



Tuesday, April 14



All participants

09:00 - 16:00

Location: Lääkäritalo Arvo

Address: Mäkelänkatu 2 A, 00500 Helsinki. ARVONSALI

Contact person: Eveliina Puska (+358 3503014)

Travel: by public transportation

The opening day

- 9-11.30 Welcome: practical info, introduction and overview of the programme
- 11.30-12.45 Lunch (included)
- 12.45-14.45 Finnish (mental) health care system, national mental health strategy and suicide prevention programme
Saara Rapeli & Johanna Cresswell-Smith, National Institute for Health and Welfare
- 14.45-15.15 Coffee break
- 15.15-16.00 Local tips and getting to know each other

Lunch included

Dinner at hotel from 17.00.

*18-20 Cheers and chats at Clarion hotel Mestari,
address: Fredrikinkatu 51-53, 00100 Helsinki
Contact person Benita Barman (+358 40 7252664)*



Wednesday, April 15



All participants

10:00 - 13:00

Location: Lapinlahden lähde

Address: Lapinlahdenpolku 8, 00180 Helsinki

Contact person: Benita Barman

Travel: by foot (Benita, Elsa and Eve leaves from hotel lobby at 9.30)

Lapinlahden lähde: A new era of citizen-centred community based wellbeing work

Lapinlahti, Finland's first psychiatric hospital in Helsinki, is now an open, year-round hub for mental health, wellbeing, culture, and community activities. It brings together diverse people and actors to reduce loneliness and exclusion, support inclusion and integration, and offer opportunities for participation, learning, and creative work in an accessible environment.

Presentation on the history and present of Lapinlahti and tours in the area.

Lunch at 12.00

AALTO and **SISU** - a bus ride to Tampere from the hotel at 14.00

KOIVU and **LUMI** - reflection moment (with Eve and Maritina at the hotel lobby) 13.30

Thursday, April 16



Aalto and **Sisu**

8.30-15.30

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.

Location: Early childhood education and care, Public Daycare Ruutana, Kangasala

Address: Leppätie 1, 36110 Ruutana

Contact person: Elsa Pardonon, Sari.Laurila@kangasala.fi

Travel: by EU-Promens bus from hotel at 8.30

- 9-10.30 Early childhood education and care, Public Daycare Ruutana, Kangasala

Read more: Early childhood education and care:
<https://www.kangasala.fi/kasva-ja-opi/varhaiskasvatus-ja-esiopetus/>

Workshops about Finland's maternal and child health system

- 10.30-11 Learn more about youth services:
<https://www.kangasala.fi/koe-viihdy-ja-ela/nuorisopalvelut/>

Lunch at 11-12

Location: Ruutanan koulu, Kangasalan kaupunki

Address: Ruutanantie 750

Contact person: Elsa Pardonon,
sakari.huttunen@kangasala.fi

Travel: by EU-Promens bus from daycare at 12

- 12.15-13.45 Visit at a new school building (basic education)

Read more:

Basic education: <https://www.kangasala.fi/kasva-ja-opi/perusopetus/>

- 13.45-15 reflection
- 15 A bus ride back to the hotel

Friday, April 17

Hospice care center and Psychosocial support for children and young people through loss

Aalto and **Sisu**



10-13

Location: Pirkanmaan hoitokoti, [Etusivu - pirkanmaanhoitokoti.fi](https://www.etusivu-pirkanmaanhoitokoti.fi)

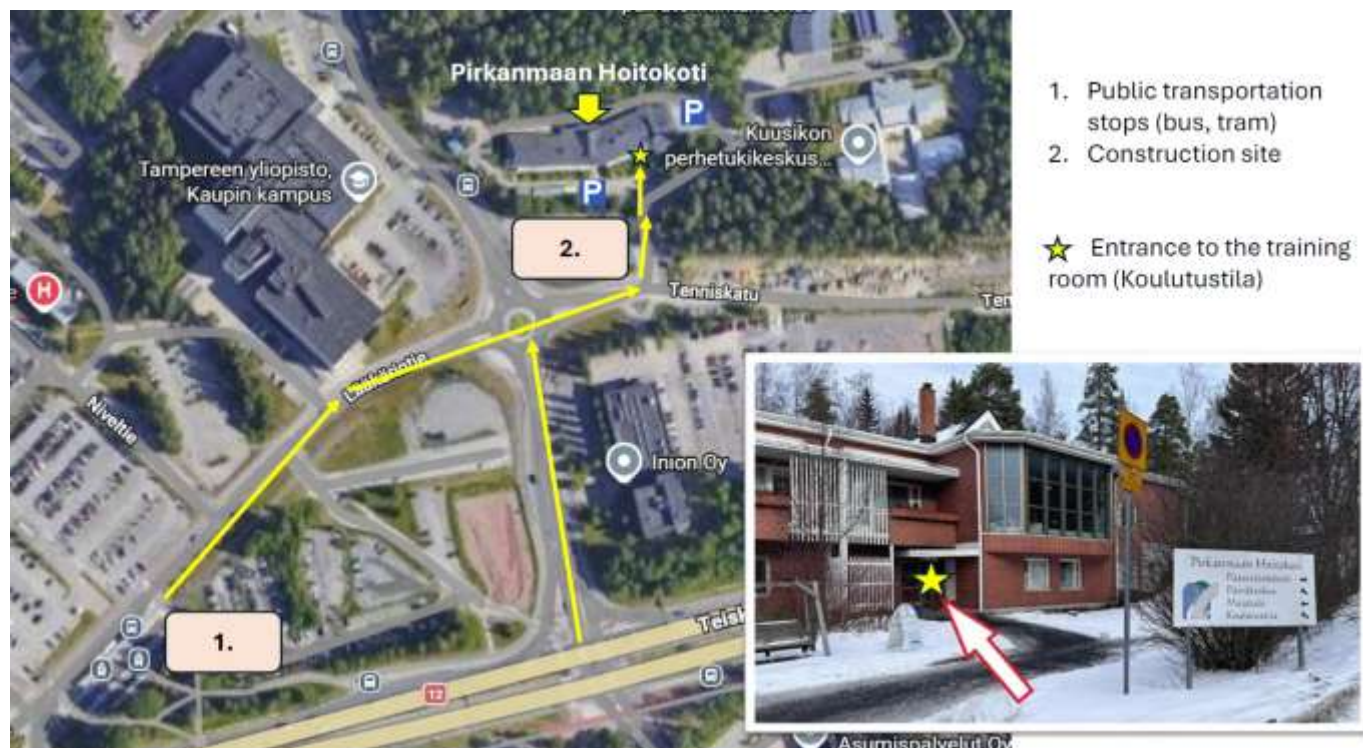
Contact person: Benita Barman,
hanna.havola@pirkanmaanhoitokoti.fi

Address: Lääkärikallionkatu 3

Travel: By public transportation

Lunch at 12-13 in Restaurant Arvo (a walking distance from Hospice center) Arvo Ylpön katu 34, 33520 Tampere

Please see the instructions for entrance below:



We provide warm and reliable care for people with incurable illnesses and their loved ones during their final weeks together, supported by the highest level of specialized expertise in the country. Patients are referred to us by hospital districts when the illness is exceptionally difficult to treat, or when the patient or their close ones require special support.

Everyone who needs it has the right to high-quality palliative and end-of-life care. Therefore, we train social and healthcare professionals in palliative care as well as in issues related to grief and encountering death, and we operate as national experts in advanced-level specialist palliative care.

Lunch included

Friday, April 17

Aalto, 13-15



Introduction to the emergency department of Tampere University Hospital from the perspective of mental health work

Location: Tampere university hospital, [Home - Pirha in English - pirha.fi](https://www.pirha.fi/en/home)

Contact person: Elsa Pardonon, minna.sunnari@pirha.fi

Address: Ensitie 8

Travel: By foot from restaurant Arvo, back to hotel by public transport

Tampere University Hospital (TAYS) is one of Finland's five university hospitals and provides specialized medical care for a population of over one million people in the Pirkanmaa region and surrounding areas.

The hospital offers a wide range of advanced healthcare services, including specialized treatments, emergency care, and highly demanding medical procedures. It also plays a key role in medical education and research in collaboration with universities and other institutions.

TAYS is known for its high-quality care, multidisciplinary expertise, and continuous development of healthcare practices. It functions as a central hospital within its region and as a national center of excellence in several medical specialties.

Friday, April 17

Sisu 13-15



Introduction to a public outpatient unit for child and adolescent mental health and substance abuse services

Location: Sarvis, [Home - Pirha in English - pirha.fi](https://www.pirha.fi/en/home)

Contact person: Elsa Pardonon,
tanja.kuhalampi@pirha.fi

Address: Hatanpäänkatu 3, 33900 TAMPERE
(Entrance F)

Travel: By EU-promens bus, pick-up from Arvo at 13.00

Youth Mental Health and Substance Use Services (Sarvis, Tampere)

Sarvis provides low-threshold, voluntary support for young people experiencing mental health challenges and substance use issues. The services are flexible and tailored to individual needs, focusing on everyday support, guidance, and building trust.

The aim is to strengthen well-being, support recovery, and prevent social exclusion. The work emphasizes young people's strengths, participation, and a recovery-oriented approach.

Monday, April 20



All groups

8-15.30

Location: Artteli

Address: Mustanlahdenkatu 22, 33210 Tampere

Contact person: Benita Barman

Travel: Lumi and Koivu: Pick-up by EU Promens Bus at the hotel at 8.00

- *10.00 Welcome*
- *10.30-11 Getting to Know Tampere's Child and Youth Outpatient Mental Health Services*
Kaija Saari, Service Manager, Pirkanmaa Wellbeing Services County (kaija.saari@pirha.fi)
- *11-12 Lunch and coffee*
- *12-15 Cultural well-being and art-based methods, art workshops - Maikki Kantola (maikki.kantola@gmail.com)*
- *15.30 The bus leaves from Artteli to Helsinki (**Sisu** and **Aalto**)*



Tuesday, April 21



Sisu and *Aalto*

9-11

Location: Moniheli, <https://moniheli.fi/en/>

Address: Sturenkatu 11, Auditorium 1. floor


Contact person: Eveliina Puska (+358 3503014)

Travel: by public transportation

Lunch at 11.00 Stu 11

The session includes a short presentation of Moniheli's work in promoting inclusion and wellbeing. It also explores how migration impacts mental health, with a particular focus on unemployed migrants in Finland.

Lunch included



Tuesday, April 21

Aalto
13-15



Location: Klubitalo, [Helsingin Klubitalo - ESKOT ry](#)

Address: Jauhokuja 3, (the entrance is on the opposite side of building from the subway entrance, the building is the same as Liikuntamyly)

Contact person: Eveliina Puska (+358 3503014)


Travel: Public transportation

Peer support, daily-life activities, guidance, and counseling are provided by the Clubhouse, supporting well-being and promoting recovery.

The activities are organized free of charge, on a voluntary basis, and flexibly - participation is done in one's own way, according to individual strengths and resources.

What can be done at the Clubhouse?

At the Helsinki Clubhouse, members are supported in studies, employment, and overall well-being. The community's activities are based on work and learning days. The principle is that activities are carried out together according to each person's strengths and interests. Tasks do not need to be mastered in advance; skills are practiced and developed together. No task needs to be done alone. By participating in Clubhouse activities, new social relationships can be formed and membership in a community that promotes rehabilitation can be achieved.



Tuesday, April 21

Sisu
13-15



Location: Valo-valmennusyhdistys: Olo-tila, [Olo-Tila | Valo-Valmennusyhdistys ry](#)

Adress: Asiakkaankatu 3A

Contact person: Jaana (+358 50 9118258), Maritina

Travel: Public transportation

The project creates inclusive spaces in East Helsinki for people to meet and take part in activities, without limiting participation by age, bringing together diverse individuals and actors.

Valo-Valmennusyhdistys is a national association improving access to learning, employment, wellbeing and participation in the society.

Our mission is to support, guide and train some of the most vulnerable members of the society to reach good, ordinary life, where their goals in areas of health and wellbeing, employment, housing and family/friends have been achieved.

We continuously evaluate and develop our practices, using applied research as a basis. We develop and distribute new ways of working that support people in vulnerable groups.

Valo-Valmennusyhdistys currently works in Tampere, Sastamala, Turku, Rauma, Pori, Seinäjoki and Helsinki.

Wednesday, April 22

Aalto

9.30-11.30



Location: Kukunori, [About Kukunori - Kukunori](#)

Adress: Malmin raitti 17B, 3. floor

Contact person: Maritina, (markus.raivio@kukunori.fi)

Travel: Public transportation

Lunch 12.30: Suski, Ylä-Malmin tori 3

Kukunori is a vehicle for change, providing individuals and organisations with the tools and inspiration to be the best they can be while working toward a broader cultural shift in the health and social care sectors, promoting active citizenship and societal participation among mental health survivors and people with disabilities..

The world is never ready. Kukunori plans to play a major part in showing to the world that being “special” is the new normal. We all, undeniably, have burdens to bear. What is truly important, however, is what we can achieve in spite of them.

In nine years, we see Kukunori blazing a trail in mental health service design and shaping NGOs of the future. We want to lead the way in moulding future practices in mental health work, flying the flag of civil rights both at home and further afield. Above all, we hope to always remain curious. Having the presence of mind to call one’s actions and thoughts into question is, after all, the only way to bring about sustainable change for the better.

Lunch and dinner included

Aalto

14-16



Location: Maria-Akatemia, [EN – Maria Akatemia | Ihmisten ja yhteisöjen kasvun asiantuntija](#)

Adress: Malmin raitti 17

Contact person: Maritina, (sari.nyberg@maria-akatemia.fi)

Travel: Public transportation

Maria Akatemia is a non-profit organisation in Finland. Maria Akatemia is independent of any political or religious ideologies.

The vision of Maria Akatemia is to promote the wellbeing and inner growth of individuals and communities, for this further supports sustainable intercultural interaction at national and global levels. Its operations and research areas include gender specificity, violence prevention, work community wellbeing and ethical leadership.

Maria Akatemia is specialised in the recognition and treatment of women’s inner ill-being and violence and have since 2003 had a programme for prevention of violence by women.

Dinner at Mamma Rosa 19.00(Runeberginkatu 55)

Wednesday, April 22

Sisu



9-11

Location: Aito välittäjä –toiminta, [Aito välittäjä – LOV ME](#)

Address: Kalasatama healthcenter, Työpajankatu 14 A

Contact person: Eveliina Puska (+358 3503014),
hannimari.pihkanen@hel.fi

Travel: Public transportation

Lunch 11.15 Rauhankahvila Fredrika. Veturitori 3

In the Aito välittäjä (“Genuine Support Person”) service, a peer support expert works as a support person and mentor for clients of an outpatient psychiatric clinic.

They provide genuine care, while also connecting clients with services and places to go. For example, they might go together to a community activity space to play board games or feed ducks in the park—whatever helps the person in recovery find motivation and meaning in their daily life.

In this model, everyone benefits: the person in recovery gains hope and practical tools for everyday life from someone with lived experience; the peer support experts use their own strengths and experiences in a balanced way while gaining meaningful paid employment; and the clinic staff gain a valuable new partner through the peer support expert.

Lunch included

Sisu



12.30-14.30

Location: Vailla vakinaista asuntoa ry, [In English | VVA ry](#)

Address: Ratamestarinkatu 6

Contact person: Eveliina Puska (+358 3503014),
(sanna.tiivola@vvary.fi)

No Fixed Abode, VVA ry, is an NGO whose purpose is to reduce homelessness and improve services for homeless people. We work together with our visitors to find suitable housing solutions for each one, as well as with other actors to influence Finnish housing policies. We act as the only advocates of the interests of homeless people in the third sector. Vva is not committed to any political parties’ or religious communities’ agenda, and all our operations are non-profit.

Our main premise is that every person can live independently if they are provided with adequate conditions and support. Housing is a fundamental human and social right, and its absence cannot be accepted under any circumstances.

Dinner at Mamma Rosa 19.00 (Runeberginkatu 55)

Thursday, April 23



All participants

09:00 – 16:00

Location: Lääkäritalo Arvo

Address: Mäkelänkatu 2 A, 00500 Helsinki. ARVONSALI

Contact person: Eveliina Puska (+358 3503014)

Travel: by public transportation

The closing workshop

- 9-9:45 Greetings: How are you after two weeks of exchange? Share your thoughts with others
- 9:45-11:00 Saini and Benita: Myths about Finland
- 11:05-11:45 Evaluation
- 11:45-13:00 LUNCH
- 13:00-14:45 Maikki's workshop creations
- 14:45-15:15 Coffee
- 15:00-16:00 Handing out of certificates + photos

Lunch included

EU-PROMENS Mental Health Exchange Programme Finland 2026 Group 1 with Subgroups						EU-PROMENS Mental Health Exchange Programme Finland 2026 Group 2 with Subgroups					
Nr	FIRST NAME	LAST NAME	COUNTRY	GROUP	SUBGROUP	Nr	FIRST NAME	LAST NAME	COUNTRY	GROUP	SUBGROUP
1	Aleš	Zajc	Slovenia	GROUP 1	Aalto	40	Linda	Brišová	Czechia	GROUP 2	Koivu
2	Alexandrina Maria	Pop	Romania	GROUP 1	Aalto	41	Livia	Lepetit	Italy	GROUP 2	Koivu
3	Alison	Adams	Luxemburg	GROUP 2	Koivu	42	Loreto	Albás Álvarez	Spain	GROUP 2	Koivu
4	Almos	Dinnyes	Hungary	GROUP 1	Aalto	43	Malte	Behrendt	Germany	GROUP 2	Koivu
5	Anja	Zidaric	Slovenia	GROUP 1	Aalto	44	Marek	Páv	Czechia	GROUP 2	Koivu
6	Anna	Veiohlani	Greece	GROUP 1	Aalto	45	Margita	Marković	Slovenia	GROUP 2	Koivu
7	Annelin	Festervoll	Norway	GROUP 1	Aalto	46	Maria Trinidad	Peláez Martínez	Spain	GROUP 2	Koivu
8	Bertalan	Fendrik	Hungary	GROUP 1	Aalto	47	Marie	Báječná	Czechia	GROUP 2	Koivu
9	Birgit	Dürk	Austria	GROUP 1	Aalto	48	Marie	Vejvodova	Czechia	GROUP 2	Koivu
10	Camille	Duclot Brincat	France	GROUP 1	Aalto	49	Marina	Fernandez Lopez	Spain	GROUP 2	Koivu
11	Carina	Stabauer	Austria	GROUP 2	Koivu	50	Marta	Torelli	Italy	GROUP 1	Aalto
12	Catherine Marie	Van Ouytsel	Belgium	GROUP 1	Aalto	51	Martin	Gselman	Slovenia	GROUP 2	Koivu
13	David	Schein	Hungary	GROUP 1	Aalto	52	Marzena	Chaczko	Poland	GROUP 2	Koivu
14	Dearbhla	Thornton	Ireland	GROUP 1	Aalto	53	Matija	Smrečnik	Slovenia	GROUP 2	Koivu
15	Denisa-Ramona	Codre	Romania	GROUP 1	Aalto	54	Mélina	Merk	Netherlands	GROUP 2	Koivu
16	Denise	Kriechbaumer	Austria	GROUP 1	Aalto	55	Natalia	Raileanu	Romania	GROUP 2	Koivu
17	Doris	Nohel	Austria	GROUP 1	Aalto	56	Niamh Catherine	Power	Luxemburg	GROUP 2	Koivu
18	Dorota	Brzezínová	Czechia	GROUP 2	Koivu	57	Paulina	Cisowska	Poland	GROUP 1	Aalto
19	Dragana	Marina	Croatia	GROUP 2	Lumi	58	Petra	Koprivnik	Slovenia	GROUP 2	Koivu
20	Ema Nicea	Gruber	Denmark	GROUP 1	Aalto	59	Petra	Bednářová	Czechia	GROUP 2	Lumi
21	Emanuel Enej	Skrget	Slovenia	GROUP 1	Sisu	60	Petra	Belec	Croatia	GROUP 2	Lumi
22	Giulia Maria	Zoratti	Italy	GROUP 1	Sisu	61	Rabia	Sotsane	Germany	GROUP 2	Lumi
23	Helina	Mändmets	Estonia	GROUP 1	Sisu	62	Robertas	Povilaitis	Lithuania	GROUP 2	Lumi
24	Hristo	Milchev	Bulgaria	GROUP 1	Sisu	63	Sara	Seršen	Slovenia	GROUP 2	Lumi
25	Ilse	Vandervelden	Belgium	GROUP 1	Sisu	64	Šárka	Bartoňková	Czechia	GROUP 2	Lumi
26	Jocelyn	Deloyer	Belgium	GROUP 1	Sisu	65	Simona	Tripković Drev	Slovenia	GROUP 2	Lumi
27	Johanna	Löloff	Germany	GROUP 1	Sisu	66	Svenja	Reinhardt	Germany	GROUP 2	Lumi
28	Jule Mati	Corthals	Netherlands	GROUP 1	Sisu	67	Teodora	Vlad	Romania	GROUP 2	Lumi
29	Julius	Schoebel	Germany	GROUP 1	Sisu	68	Teresa	Cauqui Olmedo	Spain	GROUP 2	Lumi
30	Kåre	Rønnes	Norway	GROUP 1	Sisu	69	Tereza	Táborská	Czechia	GROUP 2	Lumi
31	Karina	Kakhanova	Czechia	GROUP 1	Sisu	70	Tetiana	Kulish	Slovakia	GROUP 2	Lumi
32	Kevin	Rebecchi	France	GROUP 1	Sisu	71	Tina	Obrul	Slovenia	GROUP 2	Lumi
33	Kristína	Janačková	Slovakia	GROUP 1	Sisu	72	Tina	Vardič Žužek	Slovenia	GROUP 2	Lumi
34	Lara	Dujc	Slovenia	GROUP 1	Sisu	73	Tünde	Benedek	Hungary	GROUP 1	Aalto
35	Lars Arno	Dumke	Germany	GROUP 1	Sisu	74	Vanessa	Alves Ruiz	Spain	GROUP 2	Lumi
36	Laura	Dr. Lencse	Hungary	GROUP 1	Sisu	75	Verica	Jovanovski	Croatia	GROUP 2	Lumi
37	Laura	Osés Zarate	Spain	GROUP 1	Sisu	76	Zbynek	Roboch	Czechia	GROUP 2	Lumi
38	Laurent	Cruchet	France	GROUP 1	Sisu	77	Zuzana	Bratová	Czechia	GROUP 2	Lumi
39	Linda	Nyanchoka	Norway	GROUP 1	Sisu						