



## Mental Health Exchange Preliminary Programme

Finland, 14-23 April 2026

### PROGRAMME GROUP 2

#### HELSINKI 14-15 April - The whole group

##### Tuesday 14/04

9:00-16:00 The opening day: programme will be updated later

*Lääkäritalo Helsinki*

##### Wednesday 15/04

10:00-12:00 Visit: LAPINLAHDEN LÄHDE - Centre for arts, culture and mental well-being

12:00-13:00 Lunch

#### HELSINKI 16-17 April: The third sector supports mental health through preventive measures

##### Thursday 16/04

10:00-12:00 Mieli ry: a mental health organisation

12:00-13:00 Lunch

13:00-14:30 **Subgroup Koivu**

Kohtaus ja Leikkiväki ry: Activities for young people outside the labour market

13:00-14:30 **Subgroup Lumi**

Tukikohta ry: outreach substance abuse work

15:00-16:00 **Koivu & Lumi**

Nyyti ry: student's mental health



## Friday 17/04

### Koivu

- **10:00-12:00 Aito Välittäjä plus:** Peer expertise supporting clients in psychiatry
- **14:00-16:00 EHYT ry:** Preventive substance abuse work

### Lumi

- **9:00-11:00 Klubitalo Itä-Helsinki:** an equal community formed by people in need of psychosocial support, mental health rehabilitees, and staff members
- **12:00-14:00 Kukunori:** culture of well-being

## Monday 20/04 - The whole group

- **8.00 Bus ride from Home hotel Jugend to Artteli, Tampere**

10:00-11:00 **Getting to Know Tampere's Child and Youth Outpatient Mental Health Services**

*Artteli, Tampere*

11:00-12:00 **Lunch**

12:00-15:00 **Reflection through art: Exploring the connection between culture and mental health**

## TAMPERE 21-22 April

Public child and youth services support safe development

### Tuesday 21/04

Introduction to the public daycare and school system. We will reflect on how physical spaces in new daycare centers and schools can support mental health. Attention is given to how layout, lighting, acoustics, and flexible use of space influence wellbeing, learning, and a sense of safety. The aim is also to reflect on both the opportunities and the limitations of built environments in promoting everyday wellbeing.

- **Bus ride from Tampere hotel to Ruutana monitoimitalo Leppätie 1, Kangasala**



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**9:00-10:30 Introduction to early childhood education and care**

*Public Daycare Ruutana, Kangasala*

**10.30-11:00 Introduction to a Public Youth Centre and Youth Services**

*Youth Centre, Ruutana, Kangasala*

**11:00-12:00 Lunch**

- **Bus ride from Ruutana monitoimitalo (Leppätie 1) to Elementary school Ruutana (Ruutanantie 750)**

**12:15-13:45 Introduction to the elementary school's operating culture and building, with facility tour**

*Elementary school, Ruutana, Kangasala*

**13:45-15:00 Reflection**

- **Bus ride from Ruutana school to hotel**

## **Wednesday 22/04**

The day focuses on supporting patients and their families through illness and at the end of life. We will explore practical approaches and psychosocial practices that help strengthen wellbeing, provide comfort, and foster resilience for both patients and loved ones.

**10:00-12:00 Introduction to a hospice in Pirkanmaa and psychosocial support practices for children experiencing loss**

*Hospice care center of Pirkanmaa*

**12:00-13:00 Lunch**

**13:15-15:00 A visit to Tampere university hospital and an introduction to the OLKA model: Support for patients and families in hospital settings and coordination of volunteer services:**

*Tampere university hospital*

- **15.30 A bus ride to Helsinki from the hotel**

**19:00 Farewell dinner in Helsinki at Mamma Rosa (Runeberginkatu 55)**

## **Thursday 23/04**

**9:00-16:00 The closing day - Lääkäritalo Helsinki**



<b>EU-PROMENS Mental Health Exchange Programme Finland 2026 Groups &amp; Subgroups</b>					
<b>Nr</b>	<b>FIRST NAME</b>	<b>LAST NAME</b>	<b>COUNTRY</b>	<b>GROUP</b>	<b>SUBGROUP</b>
1	Aleš	Zajc	Slovenia	GROUP 1	Aalto
2	Alexandrina Maria	Pop	Romania	GROUP 1	Aalto
3	Alison	Adams	Luxemburg	GROUP 2	Koivu
4	Almos	Dinnyes	Hungary	GROUP 1	Aalto
5	Anja	Zidaric	Slovenia	GROUP 1	Aalto
6	Anna	Veiolgani	Greece	GROUP 1	Aalto
7	Annelin	Festervoll	Norway	GROUP 1	Aalto
8	Bertalan	Fendrik	Hungary	GROUP 1	Aalto
9	Birgit	Dürk	Austria	GROUP 1	Aalto
10	Camille	Duclot Brincat	France	GROUP 1	Aalto
11	Carina	Stabauer	Austria	GROUP 1	Aalto
12	Catherine Marie	Van Ouytsel	Belgium	GROUP 1	Aalto
13	David	Schein	Hungary	GROUP 1	Aalto



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14	Dearbhla	Thornton	Ireland	GROUP 1	Aalto
15	Denisa-Ramona	Codre	Romania	GROUP 1	Aalto
16	Denise	Kriechbaumer	Austria	GROUP 1	Aalto
17	Doris	Nohel	Austria	GROUP 1	Aalto
18	Dorota	Brzezinová	Czechia	GROUP 1	Aalto
19	Dragana	Marina	Croatia	GROUP 1	Aalto
20	Ema Nicea	Gruber	Croatia	GROUP 1	Aalto
21	Emanuel Enej	Skrget	Slovenia	GROUP 1	Sisu
22	Giulia Maria	Zoratti	Italy	GROUP 1	Sisu
23	Helina	Mändmets	Estonia	GROUP 1	Sisu
24	Hristo	Milchev	Bulgaria	GROUP 1	Sisu
25	Ilse	Vandervelden	Belgium	GROUP 1	Sisu
26	Jocelyn	Deloyer	Belgium	GROUP 1	Sisu
27	Johanna	Löloff	Germany	GROUP 1	Sisu
28	Jule Mati	Corthals	Netherlands	GROUP 1	Sisu
29	Julius	Schoebel	Germany	GROUP 1	Sisu
30	Kåre	Rønnes	Norway	GROUP 1	Sisu
31	Karina	Kakhanova	Czechia	GROUP 1	Sisu
32	Kevin	Rebecchi	France	GROUP 1	Sisu



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33	Kristína	Janačková	Slovakia	GROUP 1	Sisu
34	Lara	Dujc	Slovenia	GROUP 1	Sisu
35	Lars Arno	Dumke	Germany	GROUP 1	Sisu
36	Laura	Dr. Lencse	Hungary	GROUP 1	Sisu
37	Laura	Osés Zarate	Spain	GROUP 1	Sisu
38	Laurent	Cruchet	France	GROUP 1	Sisu
39	Linda	Nyanchoka	Norway	GROUP 1	Sisu
40	Linda	Brišová	Czechia	GROUP 2	Koivu
41	Livia	Lepetit	Italy	GROUP 2	Koivu
42	Loreto	Albás Álvarez	Spain	GROUP 2	Koivu
43	Malte	Behrendt	Germany	GROUP 2	Koivu
44	Marek	Páv	Czechia	GROUP 2	Koivu
45	Margita	Markovič	Slovenia	GROUP 2	Koivu
46	Maria Trinidad	Peláez Martínez	Spain	GROUP 2	Koivu
47	Marie	Báječná	Czechia	GROUP 2	Koivu
48	Marie	Vejvodova	Czechia	GROUP 2	Koivu
49	Marina	Fernandez Lopez	Spain	GROUP 2	Koivu
50	Marta	Torelli	Italy	GROUP 2	Koivu
51	Martin	Gselman	Slovenia	GROUP 2	Koivu



52	<b>Marzena</b>	<b>Chaczko</b>	<b>Poland</b>	<b>GROUP 2</b>	<b>Koivu</b>
53	<b>Matija</b>	<b>Smrečnik</b>	<b>Slovenia</b>	<b>GROUP 2</b>	<b>Koivu</b>
54	<b>Mélina</b>	<b>Merk</b>	<b>Netherlands</b>	<b>GROUP 2</b>	<b>Koivu</b>
55	<b>Natalia</b>	<b>Raileanu</b>	<b>Romania</b>	<b>GROUP 2</b>	<b>Koivu</b>
56	<b>Niamh Catherine</b>	<b>Power</b>	<b>Ireland</b>	<b>GROUP 2</b>	<b>Koivu</b>
57	<b>Paulina</b>	<b>Cisowska</b>	<b>Poland</b>	<b>GROUP 2</b>	<b>Koivu</b>
58	<b>Petra</b>	<b>Koprivnik</b>	<b>Slovenia</b>	<b>GROUP 2</b>	<b>Koivu</b>
59	<b>Petra</b>	<b>Bednářová</b>	<b>Czechia</b>	<b>GROUP 2</b>	<b>Lumi</b>
60	<b>Petra</b>	<b>Belec</b>	<b>Croatia</b>	<b>GROUP 2</b>	<b>Lumi</b>
61	<b>Rabia</b>	<b>Sotsane</b>	<b>Germany</b>	<b>GROUP 2</b>	<b>Lumi</b>
62	<b>Robertas</b>	<b>Povilaitis</b>	<b>Lithuania</b>	<b>GROUP 2</b>	<b>Lumi</b>
63	<b>Sara</b>	<b>Seršen</b>	<b>Slovenia</b>	<b>GROUP 2</b>	<b>Lumi</b>
64	<b>Šárka</b>	<b>Bartoňková</b>	<b>Czechia</b>	<b>GROUP 2</b>	<b>Lumi</b>
65	<b>Simona</b>	<b>Tripković Drev</b>	<b>Slovenia</b>	<b>GROUP 2</b>	<b>Lumi</b>
66	<b>Svenja</b>	<b>Reinhardt</b>	<b>Germany</b>	<b>GROUP 2</b>	<b>Lumi</b>
67	<b>Teodora</b>	<b>Vlad</b>	<b>Romania</b>	<b>GROUP 2</b>	<b>Lumi</b>
68	<b>Teresa</b>	<b>Cauqui Olmedo</b>	<b>Spain</b>	<b>GROUP 2</b>	<b>Lumi</b>
69	<b>Tereza</b>	<b>Táborská</b>	<b>Czechia</b>	<b>GROUP 2</b>	<b>Lumi</b>
70	<b>Tetiana</b>	<b>Kulish</b>	<b>Slovakia</b>	<b>GROUP 2</b>	<b>Lumi</b>



71	<b>Tina</b>	<b>Obrul</b>	<b>Slovenia</b>	<b>GROUP 2</b>	<b>Lumi</b>
72	<b>Tina</b>	<b>Vardič Žužek</b>	<b>Slovenia</b>	<b>GROUP 2</b>	<b>Lumi</b>
73	<b>Tünde</b>	<b>Benedek</b>	<b>Hungary</b>	<b>GROUP 2</b>	<b>Lumi</b>
74	<b>Vanessa</b>	<b>Alves Ruiz</b>	<b>Spain</b>	<b>GROUP 2</b>	<b>Lumi</b>
75	<b>Verica</b>	<b>Jovanovski</b>	<b>Croatia</b>	<b>GROUP 2</b>	<b>Lumi</b>
76	<b>Zbynek</b>	<b>Roboch</b>	<b>Czechia</b>	<b>GROUP 2</b>	<b>Lumi</b>
77	<b>Zuzana</b>	<b>Bratová</b>	<b>Czechia</b>	<b>GROUP 2</b>	<b>Lumi</b>