



Speaking with someone outside of the family can offer new perspectives, reduce anxiety, and make it easier to manage daily life.

At Familjelotsen, you have the opportunity to share your thoughts and feelings, find your own solutions, and feel a sense of community with others in a similar situation.



Contact us!

Phone: 063 – 14 40 57

Website: ostersund.se/familjelotsen

Facebook: Familjelotsen Östersund

Instagram: familjelotsen ostersund

Download the app **Mitt val - mitt stöd**



Familjelotsen

We are here for you who are a parent or an important adult, and for children and young people who need support.

Welcome to us!

Familjelotsen

Social- och arbetsmarknadsförvaltningen
Postgränd 8A, 831 82 Östersund
063-14 40 57
www.ostersund.se/familjelotsen

Support for parents and other important adults

Parent groups

Meet others, share experiences, and get new perspectives in a group.

Individual counseling support

Get support on issues concerning daily life, family relationships, and parenthood.

Tips and info

Through our app and social media, we share advice and inspiration.



Support for children and young people

We offer support groups where children can share experiences with others in similar situations.

The groups are based on community, understanding, and children's participation.



Fjärilen

For children ages 7-17 in families where someone is mentally unwell or has an addiction.



Bubblan

For children ages 7-12 whose parents have separated.



Trädet

For children ages 7-17 who live in foster homes.

In the groups, we talk about feelings, family relationships, and how to manage difficult situations in everyday life. We use conversations, play, and creative exercises—all adapted to the children's age and needs.

How it works

- You don't need any referrals or decisions from others—contact us directly.
- The support is voluntary and free of charge.
- We base our support on your needs.

