

Our story



Our story

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Center for Psychotraumatology

Children and Youth Activity 2019–2021

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**Deaconess
Foundation**



**ASYLUM, MIGRATION
AND INTEGRATION FUND**

Supported by the European Union



Our family

My family members now

Our family members in my homecountry

Life philosophy / ethnic background / religion

Language / languages spoken in our family

How did working on this part make you feel?



GENOGRAM + PICTURES ETC.



MATERIAL POCKET

IN OUR HOME COUNTRY / OR THE COUNTRY WE CAME FROM

Our life was

Sad things were

Joyful things were

How did working on this part make you feel?



I have had difficult experiences, violence or threat
in my homecountry / during the journey or while living
in a refugee camp / when I came to Finland

I believe the difficulties were caused by



Me and my Family were helped by:

Courage

Own-initiative

Other people

Good health

Relatives

Believ for a better future

Spirituality

Close relations

Good financial situation

Own skills

Authority

Friends

Safe home

something else

How did working on this part make you feel?



IN FINLAND

Nowadays I suffer from

Memory problems/ forgetfulness

Sickness/Pain

Substance abuse problems

Difficulties concentrating/ Agitation

Insomnia

Nightmares

Anger

Feeling blue/ Hopeless

Mobility disability

Difficulties learning

Crying

Anxiety

Fears

Feeling useless/ helpless

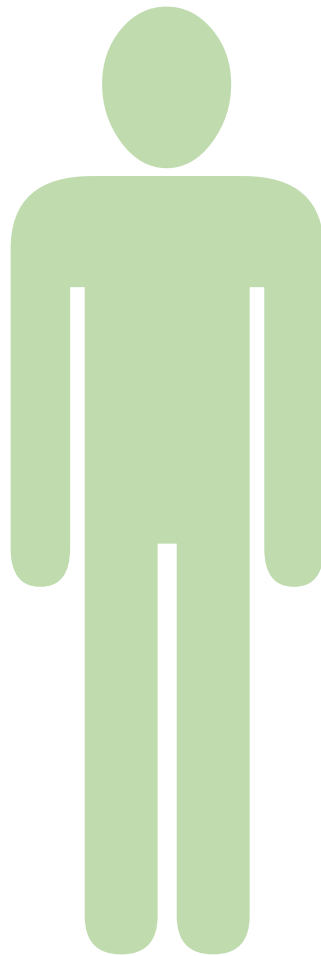
something else I am worried about

Difficulties that affect my life / the lives of our family

The best coping strategies at difficult moments

BODY SCALE

Name the physical experiences you feel in your body.
You can use the picture to mark the areas
you feel pain and / or have injuries.



MATERIAL POCKET

Changes in our family



Changes in marital relation / in my relationship

Wishes and expectations for married life /for the relationship

How did working on this part make you feel?



EVERYDAY LIFE

We will succeed / We have difficulties in



Taking care of schedules



division of tasks



Daily routines



Cooking



Dining together



household chores



Paying the bills



Responsibility for managing matters



Going to work/ school



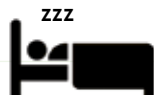
Making decisions



Hobbies



Spending time together



Sleeping



health care

something else

How would the situation become easier

People who attended the meeting

How did working on this part make you feel?

1

5

10



WEEKLY SCHEDULE

NIGHT	EVENING	AFTERNOON	MIDDAY	MORNING	
					MONDAY
					TUESDAY
					WEDNESDAY
					THURSDAY
					FRIDAY
					SATURDAY
					SUNDAY

NETWORK MAP

From whom I can get help, if I need it



OLD HABITS AND IMPORTANT TRADITIONS IN OUR FAMILY

Traditions we want to preserve

What reminds us of our homecountry

Our family's new habits



I hope my children learn these things about the finnish culture

Something I am afraid of in the finnish society

The best things about Finland are

CHILDREN AND PARENTHOOD

Raising children in a new culture

The skills my children have

Difficulties my children have

ROLE MAP

Sibling relationships, roles and alliances in our family



We spend time together

Social relationships, friends, trusted people around us

Hobbies

How did working on this part make you feel?

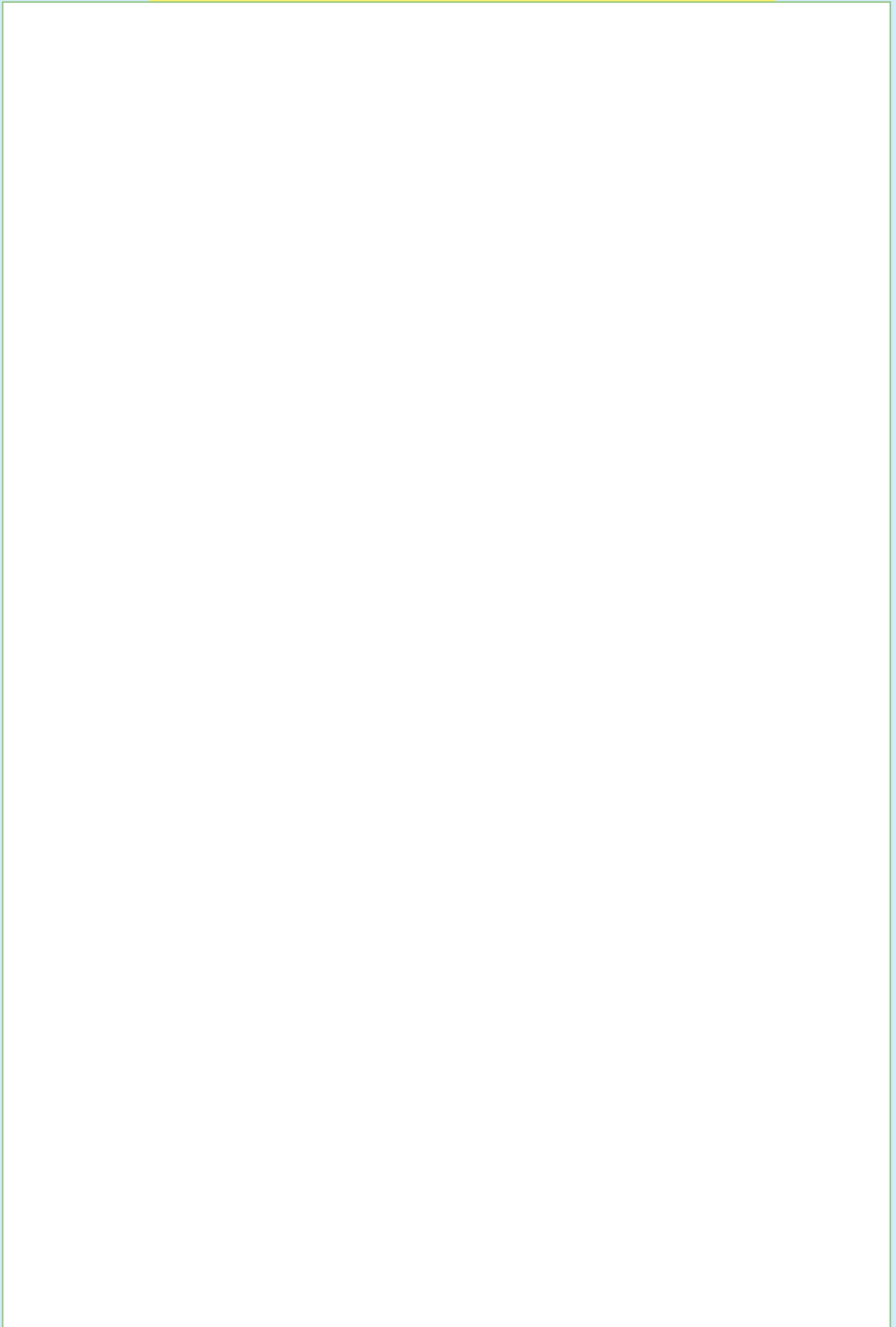
FUTURE

Our family life would be better if

My life would be better if

The life of our family after five years

DREAM MAP



Working with the book was

This book has been made by

Phone numbers , addresses, other important informationt

MATERIAL POCKET

