- Cassandra: www.kassandra.fi
- Moniheli: www.moniheli.fi
- Ne-Rå counselling centre: www.ne-ra.fi

To do in Helsinki area:

- Helsinki Welcome Weeks: www.welcomeweeks.fi
- Helsinki City webpage: www.hel.fi/www/helsinki
- Helsinki City's guide to sports clubs: www.hel.fi/www/Helsinki/en/culture/sports/clubs/
- Helsinki city's playgroup information: www.hel.fi/www/helsinki/en/day-care-education/play/playgroups/playgroup-clubs
- The International Cultural Centre Caisa: www.caisa.fi

Facebook groups:

- Expat Parents in Helsinki Facebook group: www.facebook.com/groups/131063933618519/
- Helsinki Expat Meet-up Facebook-group: www.facebook.com/groups/45107353822/?fref=ts
- Our Multilingual Family Facebook-group: www.facebook.com/groups/629653683748890/

News in Finland

- YLE in English: www.yle.fi/uutiset/news
- Helsinki Times: www.helsinkitimes.fi
- Six Degrees: www.6d.fi/6d
- Finland Times: www.finlandtimes.fi
- This is Finland: www.finland.fi

In crisis

- The Finnish Association for Mental Health: www.mielenterveysseura.fi