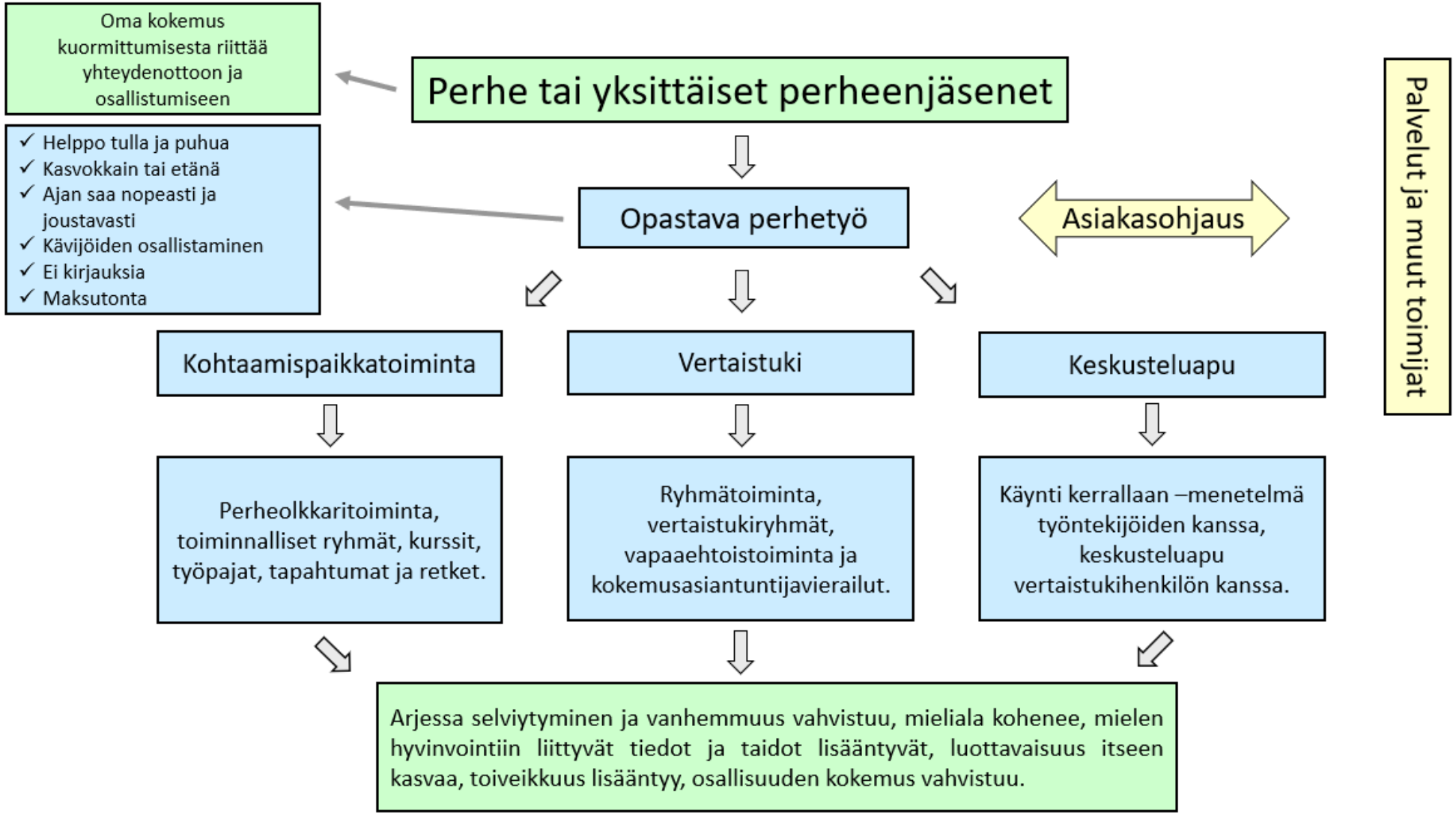Opastavan perhetyön toimintamalli