



2023-01-25

*Familjelotsen (Family Guidance) is an open service providing free support to families with children aged 0-18. Here you will get the opportunity to develop your role as a parent, or other important adult to a child. Familjelotsen offers counselling and support talks, parenting courses, as well as support groups for children.*

## Familjelotsen's parent groups

Group courses provide an opportunity to get information while exchanging experiences with others with children of the same age or who are in a similar situation. Now you can enroll in the following courses:

### **ABC-Alla Barn i Centrum (All Children in Focus) – for all parents of children 3-12 years**

How can we create a good relationship with our children, promote children's self-esteem? How can we have more harmony around the dinner table? In the ABC groups you have the chance to discuss with other parents and trained group leaders. This spring we offer three ABC courses:



#### **ABC physical**

**Place:** Familjelotsen's premises, Postgränd 8A, 1st fl

**Time:** Wednesdays odd weeks, 18.00-20.30, incl. coffee break

**Dates:** February 15, March 1, March 15 and March 29

**Sign up** via QR code or link: <https://forms.office.com/e/NtQTBpKKTs>



#### **ABC digital**

**Place:** The group is held digitally via Microsoft Teams

**Time:** Thursdays odd & even weeks, 18.00-20.30

**Dates:** March 16, March 30, April 20 and May 4

**Sign up** via QR code or link: <https://forms.office.com/e/Nqt7GvJfqT>



#### **ABC physical in Arabic and Swedish**

**Place:** Familjelotsen's premises, Postgränd 8A, 1st fl

**Time:** Thursdays, 16.00-18.30, incl. coffee break

**Dates:** March 16, March 23, March 30 & April 6 (Maundy Thursday)

**Sign up** via QR code or link: <https://forms.office.com/e/cFhybjGR7j>



## **KOMET 12-18 years** *for those struggling with conflicts with their child*

Conflicts between parents and children or between siblings are common. Sometimes it is difficult as an adult to know how to deal with it. Komet is an educational program for those who want to find ways to improve communication and reduce fights and conflicts with their child/teenager.



**Place:** Gamla Österängsskolan, Rådhusgatan 72

**Time:** Tuesdays, 18.00-20.30

**Dates:** 14/3, 21/3, 28/3, 4/4, (not during the Easter holidays), 18/4, 25/4, 2/5, 9/5

**Sign up** via QR code or link: <https://forms.office.com/e/3LeSnngPZq>

## **On the way to school –** *for those with children struggling with school attendance*

Are you the parent of a child in primary school with school absenteeism or who is struggling to get to school? Through this group, you will have the opportunity to share experiences with parents in a similar situation. You get tips on how to support and help your child to be more in school. The group is primarily aimed at those who do not have ongoing support contacts from social services and BUP (child and adolescent psychiatry).



**Place:** Österängsskolan, Rådhusgatan 72

**Time:** Wednesdays, 18.00-20.30

**Date:** March 22, April 5 & April 19

**Sign up:** via QR code or link: <https://forms.office.com/e/vrWm1DYZWf>

## **BIFF- Barn I Föräldrars Fokus (Children in parental focus)** – *for those with children aged 0-18 who have undergone separation*

Have you been through a conflict-filled separation? Perhaps you are wondering how this might affect your children and what you can do to make it as good as possible for them despite the separation and the conflicts? How can you make parenting work after the separation? In BIFF, the focus is on the child. We are now starting up two BIFF groups. Choose the one that suits you best.



**Time:** Tuesdays, 18.00-20.30

**Place:** Frösövägen 3 C

**Sign up:** via QR code or link: <https://forms.office.com/e/PummpCG5ga>

### **Dates group odd weeks**

14/3 - Meeting 1

28/3 - Meeting 2

13/4 - Meeting 3 (NB! Thursday, Easter holiday)

25/4 - Meeting 4

### **Dates group even weeks**

21/3 - Meeting 1

4/4 - Meeting 2

18/4 - Meeting 3

2/5 - Meeting 4



## Support groups for children

We offer support groups for children aged 7-17. Support groups are available for children of parents who have separated, children living in foster home or who have parents with mental illness or addiction. By attending a support group, children have the opportunity to meet other children in a similar situation, receive information and support in being able to feel good despite what the family is going through.

## Do you have questions about our groups or want individual advice and support?

We can offer you as a parent, or other important adult, short counselling sessions about parenting. You can also contact us to get more information about our various group activities.



## Contact

Telephone: 063 -14 40 57

Telephone hours: Mondays 8.30 –10.00 or Thursdays 12.30 – 14.00

We also have a voice mailbox that we listen to regularly.

Read more about Familjelotsen via the link or QR code

<https://www.ostersund.se/omsorg-och-hjalp/familj-barn-och-ungdom/stod-till-familjer-och-foraldrar/familjelotsen.html>