

**”I am
not
alone”**

**“Asking for
help is taking
responsibility”**

**“There
is
hope”**

**“I am
valuable”**



Contact

Contact us if you want to know more or would like to register interest in any of our groups or courses.

Telephone:
063-14 40 57

Visiting address:
Postgränd 8 A
831 30 Östersund

OK 2022-09

**Social- och
arbetsmarknadsförvaltningen**

Östersunds kommun, 831 82 Östersund
063-14 30 00, www.ostersund.se



FAMILJE- LOTSEN



**Are you in need of discussing
your thoughts and having
someone to talk to about
parenthood?**

Get in touch with us at Familjelotsen! We are here for families in Östersund's municipality who have children between 0 to 17 years of age. Familjelotsen offers counseling, parental education and support groups.



ÖSTERSUNDS KOMMUN
STAAREN TJIELTE

Counseling

Familjelotsen offers parents, or other close relatives, short counseling sessions. If necessary, we can also meet with the child or teenager. You can contact us to talk about parenthood and everyday worries that have to do with children and teenagers.

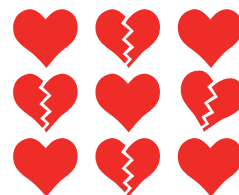
- The conversations are based on what you want to discuss. Together we form a foundation that is suitable to you and your family.
- If it turns out that you need more extensive support, or another kind of support, we can guide or refer you further. We can also help you to apply for other kinds of support if you want.
- Our organization builds on voluntary participation and it's up to you to decide when you want to end your contact with us.
- The counseling is free and no records are kept.
- We follow a strict code of confidentiality but have an obligation to report to the authorities if we suspect that the welfare of a child is at risk.

The Butterfly



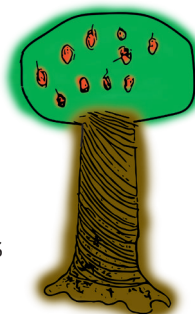
Support groups for children 7-17 years old, parents and adults, who live or have lived in a family with mental illness or where someone is addicted to alcohol or other drugs.

The Bubble



Support group for children ages 7-12, whose parents have moved apart.

The Tree



A support group for children and teenagers ages 7-17, who are placed in foster care

Parent Östersund



Is available for those of you that have a child or teenager aged 0-17 and live in Östersunds municipality. We convey knowledge about children, family life and parenthood so that everyday life is made easier. It's free to have contact with us or join our parent groups and lectures.

There are parent groups that are designed to address different situations, for example:

- how you can work towards a more positive relationship with your child
- what you as a parent can do to reduce conflicts at home
- how you can help your child after a divorce, or...
- What you might need to know as a new parent in Sweden

You can also get tips and current information related to parenting in Östersund by following us on Facebook: www.facebook.com/foralderostersund