

# FEELIX-GROUP

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

# 23.9.

# A435 at 15

The meetings are on Thursdays, according to the group's wishes, weekly or every fortnight. Place and time are agreed together (between 10am-4:30pm). There are always coffee/tea + savoury and sweet snacks.

**First meeting: Thu 23.9. at 15–16.30 in A435 SAMK Campus Pori.**

You're free to join whenever your class ends.

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

- Rhythmizing 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.

Languages are Finnish and English. We will also make visits, at least to the bookstore, so that Feelix can buy a calendar or a notebook to those group participants that wish to have one.

## Sign-up:

**<https://elomake.samk.fi//lomakkeet/12035/lomakkeet.html>**



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

Best regards, Kaarina  
kaarina.latostenmaa@samk.fi, 044 710 3662

**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](http://www.feelix.fi). You can find the above-mentioned link for signing up also on the website.



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