

Sexual violence work

Sexual assault has far reaching and complicating effects to young people's personal and social life let alone to their psychosexual wellbeing. The process of carrying through the juridical process and psychosocial treatment at public sector, takes usually a long time. Girl's House offers young people opportunity for secure attachment with the responsible adult who helps them with the demanding process when they are rebuilding their lives after experiences of sexual trauma. Sexual violence work at Girl's House includes also networking with the psychiatric ward, police, families and child protective social services. There is a need for the supplementary work done by the Non-Governmental Organizations because the public sector has limited resources.

Voluntary work

Our volunteers are called "Big sisters" and their support is very much needed and appreciated in our everyday activities, or in organizing bigger events and happenings. With their own personal and professional background they represent very precious and various women models for our girls and women in the house to grow up and spend time with.

E-talo (www.e-talo.fi)

E-talo is Girl's house online, and employee there is like a big sister from who you can ask questions about life, puberty, sexuality, relationships, and self-image etc. anonymously – all you need is an e-mail account to send your questions with. You'll find E-house from e-talo.fi (pages are in Finnish) and can send your questions to e-talo@e-talo.fi.



Contact information:

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www.tyttojentalo.fi



Helsinki Girls' house®

Helsinki Girls' house was founded in 1999 and the house offers services that are easy to reach for girls and women age 10-28. Girls' House is based on Kalliola Settlement Youth Association values which include equality, acceptance of difference, respect of the rights of an individual, trust in the capacity of the individual and the community in solving their problems independently. Our main objective is to support the growth and identity of girls and women and help them to become who they want to be in an atmosphere that respects the sense of individuality, community and womanhood.

Our services include: Open activities

Young mothers work

Multicultural work

Pop-in reception and sexual education

Sexual violence work

Voluntary work

e-Talo (e-talo.fi)



OPENING HOURS: OPEN ACTIVITIES AND CAFETERIA

MON, TUE, THU 3p.m-7.p.m

POP -IN RECEPTION: MON, TUE , THU 3p.m-5.p.m

Open activities & cafeteria

We have a living room-cafeteria area in the house, where girls can come and spend time, listen to music, read books, or simply interact with others and get involved in house's everyday life. We are offering various hobby groups (yoga, dance, boxing, arts, cooking classes), as well as participating in happenings around the year inside and outside of the house. Groups can be joined any time of the year and most of them are for free.

We offer individual support and also closed supportive groups. Closed groups are carefully planned and offer an opportunity to learn to know oneself and one's own life in a safe and confidential environment together with other girls and women of the same age, or of the similar need for support.



Young mothers

We aim to help pregnant women and mothers under the age of 21. Groups offer support, trips and help with everyday tasks. They also offer a possibility to meet other women who are in a similar situation, as well as individual meetings with workers.

Focus is not only on helping women in their pregnancy process and motherhood, but also on supporting the process of growing up as a woman and feeling good about one's own life.



Multicultural work

No matter which cultural or ethnic background girls and women have, they are welcome to our house as they are. We are aiming to take into account differences among people, as well as to strengthen and appreciate multiculturalism. Growing up as a girl or a woman in a multicultural environment is not always easy, but the bridges between cultural differences are always possible to build. We offer individual and group support, Finnish language course, and also organize different kinds of multicultural and anti-racism events.



Pop-in reception and sexual education

Pop-in reception is confidential service and free of charge. It provides safe environment for our clients to discuss sensitive topics confidentially with a professional - either sexual counselor or sexual therapist.



During the Pop-in reception's opening hours girls have a chance to get guidance concerning body anatomy, dating, sexuality, different contraceptive methods, sexual transmitted diseases, etc. It is also possible to do pregnancy tests, Chlamydia and Gonorrhea tests, as well as get condoms and post-contraceptive pills. We have a good cooperation with the local health care center where the final checkups are done.

Our sexual counselor or sexual therapists offer also education meetings concerning sexuality and sexual violence to schools around Helsinki.