

MIESTEN ASEMA



TAKE BACK
CONTROL OVER
YOUR LIFE.



COME AS YOU ARE, NO MATTER WHAT SITUATION YOUR LIFE IS IN.

- Relationship in crisis or close to end
- Challenges in child-rearing and contact
- Challenges in parenthood
- You feel lost and unsure of where to turn for help
- You have questions regarding your mental health, or the mental health of your partner



MIESTEN ASEMA

The clinic's operations are designed for men, their partners and colleagues.

Our operations are based on men's experiences and peer-orientation.

The clinic provides the following services:

- Individual, pair and family counselling
- Networking
- Group work

Men's help clinic is here to provide support, counselling and help in challenging life situations without referrals or diagnoses.

OPERATIONS



VIOLA
VÄKIVALLASTA
VAPAAKSI RY





**MIESTEN
ASEMA**

*TAKE BACK
CONTROL OVER
YOUR LIFE.*

MEN'S HELP CLINIC

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