



Support and peer connection:

for substance-free living

for early parent-child interaction

to strengthen parent-child attachment

for parenting

Pidä kiinni® outpatient service

NUPPU



KYMENLAAKSO
MOTHER & CHILD HOME
AND SHELTER
ASSOCIATION

**THERE
IS
ALWAYS
HOPE**

Are you expecting a baby or
the parent of a young child?

Are you concerned about your own
or a loved one's substance use?

You're not alone - help is available!

Low-threshold support offers conversations by phone or one-to-one meetings in a setting where you feel comfortable. We serve the whole Kymenlaakso region.

Pikku-Nuppu, an open peer support group, meets on Wednesdays from 10 am to 12 pm at Savotta Activity Centre in Kotka (Mussalontie 428, entrance A, 2nd floor) and at Nuppu's premises in Kouvola (Oikokatu 2b, 2nd floor). Light snacks are available.

Nuppu's closed group offers community-based peer support, professionally guided group activities and family-specific support. The group meets on Tuesdays and Thursdays from 9:30 am to 2:30 pm at Nuppu's premises in Kouvola. Meals are provided.

No referral is needed, and all Nuppu services are free of charge.

Please get in touch!

- 044 744 0331 Lead counsellor, specialist substance use and infant support
- 044 744 0332 Counsellor, specialist substance use and infant support;
low-threshold support
- 044 744 0334 Counsellor, specialist substance use and infant support
- 040 861 0543 Counsellor, specialist substance use and infant support

kymenlaaksonensijaturvakoti.fi

 @nuppukymenlaakso

