



Kohtaus Urban Living Room

& Group Studio Leikkis

FOUNDED 2014
VALLILA 2017
MALMI 2019
EXPANDED 2026



**Kohtaus ry's vision is
a socially accessible society in which everyone
has the opportunity to act and meet others as
their authentic selves, on equal terms, and
without fear of discrimination or exclusion.**

LONELINESS

YOUNG ADULTS ARE PARTICULARLY VULNERABLE TO SOCIAL EXCLUSION AND LONELINESS.

NEARLY TWO OUT OF THREE RESPONDENTS (65%) SAY THEY EXPERIENCE LONELINESS AT LEAST SOMETIMES.

FEELINGS OF LONELINESS, ISOLATION, AND EXCLUSION ARE PARTICULARLY PRONOUNCED AND INTERCONNECTED AMONG THOSE UNDER 25.

(SPR, 2026. LONELINESS BAROMETER)

(2)



SENSE OF COMMUNITY

THE COMMUNITY AIMS TO INCREASE THE SOCIAL WELL-BEING OF YOUNG ADULTS

- REDUCING LONELINESS
- ENHANCING EVERYDAY WELL-BEING THROUGH COMMUNITY-BASED GROUP ACTIVITIES



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URBAN LIVING ROOM

FOR WHOM:

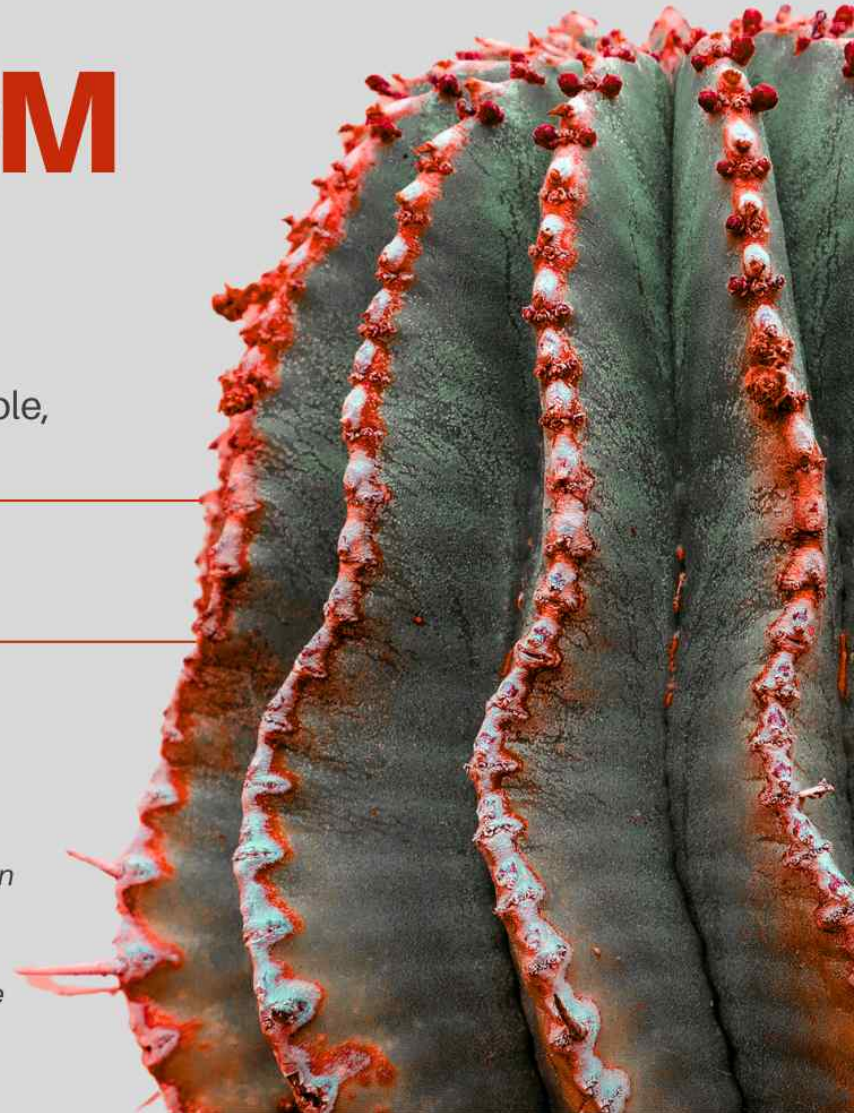
Young adults aged 18–35 who are looking for people, activities, or a place to belong

WHAT:

Non-commercial Secret Café, events, clubs

ONE EXPERIENCE:

For me, this place has been a refreshing part of everyday life, both in general and during more difficult times. In addition to just casual visits, I have also received more personal support from Kohtaus, which has felt really good and necessary when situations have arisen. I have been taken into account during difficult moments without even having to ask for it. For me, Kohtaus is a place for relaxation, socializing, and unwinding. There have been long breaks, but now that I have started visiting again, it has brought me joy and well-being. I love the café-like atmosphere and culture of Kohtaus.



TUESDAY SECRET CAFE SURPLUS FOOD COOKOUT

WEDNESDAY SECRET CAFE MIXED ACTIVITIES & DEEP DIVES

THURSDAY SECRET CAFE SURPLUS SUPPER

FRIDAY VALIOUS STUFF AND FIELD TRIPS

Small Info

NUMBER 90 APRIL MALMI

APRIL 2026 - WWW.KOHTAUS.INFO

Tue 31.3.	Secret Café Surplus Supper	15-20 18:00
Wed 1.4.	Secret Café Deep Dives: Friends 3/5	15-18 18-20
Thu 2.4.	Secret Café Leftovers Feast Board Game Session by Tatu	15-20 18:00 18:30
Fri 3.4.	---	---
Tue 7.4.	Secret Café Housing Counselor available 15-17 Surplus Supper Community meeting	15-20 18:00 18:30
Wed 8.4.	Secret Café Mixed Activities: Small dancing session w/Hanna	15-18 18-20
Thu 9.4.	Secret Café Leftovers Feast Board Game Session by Tatu	15-20 18:00 18:30
Fri 10.4.	---	---
Tue 14.4.	Secret Café Surplus Supper	15-20 18:00
Wed 15.4.	Secret Café Deep Dives: Friends 4/5	15-18 18-20
Thu 16.4.	Secret Café Leftovers Feast Board Game Session	15-20 18:00 18:30
Fri 17.4.	Art Fridays: Spraypaint workshop	15-16:30
Tue 21.4.	Secret Café Visitor: Dentalhealth info 15:30-17:00 Surplus Supper	15-20 18:00
Wed 22.4.	Secret Café Mixed Activities: Relaxing & soothing soundbath	15-18 18-20
Thu 23.4.	Secret Café Leftovers Feast Board Game Session	15-20 18:00 18:30
Fri 24.4.	---	---
Sat 25.4.	Malmi WKND: Secret Cafe & Community jam	14-18
Tue 28.4.	Secret Cafe Surplus supper	15-20 18:00
Wed 29.4.	Secret Cafe Deep Dives: Friends 5/5	15-18 18-20
Thu 30.4.	Pre Vappu	15-18

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Secret Café = Salakahvila. Welcome to just hang out, chat and drink coffee. Everything is free and there's no need to sign-up. Kohtaus crew is also available at Salakahvila if you want to chat or need help with anything.

Surplus food cookout on Tuesdays at 18:00. We cook food from leftover produces which Stadin Salka delivers. We start cooking around 16:30 and serve the food around 18:00

Leftover feast on Thursdays 18:00. Free dinner! Stadin Salka delivers surplus food for us to prepare and enjoy together.

Deep Dives on every other wednesdays 18-20. "Syvikaet" is a series of discussion evenings with changing weekly topics. Sometimes deeper, sometimes lighter. Many evenings are led by the Kohtaus crew, but sometimes a more knowledgeable guest is involved. You can participate by actively talking or listening to others. However you feel.

Mixed Activities on every other Wednesdays 18-20. "Sekalaiset" we try out new things, learn new skills and do various activities together. Participate at your own pace: You can be the first in the thickets or observe what others are doing, while getting to know new people. Welcome!

CHECK ALL THE DETAILS IN WWW.KOHTAUS.INFO/EN/MALMI

• We follow the principles for a safer space in all our events

• Party politically and religiously non-

x The facilities are alcohol-free and the events are always free.

PARTICIPANT-ORIENTED ACTIVITIES

- ART EXHIBITIONS
- CLUBS
- BADMINGTON GROUP
- SAUNA GROUP
- SMALL EVENTS (MUSIC PAINTING, FLEA MARKET, BOARD GAME SESSIONS)
- COMMUNAL COOKING AND DINING
- HOLIDAY SPECIALS

IMPACT OF THE ACTIVITIES IN NUMBERS, 2025

VISITORS: 753

VISITS: 11,793

LONELINESS DECREASED FOR 93%

EVERYDAY WELL-BEING INCREASED FOR 94%

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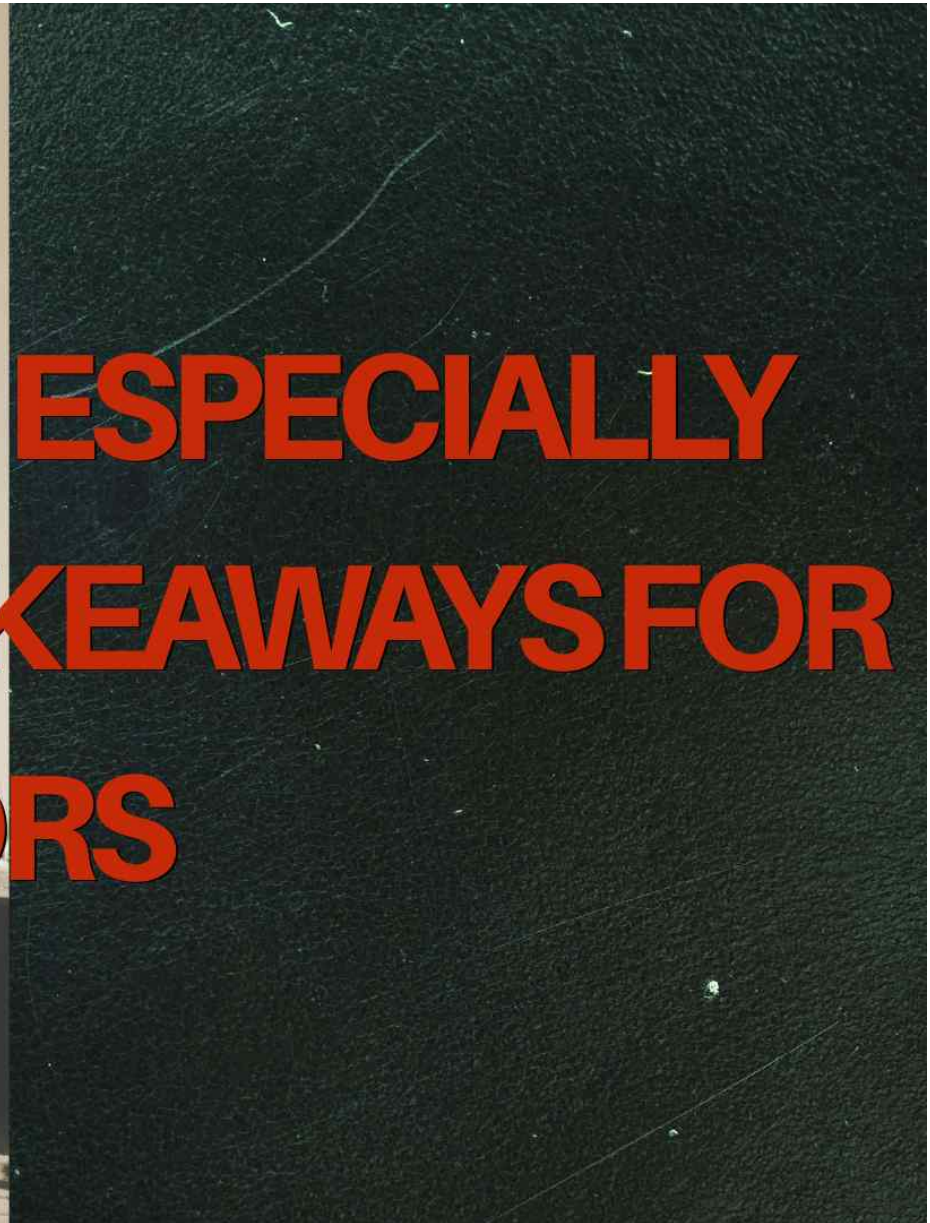
OF RESPONDENTS, N = 126



**HOW COMMUNITY
AND AGENCY ARE
REFLECTED IN
YOUR WORK?**



WHAT YOU ARE ESPECIALLY GOOD AT / KEY TAKEAWAYS FOR VISITORS



KEY TAKEAWAYS FOR VISITORS



QUEER
REVOLUTION

BLACK
TRANS
LIVES
MATTER

PROTECT
TRANS
KIDS

Service design thinking

Be brave when creating
new “third places”

Start small.

Make it personal.

Grow as you go.

Stick with the basics but
make it interesting.

Leikkis Group Studio

To promote confidence in the future among young adults aged 18–29 in vulnerable situations in the Helsinki metropolitan area by enhancing their mental well-being and everyday functioning through professionally facilitated and structured group-based activities and individualized support.



Leikkis Group Studio

- **Creative methods: stimulating the senses, building self-awareness, and fostering connection**
- **Thematic info sessions (led by us and guest experts)**
- **Visits and outings**
- **Developing future pathways and skills (education, work, and everyday life)**
- **Individual support in different situations**



Team building and community

Strengthening belonging and participation

- **Emotional and physical safety as a priority**
- **Getting to know each other and building trust**
- **Raising awareness of each person's impact on the group**
- **Co-creating safer space guidelines and group norms**

Key takeaways



**Build safety
&
Stay playful**



CONTACTS

WWW.KOHTAUS.INFO

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[INSTAGRAM: RYHMASTUDIOLEIKKIS](#)

[FACEBOOK: KOHTAUSHELSINKI](#)

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