

A-Kiltojen Liitto ry

# A-kilta is peer support

WE ALWAYS HAVE COFFEE



"It has been comforting to realise that others have similar experiences as well. I am not alone and I can recover too."

A-kilta is a community where you can get peer support for an addiction-free life. A-kilta is intended for alcohol and drug addicts and people with any other addiction problem - and also for the people close to them.

A-kilta activities are guided by six values: sobriety, community, volunteering, experience, meaningful activities and cooperation. A-kilta is independent from any political or religious affiliation or conviction.

Meaningful activities of A-kilta include nature hikes, culture tours, outdoor games, cooking, handicraft, women's groups, men's groups, berry picking, mushroom picking and fishing. Everything you do in A-kilta is planned and implemented by the participants themselves.

A-kilta operates in Finnish, but please come and get to know the activities and the people. Let's try to find a way to communicate together.

OUR MOTTO IS: WE FOR US!

Find your nearest A-kilta:  
<https://a-kiltojenliitto.fi/a-killat/>

For more information:  
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