

# Koto-Espoo

Integration services for stay-at-home parents



**Dear stay-at-home parent living in Espoo!**

**Do you want to learn Finnish or Swedish? Do you want to learn more about Finnish society? Do you have questions about family life or hobbies?**

**Please do not hesitate to contact us!  
We will help you integrate into Finland and Espoo.**

We will provide you with individual guidance and advice on issues such as:

- Learning a language
- Career plans, education and working life
- Early childhood education and services for families
- Free time
- Other services

We also organise various group activities, such as Finnish language courses. Participating in the activities is free. Our courses include childcare.

Koto-Espoo offers services to **parents on family leave**. If you have registered as a job seeker, ask for courses and advice from Työllisyys Espoo.

You can reach us by phone, email and appointment. Our offices are located in Matinkylä and Espoon keskus.

We can offer help in plain Finnish, in English or in your own language. If needed, we use telephone interpreters.

**Matinkylän kartano**  
Matinkartanontie 16B  
02230 Espoo

**Punainen tupa**  
Terveyskuja 2A  
02770 Espoo

kotoutuminen@espoo.fi  
+358 40 634 4480

