

**Contact:**

To register your interest, contact Mirjam Nydahl and tell:

Your first and last name.

Your phone number.

If you have a protected identity.

That you are interested in participating in Parent in a new country.

**Mirjam Nydahl**

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# Welcome to the course Parent in a New Country

Do you want to learn more about boosting your child's self-esteem and confidence?

Do you want to know more about parents' rights and obligations in Sweden?

Do you want to learn more about setting boundaries and building a good relationship with your child at the same time?

Do you want to discuss how you can work together to make the whole family stronger?

**Here you can talk to other people who are or have been in the same situation!**

## **Support for parents.**

All parents feel that parenting is a challenge sometimes, and everyone needs support from time to time. In Sweden it is quite common that parents take part in parenting courses while their children are growing up.

## **The course Parent in a New Country.**

If you have not grown up in Sweden and want to join a parent group in your own language, you can sign up for the course Parent in a New Country.

Here you can discuss being a parent in Sweden with others in the same situation. You meet 9 times for 2,5 hours each session and the meetings are without children.

The discussion is led by two course leaders, one speaks English and the other speaks Swedish.

During the course you also have the chance to meet staff from the social services, the young people's clinic and child healthcare. The course is free and we offer coffee or tea.

**Welcome to register your interest!**