



## Kontakt nät på eget språk

**Manuel is a contact activity and network of friends for immigrants in the greater Stockholm area. The aim is to support and guide in your own mother tongue in periods of illness, family problems or other difficulties**

**Many immigrants – in particular elderly live isolated, and may not know where to go for help. Language difficulties and cultural differences aggravate the situation in periods of crisis**

**Are you in a difficult situation and do you need help in your own mother tongue? Do you know anybody who needs help? Contact MANUEL**

**Do you have another mother tongue than Swedish or/and do you master other languages? Do you imagine being part of MANUEL's network? Do contact MANUEL – you are needed**

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