

FAMILY CENTRES



- meeting place, support and guidance
for children, adolescents and parents



VÄSTERÅS STAD
Fritid och Förebyggande

Family Centres (Familjecentrum) offer support and guidance for parents, children and adolescents. For example, we offer open preschools, parental guidance and education and other activities in various districts.

All family centre staff are bound by confidentiality. They do not keep case records.

Family centres offer **parental guidance** with a focus on parenting and children. This can deal with things like conflicts, truancy, childhood anxiety, defiance, externalising behaviour or friendship issues. You can discuss things as a couple or individually.

You can also turn to family centres on other issues relating to your life situation. We can help you identify the appropriate authority. Family centres also support personnel working in preschools, schools and leisure, for example.

Open preschools are meeting places for families with young children. We offer various activities giving parents and children the opportunity to make new contacts and talk to others. Activities are open to everyone. You can come at any time during our opening hours.

Family centres offer **parental education** while your child is growing up. We work with Barnmorskemottagningen (midwife clinic) and Barnavårdscentralen (paediatric centre) to support expectant and new parents in parents' groups. For parents with older children and teenagers, we offer evidence-based parental education. Parental education is based on working with positives and what works.

Family centres are tasked with facilitating cooperation between different districts and with driving development issues. We work in various ways to give you the opportunity to take part in and influence how the residential area in your district is developed.

Please contact the Family Centre closest to you.

Bäckby Familjecentrum

Open preschool	021-39 88 46
Family counsellor, children	021-39 85 90
Family counsellor, adolescents	021-39 88 47
District work	021-39 84 07

Odensvi Familjecentrum

Open preschool	021-39 25 88
Family counsellor, children	021-39 41 88
Family counsellor, adolescents	021-39 41 84
District work	021-39 41 83

Råby Familjecentrum

Open preschool	021-39 84 09
Family counsellor, children	021-39 84 22
Family counsellor, adolescents	021-39 84 25
District work	021-39 84 08

Skallbergets Familjecentrum

Open preschool	021-39 03 26
Family counsellor, children	021-39 14 74
Family counsellor, adolescents	021-39 20 69

Skultuna Familjecentrum

Open preschool	021-39 38 67
District work	021-39 38 66

Vallby Familjecentrum

Open preschool	021-39 86 29
Family counsellor, children	021-39 87 33
Family counsellor, adolescents	021-39 86 17
District work	021-39 87 18

Viksängs Familjecentrum

Open preschool	021-39 23 35
Family counsellor, children	021-39 24 04
Family counsellor, adolescents	021-39 44 63
District work	021-39 23 34

Önsta Familjecentrum

Önsta Öppna förskolan	021-39 40 54
Rönby Öppna förskolan	021-39 36 26
Family counsellor, children	021-39 36 10
Family counsellor, adolescents	021-39 34 12
District work	021-39 36 19

For more information about Family Centres, go to www.vasteras.se

