



# Support for parents

## Social Services, service measures

As a parent you experience many moments of joy, but everyone can go through crises and situations when you may need advice and support on issues relating to parenthood. We offer support in such situation in the form of service measures. These are informative, advisory and preventive. They are available to anyone who wishes to take part in them – you will not be registered with the social services and they are free of charge (apart from family counselling, where you must pay a charge). We offer service measures of different types:

### **Family centres (0-6 years old)**

We have two family centres in Skövde: one in Södra Ryd and one in the city centre. These are meeting places for families with children aged 0-6 years, where you can put questions and get advice and support of different kinds. There are open activities where everyone is welcome and group activities that are based on different needs which parents may have.

**Family centre Kärnan (city centre), phone 0500-49 86 53.**

**Family centre Symfoni (Södra Ryd), phone 0500-49 82 00**

### **Family support (0-20 years old)**

If you want support to become an even better parent, communicate and interact better with your child, deal with fighting between siblings, manage your child's anger better or perhaps manage your own anger and shortage of patience better, then contact Lundvivegården or the Family Team. They provide advice and support to parents and families.

**Lundvivegården provides advice and support for families with children 0-12 years old.**

**Phone: 0500-49 87 18.**

**The family team provides advice and support for families with teenagers/young people from 13-20 years old. Phone: 0500-49 38 82**

### **Advice and support for problems with alcohol, drugs and crime (13-20 years old)**

If your teenager has risky behaviour regarding alcohol, drugs and/or crime, then go to Locus where you can get advice, information and family counselling.

**You can contact Locus through the municipal Contact Centre on 0500-49 80 00**

### **Network meetings (0-20 years old)**

A network meeting brings together important people from private and professional networks to support your child or teenager in the best possible way. The aim is to listen to each other, exchange thoughts and ideas and help to find lasting solutions to the problems and difficulties. We offer two different approaches:

**Resource meetings/SIP:** phone 0500-49 88 65, 0500-49 88 66

**Social Action Groups (SIG):** phone 0500-49 85 43, 0500-49 81 96

You can find more information  
about our different service  
measures at  
[skovde.se/serviceinsatser](http://skovde.se/serviceinsatser)

### **Family Law Centre (0-18 years old)**

Have you been separated and find it difficult to agree on issues such as custody, accommodation or visiting rights? We offer cooperation talks at the Family Law Centre, where you can get help in communicating and cooperating with each other in the best interests of your child/children.

**Family Law Centre:** phone 0500-49 84 08

### **Family Counselling Centre**

If you, as parents, feel that you have problems in your relationship you can get help at the Family Counselling Centre. A good atmosphere at home is important for the health and development of children.

**Family Counselling Centre:** phone 0500-49 87 04

### **Parent support programmes (courses):**

Would you like to take part in a course with other parents?

We offer several parent support programmes:

- **ABC - Children in focus (3-12 years old),**
- **ICDP - International Child Development Programme (0-6 years old),**
- **COS-P - Circle of Security – Parenting (0-12 years old),**
- **KOMET - Communication Method (12-18 years old),**
- **BIFF - Children in parents' focus (for parents who have separated)**

We also offer support for children and young people in groups such as **Kojan** (support group activities for young people growing up in families with drug/alcohol abuse and/or mental ill health) and **rePULSE** (for young people who need to manage and control their impulses better).

**More information:** There is more information about our service measures on the Skövde Municipality website, which also describes **other service activities** aimed at young people, adults and families. Read more at [www.skovde.se/serviceinsatser](http://www.skovde.se/serviceinsatser)

