

FEELIX-GROUP

- a confidential peer group for discussing everyday topics and to define your own strengths!

18.1.

KA304 at 16.00

SAMK Campus Rauma

The meetings are on Tuesdays every other week.

First meeting on **Tue 18.1.22 at 16.00 in KA304 SAMK Campus Rauma.**

There are always coffee/tea + savoury and sweet snacks.

Next meetings:

Tue 1.2., Tue, 15.2., Tue 1.3.

In the Feelix group we are discussing different topics which are chosen according to the wishes. Topics may be:

- Rhythimizing of time, standstill in your studies and recovery
- New situations and interaction
- Life events, visions of the future

In the peer group, you are allowed to be yourself. With new people you can share cheerful things and things that occupies your mind.

Group language is English. We will also make visits, at least to the bookstore, so that Feelix can buy participants a calendar or a notebook.

Sign-up:

<https://elomake.samk.fi//lomakkeet/12530/lomakkeet.html>



Welcome! Feel free to ask anything or put your thoughts on the e-form.

Best regards, Reetta

reetta-kaisa.kuusiluoma@samk.fi, 044 710 3929

FEELIX: Tulevaisuuden työtaidot – Future Work Skills is a project in SAMK, funded by European Social Fund.

PS. There has also been other Feelix groups besides students. See the latest news from the website www.feelix.fi. You can find the above-mentioned link for signing up also on the website.



Kuvat: Pixabay



Vipuvoimaa
EU:lta
2014–2020

