

Parents' Guide

Activities, advice and support for children, young people and adults in their neighborhood.



You are important!

As a parent, you are an important figure in your child's life. With this Parents' Guide, we would like to guide you as a resident of Southwest Gothenburg through all the services, support structures and other information that you may need as a parent. The Parents' Guide can also help you and your family find fun activities and excursions in the city.

The guide is a safe and effective reference guide and it's also suitable for other important adults in a child's life or for anyone who meets children and families in their line of work.

The Parents' Guide has listed many of the services that are available, but there is much more to choose from both in your local area and in the rest of Gothenburg. For example, you can find more activities in the City of Gothenburg's calendar.

kalendarium.goteborg.se

We sincerely hope this guide can help you and your family find what you are looking for!

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Free of charge!

Looking for activities that don't cost any money? Look for the free of charge symbol!

If the symbol is placed directly under the headline, it means that there are free activities in all services in that section.

Some of the activities may also cost money, ask the staff on site for more information.



This flag means that the service is LGBTQ-certified.



When you see these two symbols in the brochure, it means that the organization is active on Facebook and/or Instagram.

Family centers

For those with children between 0-6 years

Free of charge!

As a parent or expecting parent, you are welcome to the family centers in the South West (Sydväst) district. The family centers are run together with midwifery clinics, child health centers, social services and the open preschools. The open preschool gives you and your family an opportunity to meet other families and take part in various activities. They offer a place for children to play and an easily accessible support for you as a parent.

At the family center you can talk about:

- » Your role as a parent
- » Setting boundaries
- » Food
- » Sleep
- » Relationships

Here you can take part in the following activities:

- » Thematic meetings
- » Courses on parenting
- » One on one talks with staff
- » Infant massage

There are two family centers in Southwest Gothenburg.



The family center Trädet



Telephone Midwifery:

031-346 08 90

Child health center:

031-346 08 91, 92, 93, 94

Counselor/parenting support:

031-366 23 93 and 031-366 23 92

The open preschool: 031-367 64 91

Website: goteborg.se/familjecentralentradet



The family center Opalorget

Phone

Midwifery clinic:

031-346 08 60

Child health center:

031-747 83 90, 91, 92

Parent counselling/parenting

support: 031-366 41 03 or
031-366 10 78

The open preschool: 0727-26 11 79

Website: goteborg.se/familjecentralenopalorget

Address: Zirkongatan 7,
Västra Frölunda

Open preschools

0–6 years

Free of charge!

The open preschool is a meeting place for all families. Children aged 0–6 are welcome here together with their parents or other adults. As an adult, you are responsible for your own child and both of you will participate together here. Visiting the open preschools is free and you don't need to register in advance. You and your child can play together here, do crafts, sing and socialize with trained staff and with the other parents and their children.

You can also get support in your parenting from the staff if you have any questions or concerns. You are also welcome to share tips, ideas and discuss everyday life with other parents of young children who are in a similar situation as you.

You can find the opening hours and other information on the website. The South West district has three open preschools but you can also check with your nearest parish to see if they have an open preschool.

Website:
goteborg.se/oppenforskola

The open preschool Axel

Phone: 031-367 67 30 or
0790-98 20 21

Email: oppna.forskolan.axel@forskola.goteborg.se

Address: Axel Dahlströms Torg 3,
Göteborg

Nearest stop: Axel Dahlströms Torg

The open preschool Opalorget

Phone: 031-366 47 03 or
0727-26 11 79

Email: oppna.forskolan.opalorget@forskola.goteborg.se

Address: Zirkongatan 7,
Västra Frölunda

Nearest stop: Opalorget



Öppna förskolan vid
Opalorget i Västra göteborg




The open preschool Trädet

Phone: 031-367 64 91, 92 or 0728-55 45 58

Email: oppna.forskolan.tradet@forskola.goteborg.se

Website: goteborg.se/oppnaforskolantradet

Address: Current address can be found on the website

 Familjecentralen Trädet

The Church of Sweden's open preschools

The Church of Sweden has open preschools in Furåsen, Tynnered, Näset, Västra Frölunda, Askim and Billdal.

The preschools are open to parents and young children. Children of different ages can go to different locations, visit the website for more information. Welcome!

Website: svenskakyrkan.se/vastra-frolunda-pastorat/for-barn-och-familj

Preschools and family day cares

1-5 years

Preschool helps your child get a good start in life and lays the foundation for a lifelong learning. Play is important for the child's development, to develop their imagination and creativity, to learn to understand other people's feelings and to cooperate. The preschool includes teaching that stimulates and challenges the children.

Searching and finding preschools

Preschools are for children from the age of one. All children aged 3-5 have the right to a free placement for 15 hours a week. Applications can be made at goteborg.se/forskola or through a form no earlier than six months before your child needs a placement. There are both municipal and independent preschools in the south-western part of the city.

You can see all the preschools that are available to choose from on goteborg.se under the headline "Hitta förskolor".

In August of the year in which the child turns six years old, they will begin preschool class in school. Preschool class applications are submitted to the municipal schools

between 15 December and 15 February for the autumn semester.

Applications can be made electronically at goteborg.se

Support in preschools

Special educators work in preschools alongside the regular teachers to ensure that all children have a good time at their preschool and learn new things. The special educators also work with parents to give their children additional support if needed.

For more information on preschool, family day care, applications and support, please visit the website.

Website: goteborg.se/forskola



Primary schools and special primary schools

6–16 years

Free of charge!

Your child should develop and learn new things in school. Here, school staff work together with parents to help their children develop in the best possible way.

All children in Sweden must attend school for ten years. This is called compulsory school attendance and applies from the autumn semester of the year the child turns 6. School is made up of preschool class (grade 0) and grades 1–9 in primary school. Each school year has an autumn semester and a spring semester with corresponding plans for what the student will learn, called syllabuses and curricula. There are also special primary schools where different rules apply.

Applying for school

In the south-west of Gothenburg there are primary schools and special primary schools for students between 6 and 16. You can see all the schools that are available to choose from on goteborg.se under the headline "Hitta grundskolor och grundsärskolor". All children registered in Gothenburg are guaranteed a place in one of our schools. As a parent or guardian, you can choose which school you would like your child to attend. This applies from preschool class up to and including grade 9.

There are no queues for schools in the City of Gothenburg. If there are more applicants for a school unit than there are places available, the City of Gothenburg has guidelines in place for determining which students are eligible for the placement. You can apply for a placement in a municipal school and read about the rules for placements at goteborg.se/grundskola. If you want to apply to an independent school, you should contact that school directly. If you do not submit an application and make a school choice, your child will be placed in a school close to home.

Support in schools

In every school, all students have access to a student health service that works to promote, prevent and support the student's development towards the educational goals. The student health team consists of a school doctor, school nurse, counsellor, psychologist, special education teacher and principal. The student health service is there for the students, but you as a parent or guardian can also turn to the school student health service for advice and support regarding your child.

After-school centers

After-school centers are available before and after regular school hours for children between 6 and 13 years of age. You can find more information and an application form at goteborg.se/fritidshem. For more information about schools, after-school centers, support and applying to schools, visit the website.

Website:
goteborg.se/grundskola

Finding a summer job

If you are in grade 9 or year 1 of high school, you can apply for a summer job in the City of Gothenburg. You can find more information about summer jobs in the City of Gothenburg on the website. The page also provides contact details if you have questions or comments about summer jobs.

Website:
goteborg.se/sommarjobb

Homework help

You can get help with your homework at several libraries in Gothenburg. The people who help you with your homework can be other students, volunteers from different associations or the library staff. Homework help is available for adult students and for those in primary school or high school. You can see which libraries can help you with your homework in the calendar.

Website:
kalendarium.goteborg.se



Culture and libraries

Frölunda Kulturhus

All ages

Frölunda Kulturhus gives you an opportunity to listen to music, watch children's theater and go to the cinema, dance, theater or other performances. You can also try out new circus here. The open studio offers painting for different ages. There are also open workshops with different themes, crafts Sundays and art exhibitions. Workshops, courses and lectures are also offered here. Kulturhuset organizes fun outdoor activities in the summer in Positivparken in Frölunda. Information about the programs and opening hours of Kulturhuset can be found on the website.



Phone: 031-366 27 20

Telephone (Ticket office):
031-366 27 25

Email: reception.kulturhuset@kultur.goteborg.se

Website:
goteborg.se/frolundakulturhus

Address: Valthornsgatan 13,
Västra Frölunda

Nearest stop: Frölunda Torg

Kulturskolan

6-19 years

Kulturskolan can offer your child who's between 6-19 with lessons in many different art subjects such as dance, drama, painting, ceramics, choral singing, film and many different musical instruments. Instruments can be borrowed from the instrument store room and are free of charge for the first four semesters. Your child is always welcome here, regardless of prior knowledge or needs. Your child can take part in performances, concerts, exhibitions and cultural events. The activities of Kulturskolan take place during children's leisure time in Kulturskolan's own premises, in schools and in after-school centers. The semester fee is 300 SEK.

Kulturskolan also arranges open activities which are free of charge and requires no registration in advance. More information is available on our website.

Phone: 031-366 44 81

Email:
kulturskolan.vgbg@goteborg.se

Website:
goteborg.se/kulturskolan

Axelhuset

All ages

Free of charge!

Axelhuset is a welcoming meeting place for all ages and is located on Axel Dahlströms torg. Axelhuset houses Högsbo library, the Axel after-school center and the Axel open preschool. You and your child can together relax in the entrance hall and buy coffee and snacks in the coffee shop Kaffeluckan. You can also take part in various courses or open studios and drop-in sports, rent meeting rooms for parties, listen to lectures, visit exhibitions, enjoy children's theater and lots of other fun things that you can also be part of organizing. Opening hours and other information can be found on the website.

Phone: 031-366 04 00

Email: axelhuset.fritid@socialsydvast.goteborg.se

Website: goteborg.se/axelhuset

Address:
Axel Dahlströms torg 3, Göteborg

Nearest stop: Axel Dahlströms torg

Libraries

All ages

Free of charge!

There's always a library near you, both digitally and in your neighborhood. You are welcome to any of them. You can use our digital services and borrow and return books the same way everywhere. It's always free and open to all. In the libraries both adults and children can borrow books, audiobooks, movies and video games, or get tips on how to read books aloud. You can also read newspapers and magazines, borrow a computer or connect to the library's free wifi.

Website: goteborg.se/bibliotek



Frölunda library

Frölunda library is located in Frölunda Kulturhus. You will find books for different ages and in many languages here. There are plenty of magical, scary and delightful stories to inspire you and your child to read. Äppelrummet has different media for children and young people that can be read with eyes, ears and fingertips alike. You can also find factual information for children about disabilities here. Everyone can find stories they can relate to in the library.

The library organizes many activities for both parents and children, ranging from language cafés and lectures on parenting to music and singing for the smallest ones.

Welcome!

Phone: 031-366 28 40

Email: frolunda.bibliotek@kultur.goteborg.se

Website: goteborg.se/frolundabibliotek

Address: Valthornsgatan 13, Västra Frölunda

Nearest stop: Frölunda Torg



Askim library

Askim library is located at Askim torg. You and your child can read together in the story room here. The library offers singing sessions for young children and recreational activities for older children.

Phone: 031-366 31 90

Email: askims.bibliotek@kultur.goteborg.se

Address: Askims torg 5, Askim

Website: goteborg.se/askimsbibliotek

Nearest stop: Askims Stationsväg



Högsbo library

Högsbo library is located in Axelhuset. The library organizes activities such as children's theater, book meetings for young people and storytelling sessions for babies and younger children.

Phone: 031- 366 04 00

Email: hogsbo.bibliotek@kultur.goteborg.se

Website: goteborg.se/hogsbobibliotek

Address: Axel Dahlströms torg 3, Göteborg

Nearest stop: Axel Dahlströms torg



Södra skärgården library

Södra skärgården library is located in the school premises of Styrös skolan. It's a cozy library where you can sit down with a magazine, study or read a story in the children's section.

There's access to Wi-Fi, computers, printers and scanners. We have books, magazines, video games and movies for all ages.

Phone: 031-366 57 80

Email: sodra.skargardens.bibliotek@kultur.goteborg.se

Website: goteborg.se/sodraskaergardensbibliotek

Address: Brattenskogen 42, Styrös

Nearest stop: Styrös Bratten

Opaltorget's library

The children's library in Opaltorget will open in the spring of 2023. There you will find books for different ages and in several languages. Look forward to magical, scary and delightful stories to inspire you and your child to read.

Phone: 031-366 28 40

Email: frolunda.bibliotek@kultur.goteborg.se

Website: goteborg.se/frolundabibliotek

Address: Ametistgatan 2, Västra Frölunda

Nearest stop: Opaltorget

Bokbussarna

0-13 years

On bokbussarna (the book buses) you will find books for children aged 0-13.

You can also, regardless of your age, pick up books that you have reserved or return books that you have borrowed. One of the book buses looks like a space ship and the other like a fairytale forest. The buses visit preschools around Gothenburg from Monday to Friday, and each preschool is visited every four weeks.

On Saturdays, the book buses also do pop-up tours to various locations around Gothenburg. You can see where the buses will go on the website.

Email: bokbuss@kultur.goteborg.se

Website: goteborg.se/bokbussen



Meeting places and leisure activities

Free of charge!

Leisure activities in the South West offer safe and social activities and meeting places for young people to meet and grow. Activities are available after school, in the evenings, during weekends and during school holidays. Children and young people can take part in a wide range of different activities here, which they can also help to plan. The door is always open to their parents.

The activities are free of charge and based on volunteering, participation and learning. It doesn't matter what school your child or teenager attends, everyone is welcome!



Axelhusets youth center 13-15 years

The Axel youth center is a meeting place for students aged 13-15. You can come here to hang out with friends, have a snack, play games, create in our studio and take part in various activities. Here, everyone gets involved and has a say in matters.

Phone: 031-366 04 88

Email: axelhuset.fritid@socialsydvast.goteborg.se

Address:
Axel Dahlströms torg 3, Göteborg

Nearest stop: Axel Dahlströms torg

Fritidsgården Pilen 10-15 years

Pilen youth center is the meeting point for young people in Askim. Here you can get together and have fun, listen to music, watch movies, rehearse, organize a party or create fun activities together. Students in 5th grade and above can come here after school to hang out and try out different creative activities.

In the gym you can play floorball, billiards and other ball sports.

On Mondays, students in 4th grade and above can also participate in Kulturpilen, an open cultural activity in cooperation with Kulturskolan.

Phone: 0706-11 84 94 or
031-366 34 80

Email: kulturpilen@socialsydvast.goteborg.se

Website: goteborg.se/
fritidsgardenpilen

Address: Askims Pilegårdsväg 25,
Askim

Nearest stop: Pilegården



Lindens youth center 10-12 years

Linden, a part of Positivparken, is a meeting place for everyone, especially children and young people. Here you can do your homework, meet friends, play video games, do crafts, play football, or practice parkour and other sports. On weekends there are activities for the whole family.

Phone: 031-366 04 83

Email:
linden@socialsydvast.goteborg.se

Address: Positivgatan 5,
Västra Frölunda

Nearest stop: Positivgatan eller
Frölunda Torg



Lokal 426**13–19 years**

In Lokal 426, we shape our activities together with young people and on their terms. Activities here include games, baking, a music studio, a rehearsal room and a photo and film studio. You also have the possibility to organize LAN parties, gigs, exhibitions or whatever you want here. Lokal 426 also organizes courses and workshops including those for guitar, DJing, film/ photography, rock school, manga, dance, or courses tailored to your wishes. There are dedicated leaders here to help you turn your ideas into reality.

Lokal 426 also has a café where you can meet friends, have a coffee and a snack, create activities and get in touch with staff from both Önnared Handball Club and the after-school centers.

Website: goteborg.se/lokal426

Address: Redegatan 18

Nearest stop: Påvelunds Centrum,

Västra Frölunda

Mellangården**10–13 years**

At Mellangården, you can engage in various activities such as music, games, dance and painting – or just hang out with other kids and young people. Close to Mellangården is a spontaneous sports field for games, sports and other fun outdoor activities.

Phone: 031-366 41 79 or 0725-41 14 12

Address: Smaragdgatan 28, Västra Frölunda

Nearest stop: Brilljantgatan

Ungdomens hus 1200 kvadrat**13–19 år**

Your own initiative and commitment take center stage at Ungdomens hus 1200 kvadrat. Experienced staff are here to support you with your ideas. Perhaps you'd like to run a club here, organize concerts or sew and design different things. You can also enjoy music, dance and painting – or just hang out with other young people. The door is always open to parents as well.

Phone: 031-366 40 95

Email: 1200kvadrat@socialsydvast.goteborg.se

Website: goteborg.se/ungdomenshus

Address: Mandolingatan 47, Västra Frölunda

Nearest stop: Frölunda Torg

Öhålan**13–19 years**

The youth center Öhålan is located at Styrskolan in Gothenburg's southern archipelago. You can come here to hang out with friends. You can also get help if you have an idea of what you would like to do in your spare time.

Perhaps you dream of creating an event, a workshop, a LAN party – or something else entirely. At Öhålan you can also play board games, do crafts, have a movie night, listen to music and buy snacks in the café. There is also a gym that you can use for various sports activities.

The door is always open to parents as well.

Phone: 0702-65 35 59

Website: goteborg.se/ohalan

Address: Brattenskogen 14

Youth Council

The Youth Council is made up of 101 young people from all urban areas in Gothenburg. Young people aged 12–17 come together to discuss various issues affecting them in the city. It is up to the young people themselves to decide which issues they want to pursue.

Email: ungdomsfullmaktige@goteborg.se

Website: goteborg.se/ungdomsfullmaktige

Activities during the holidays**Free of charge!**

There are exciting activities for both children and young people during the school holidays. Check out the holiday activities page or the City of Gothenburg's calendar to see what's happening.

Website: goteborg.se/lovaktiviteter



Get involved as an important adult

Hälsoteket

All ages

Free of charge!

Hälsoteket is there to help local residents and others improve their health. Here you can get health talks, attend lectures, take part in physical activities or sign up for courses. Hälsoteket also organizes stroller walks and talks with everyday tips and inspiration for parents with young children. All the activities at Hälsoteket are free of charge and can be found at several locations in south-west Gothenburg, including Frölunda Kulturhus. You can find our programs on the website.

Phone: 031-366 28 64

Website:
goteborg.se/halsoteketvaster

Address: Frölunda Kulturhus, Valthornsgatan 13, Västra Frölunda

Nearest stop: Frölunda Torg

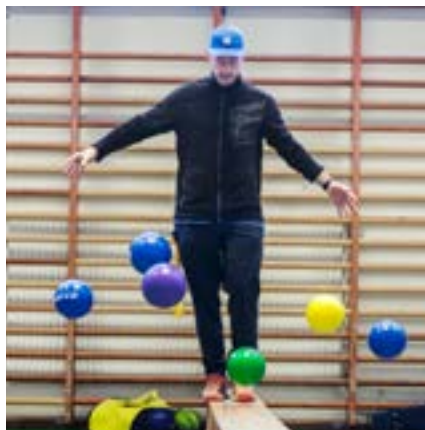
Become a health guide

Free of charge!

Are you interested in learning more about lifestyles and want to make a difference when it comes to the health of others? Or do you want to use other health guides to reach out with information on health? Hälsoteket trains people who want to support, inspire and motivate people to live a healthy life in Southwest Gothenburg. Being a health guide is primarily a volunteer assignment that begins with a course on food, sleep, stress, exercise and other health-related topics. The training is free of charge and to attend you need to live or work in the southwest of Gothenburg and understand Swedish, but we encourage those with a native language other than Swedish to attend

Phone: 031-366 26 88

Email: halsoguide@socialsydvast.goteborg.se



Walk for a safer Tynnered

There are two groups that do night patrols in Tynnered, Nattvandring Tynnered och Trygghetsvandring Norra Tynnered. The aim of the patrolled walks is to increase safety by having adults visibly present outdoors. If you are interested in joining or want to know more, please contact us.

Email:

norratynnered@nattvandring.nu



Start or join an association

The Sydväst district has a rich association life with activities ranging from sports and exercise to culture and music. Do you want to get in touch with an association or start a new association or network? Contact one of our association coordinators with your ideas. You can also apply for support for your association.

Phone: 031-366 04 86 or 031-366 41 70

Email: foreningsstod@socialsydvast.goteborg.se

Book a venue

There are many sports facilities and meeting venues in Gothenburg that individuals, associations or companies can book and use for sports or other events. You can read more on the website about how to book in the new e-service.

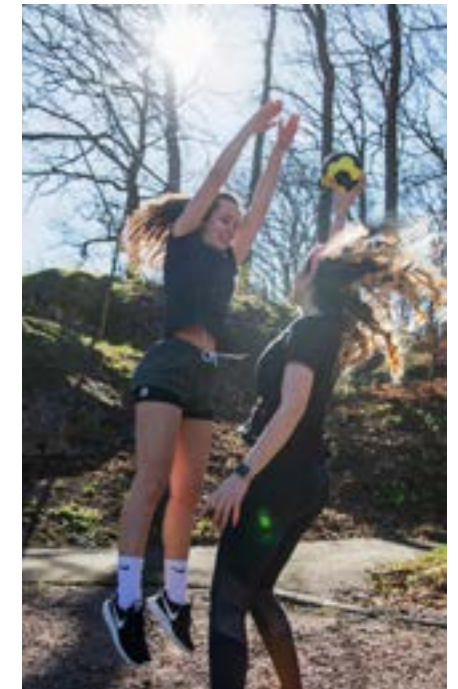
Phone: 031-368 20 00

Email:

idrottoforening@ioff.goteborg.se

Website:

goteborg.se/bokaanlaggning



Borrowing leisure equipment and toys

Frölunda fritidsbank

All ages

Free of charge!

At Fritidsbanken at Frölunda Torg, everyone can borrow sports and leisure equipment free of charge for 14 days.

You can also donate sports and leisure equipment that you no longer use during our opening hours. Please visit our Facebook page, where you can find news, temporary opening hours and information about Fritidsbanken at Frölunda torg. On the website you can also see our stock availability.

Do not hesitate to contact us if you have any questions or concerns.

Phone: 070-743 58 28

Email:
frolundatorg@fritidsbanken.se

Website: fritidsbanken.se
Sök på "Hitta din fritidsbank"

Address: Frölunda Torg köpcentrum

Nearest stop: Frölunda Torg



Högsbo Leksaksbibliotek

All ages

Free of charge!

You and your child are welcome to the toy library where you can borrow toys instead of buying new ones. We have fun games, puzzles, blocks, trains, Lego bricks, dress-up clothes and more, as well as things children and adults can enjoy together. You can also drop off and pick up children's clothes in different sizes.

Email: leksaksbiblioteket.hogsbo@gmail.com

Website: torpadammensvanner.se

Address: The current address can be found on the website under the tab Högsbo Leksaksbibliotek.

Exercise, sports and playgrounds

Running trails

Free of charge!

In Gothenburg there are several nice and well-lit running trails, such as the ones in Ruddalen and Påvelund. You can find more information about them and other running trails at

goteborg.se/motionsspar.

Ruddalen

A large green area with nature trails and a 2.2 kilometer lit running trail surrounded by hills and pine forests. There is also a nice lookout point and a hillfort in the area. The area also has a sports center in the center.

Nearest stops: Fyrktoget, Musikvägen, Kavåsvägen

Påvelunds Motionscentrum

Adjacent to the Påvelunds Motionscentrum (sports center) is a beautiful nature and outdoor area where you can walk or run on trails ranging from 1.7 kilometers (lit trails) to 6.2 kilometers.

Address: Redegatan 18, Västra Frölunda

Nearest stop: Tranered

Sisjön

There is a lit running trail of 2.4 kilometers here. For a longer walk you can continue to Oxsjön that has a looping trail of about 7 kilometers. Barbeque areas are available at both Sisjön and Oxsjön.

Nearest stop: Askims Svartmosse

For more unlit running trails or walking trails, see the Nature Experiences section.



Outdoor gyms

Free of charge!

In the southwest of Gothenburg there are several outdoor gyms for those who like to work out with machines in the fresh open air. The machines are easy to use, you can choose between lifting logs, ropes or weights, or using your own body weight as resistance.

You can find outdoor gyms in the following locations:

- » Bergkristallparken
- » Kastanjeallén
- » Melongatan
- » Ruddalen
- » Askimsbadet
- » Positivparken

Information about the City of Gothenburg's outdoor gyms and maps to find them are available on the website

Phone: 031-365 00 00 (City of Gothenburg contact center)

Website: goteborg.se/utegym



Excursion playgrounds

In Gothenburg there are many playgrounds and larger outdoor playgrounds where children and adults can play together. To find out more, visit the websites below or download the playground locator app Lekplatsen Göteborg. It can be found on the usual app stores and on playgroundappen.se.

Websites:

goteborg.se/lekplatser or
goteborg.se/utflyktslekplatser

Positivparken

All ages

Free of charge!

Positivparken is one of Gothenburg's excursion playgrounds. The playground here is divided into two areas in the park. Frölunda Kulturhus has facilities for parkour and trampolines.

Further into the park, towards Ruddalen and Frölundaskolan, there is a farm-themed playground for smaller children. Positivet is also located here.

Positivet is a staffed playground and meeting place in Positivparken. Here your child can borrow toys and take part in various activities which are all free of charge. The area also has open barbecue areas and toilets.

Positivparken has the following:

- » Parkour area
- » Trampolines
- » Obstacle courses
- » Basketball areas
- » Motor skills training
- » Slides
- » Sandboxes
- » Outdoor gym
- » Barbecue areas

Next door to Positivparken are:

- » Fotbollsplan
- » Beachvolleybollplan
- » Bouleplan

Phone (Positivet): 031-366 04 80

Website:

goteborg.se/positivparken

Nearest stop: Positivgatan or Frölunda Torg

Address: Positivgatan 7 / Mandolingatan 47, Västra Frölunda

Bergkristallparken

All ages

Free of charge!

Bergkristallparken is a meeting place in Tynnered that offers fun activities for all ages. The park house has a cozy café where you can enjoy a coffee with your family and friends. Here you can play board games, do crafts, read books, or create your own activities with the staff or with associations.

Bergkristallparken can also offer:

- » 460 square meters of space for extreme sports such as skating, BMX, rollerblading or kickbiking.
- » Basketball courts
- » Football pitches
- » Stage
- » Gardening area
- » Park house for meetings, workshops and other gatherings.

Phone: 031-365 00 00 (City of Gothenburg contact center)

Email: bergkristallparken@sydvast.goteborg.se

Website:
goteborg.se/bergkristallparken

Address: Bergkristallparken 1, Västra Frölunda

Nearest stop: Beryllgatan Bergkristallsgatan

Other sports activities

Ruddalens idrottscentrum

You can go ice skating at Ruddalen idrottscentrum. There is also a skating rink where you and your children can play hockey with hockey sticks. Skinnarehallen at Ruddalens idrottscentrum is expected to be completed in March 2023, but hockey sticks will not be allowed to be used there. Current opening hours can be found on the website. Skates are available to borrow on site.

Phone: 031-368 20 70

Website: goteborg.se/ruddalen

Address: Musikvägen 55, Västra Frölunda

Nearest stop: Musikvägen

Askims ishall

Askim's ishall is ideal for those who want to ice skate indoors with their children. For opening hours and other information, visit our website.

Phone: 031-368 20 72

Website:
goteborg.se/akaskridskor

Address: Kruniusvägen 1, Billdal

Nearest stop: Hästebäck

Table tennis in Slottsbergsskolan

7-12 years


Free of charge!

Please bring a water bottle and a pair of indoor shoes, all children are welcome!

For girls Wednesdays 18-19
For boys Wednesdays 19-20

The above times are subject to change, please contact the organizer for the latest information.

Phone: 0736-66 27 90

 Lindens_fritidsverksamhet

Göteborgs parasportförbund

Our role in Göteborgs Parasportförbund is to highlight our parasport associations. We want to be the support and the extended arm they need to develop their activities, improve the skills of their leaders and recruit new children and young people to parasports. This federation can help you find more affiliated associations that have activities for children and young people with disabilities.

Phone: 031-43 22 56

Email: kansliet.vg@parasport.se

Website: www.parasportgbg.se



Swimming and nature

Indoor swimming

All children aged 0–8 years can swim for free in Gothenburg. Current admission fees for 8–18 year olds, students, pensioners and other adults can be found on the respective swimming pool's website. If you are interested in a swimming school for your child, talk to your nearest swimming pool and they will help you.

Frölundabadet

Frölundabadet is located in Frölunda Kulturhus. There is a 25-meter pool, a diving tower, a trampoline, a training pool, water aerobics, a splash pool and a sauna.

Your baby can enjoy baby swimming here, and there are also swimming schools for both adults and children where you can play and practice in the water.

Opening hours, prices and other information are available on the website.

Phone: 031-368 22 80

Website: goteborg.se/frolundabadet

Address: Valthornsgatan 13, Västra Frölunda

Nearest stop: Frölunda Torg

Askims simhall

The facilities at Askims simhall include a 25-metre pool, sauna and gym adjacent to a sports hall. For opening hours and other information, visit our website.

Phone: 031-368 22 30

Website: goteborg.se/askimssimhall

Address: Gärdesvägen 5, Askim

Nearest stop: Askimsbadet

Styrsö simhall

Styrsö simhall is a small swimming pool that can only be booked in advance. The pool is 8x12 meters with a depth of 70–115 cm. Swimming school is organized by the Swedish Lifesaving Society (SLS) and you can also rent the swimming pool for children's parties.

Email: styrso.simhall@grundskola.goteborg.se

Website: goteborg.se/styrsosimhall

For current opening hours for the swimming pools and to find more swimming opportunities, go to goteborg.se and click on "Bad och simhallar" or download the City of Gothenburg's app "Badplatsen Göteborg".

Outdoor swimming

Free of charge!

Along the coast and out on the islands in south-west Gothenburg are several beautiful areas for sea bathing. There are toilets at all bathing sites that are open every day during the summer bathing season. Lifesaving equipment is available at all the bathing sites mentioned in the text.

As more people have started winter bathing, the demand for data on the current water temperature has increased. That's why the measurements are now digitized so you can find out the water temperature directly at any of the city's bathing locations. You can find current water temperatures in the Badplatsen app and on badplatsappen.se.



The Swedish Lifesaving Society in Gothenburg arranges swimming schools at several bathing locations during the summer. You can find more information at slsgoteborg.se.

More information about outdoor bathing locations throughout Gothenburg can be found at goteborg.se/hittabad



Accessible bath



Dogs prohibited during bathing season



Accessible toilet



Dogs allowed



Askimsbadet

One of Gothenburg's most popular bathing areas with a shallow sandy beach and large grassy areas for playing, games and sunbathing. Here you can enjoy sunbathing and swimming from the 259-meter-long bathing pier, ramps leading down to the sandy beach also make it easier for wheelchair users to swim.

Nearest stop: Askimsbadet



Aspholmens badplats (Saltholmen)

At the Aspholmen bathing area you can swim from the rocks or climb down in the water with the help of swimming ladders. There is a kiosk at the transit stop.

Nearest stop: Saltholmen.



Sisjöns badplats

Sisjön's bathing area is located at Stora Sisjön next to a nature area. There are swimming ladders, sandy beaches, grass, rocks, barbecue areas and a kiosk. There is also an enclosure with a jetty where small children can swim safely in the lake.

Nearest stop: Askims Svartmosse

Fiskebäcks badplats

The bathing area is located near the Fiskebäck marina. Here you can find your own little cliff to swim from, if you don't prefer the beach or the jetty. A café and a kiosk are available.

Nearest stop: Fiskebäcks småbåtshamn

Ganlets badplats

Young children can swim at the small beach and older children can swim from the cliffs and swimming ladders.

The area is reminiscent of the landscape of the past, with pastures, meadows, wetlands and mountains. From the bus stop it is a beautiful walk down to the beach.

Nearest stop: Halleskärgatan.



Näsets badplats

A very popular beach with a child-friendly and shallow sandy beach surrounded by rocks. There are concrete decks for sunbathing and jetties with swimming ladders. There is also a kiosk and food service. Dogs are prohibited during the bathing season.

Nearest stop: Näsbovägen



Smithska udden

The bathing paradise called "Smitten" by the locals. There is plenty of space here for everyone on the rocks, beaches and grassy areas. On the southwestern part of "Smitten", many people swim naked.

Nearest stop: Näsbovägen.



Styrsö Brattens badplats

At Styrsö Bratten you can swim from the beach or jetty, about 300 meters from the ferry terminal where there is a kiosk and food service. Be careful - there are strong currents in the waterway!

Nearest stop: Styrsö Bratten (ferry).



Styrsö Utterviks badplats

A barren but vibrant area with a small beach for small children and a bathing pier with a jetty and ladders for older children.

Nearest stop: Styrsö Tängen (ferry).



Lilla Amundöns bad

Lilla Amundöns bathing area is an outdoor swimming pool for people with disabilities, located in Askim in southern Gothenburg. There is both an open-air swimming pool and a warm-water pool. The spa opens on 1 June and closes on 31 August.

Phone: 031-368 22 46

Website: goteborg.se/lillaamundonsbad



Nature experiences

Free of charge!

The south-western part of Gothenburg has a lot of different types of nature to experience. Here you will find forests, parks, cliffs, meadows and beaches for walking, resting, climbing, picnicking or playing. On the website you will find more information about the nature areas throughout Gothenburg.

Website:

goteborg.se/naturomraden

Billdals park

In Billdal Park there are both riding paths and walking trails through old beautiful forests. The open part of the park has a playground and a lawn where you can have a picnic in an old manor house setting.

Nearest stop:

Norr – Hästebäck
Söder – Billdals gård

Stora Amundön

Stora Amundön has a snorkelling trail in the sea, plenty of rocky beaches and a few small sandy beaches. Surrounding the island is a very hilly nature trail of about 4.5 kilometers through oak forests and meadows.

Nearest stop: Brottkärr



Slottsskogen

Slottsskogen has large lawns but also mountainous parts with a lot of forests and wildlife. There is also a zoo with Nordic animals such as moose, deer and horses.

Nearest stops: Botaniska trädgården, Linnéplatsen or Majvallen

Änggårdsbergen

Änggårdsbergen is a forest area with valleys, heaths and lakes. Many paved footpaths and nature trails run through the area. One of the roads to Änggårdsbergen is through the Botanical Garden.

Nearest stop: Botaniska trädgården

Skärvallsberget

On the 4.5 km walk from Hinsholmen to Önnered brygga in the south, you will pass mountains, forest glades, bathing bays and boat harbors. From Hinsholmen's small boat harbor, which was an open-air bath until the 1950s, there is a stairway to a ravine path through Skärvallsberget. On top of the mountain there is a fantastic view of the southern archipelago. Among the rock outcrops lies Lindalen, and below it small coves. Along the coast are good fishing waters.

Nearest stops: Hinsholmen or Fiskebäcks småbåtshamn

Välen

Välen is an exciting nature reserve with a rich history. Follow the nature trail and wander around in both the present and the past. Välen is home to ancient monuments from the Bronze Age, and from the bird tower you can look for snipes, lapwings and shorebirds. The bird tower has a ramp for wheelchairs and prams.

Nearest stop: Kannebäck

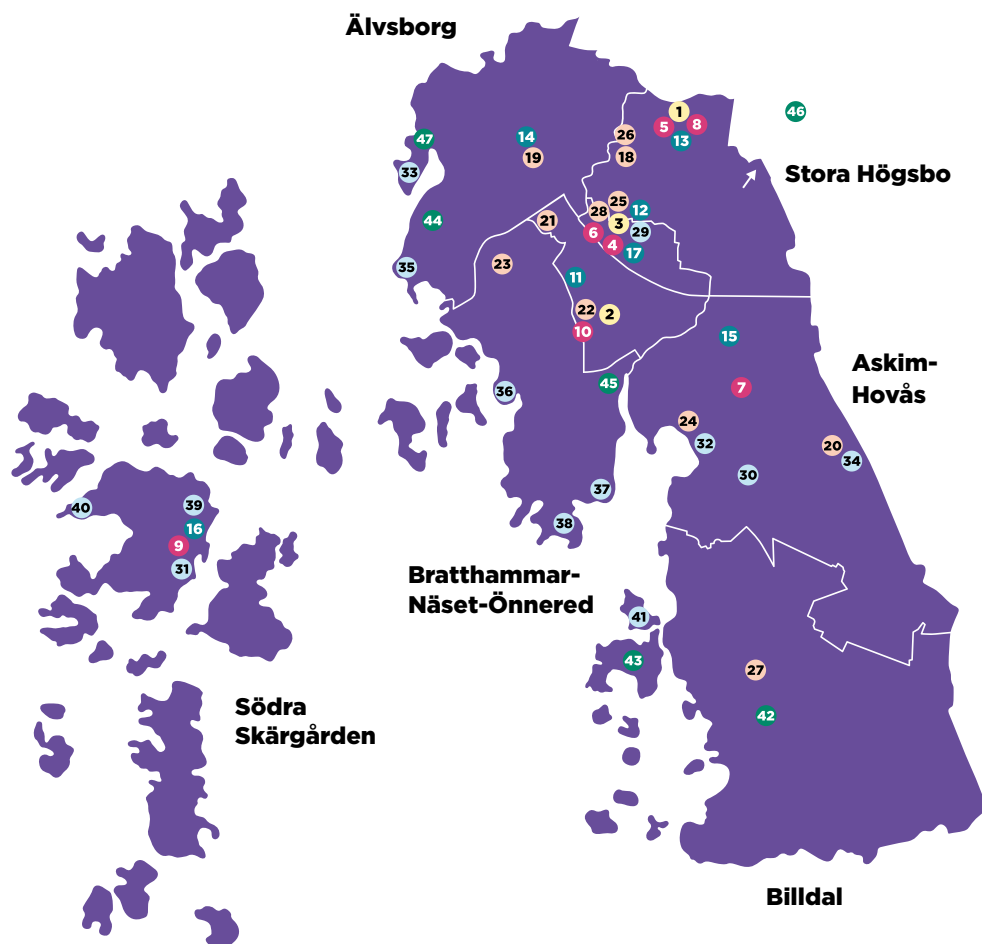
Ängholmsparken

Ängholmsparken is a park located between Långedrag and Saltholmen and has many beautiful trees such as linden, chestnut and elm. There is also a public tennis court here.

Nearest stop: Roddföreningen



Map – activities and excursions



Open preschools

1. The open preschool Axel
2. The open preschool Opalorget
3. The open preschool Trädet

Culture and libraries

4. Frölunda kulturhus
5. Axelhuset
6. Frölunda library
7. Askim library
8. Högsbo library
9. Södra skärgården library
10. Opalorget library

Meeting places and leisure activities

11. Mellangården
12. Lindens youth center
13. Axelhusets youth center
14. Lokal 426
15. Fritidsgården Pilen
16. Öhålan
17. Ungdomens hus 1200 kvadrat

Running trails, outdoor gyms, excursion sites and sports activities

18. Ruddalen
19. Påvelunds motionscentrum
20. Sisjön
21. Bergkristallparken
22. Kastanjeallén
23. Melongatan
24. Askimsbadet
25. Positivparken

26. Ruddalens idrottscentrum
27. Askims ishall
28. Table tennis in Slottsbergsskolan

Baths

29. Frölundabadet
30. Askims simhall
31. Styrös simhall
32. Askimsbadet
33. Aspholmens badplats (Saltholmen)
34. Sisjöns badplats
35. Fiskebäcks badplats
36. Ganlets badplats
37. Näsets badplats
38. Smithska udden
39. Styrös Brattens badplats
40. Styrös Utterviks badplats
41. Lilla Amundöns bad

Nature

42. Billdals park
43. Stora Amundön
44. Skärvallsberget
45. Välen
46. Änggårdsberget
47. Ängholmsparken

Advice and support

Sometimes life with children is not easy. Seeking help, advice and support from others is a right that you can and should use for the good of yourself and your children. No question or problem is too big or too small. There are many people in your neighborhood who want to help you and your family through all kinds of situations.

Here you will find information about different services that offer support to you as a parent and your children or teenagers. If you have difficulties finding what you are looking for, contact one of the organizations below and they will guide you.

Medborgarkontoret

Welcome to the Citizens Advice Bureau (Medborgarkontoret) in Frölunda Kulturhus. Here you can easily get answers to your questions about the municipality's activities, such as preschool, school, parental support and elderly care, or which authority you should turn to in a specific matter. You don't have to have an errand to come here, we are happy to listen to your thoughts, ideas and comments. We also organize various activities such as legal counselling and lectures.



Phone: 031-365 00 41

Email:
medborgarkontoret.frolunda@demokratimedborgarservice.goteborg.se

Address: Valthornsgatan 13

Support for parents

Parental support through family centers

Free of charge!

You can turn to us if you need advice and support in parenting, to develop your strengths as a parent or receive advice on how to make your everyday life easier. We meet with parents individually, in pairs or in groups.

You can find contact details and more information on page 1 under family centers



Socialtjänsten Sydvästra Göteborg

All ages

Free of charge!

At the social services, parents can get advice and support for both themselves and their child, so that they can live a safe and independent life. We can provide you with support and shelter in cases when you:

- » have a troubling family situation.
- » are in a situation with your family where you or someone else is at risk of harm.
- » have experienced or witnessed violence

- » want help with your own domestic violence problems.
- » have problems with alcohol, drugs or gambling addiction.
- » if you are a family member worried about a loved one with substance abuse problems.
- » suffer from mental illness.
- » face urgent homelessness.
- » are involved with crime and want help to get out

The social services is also responsible for protecting and supporting children and young people at risk of harm, and for investigating reports from other authorities and individuals.

At the social services you will find the following activities:

Parental support - Resource center

For those with children between 0-18 years

Free of charge!

You can come here if you have concerns and questions about children and parenting. We have a duty of confidentiality and do not keep any records. Here you can talk to someone if, for example, you feel unsure about how to support your child properly, are worried about how your child is doing at school or pre-school, have a lot of conflicts with your child, or if the situation at home is not working as you would like. You can get up to 5 free consultations with a parenting support worker.

We also offer various parenting support groups:

- » Föräldrastödet ABC - alla barn i centrum, parenting support for those with children aged 3-12.
- » Parenting support COS-Trygghetscirkeln, about being a parent, 0-6 years.
- » Parenting support BiFF - Barn i Föräldrars Fokus, for co-parenting couples who have separated and are in a conflict.
- » Parent Support LFT - Leadership

» For worried parents of teenage children.

Phone: 031-366 42 12

Email: foraldrastod@socialsydvast.goteborg.se

Website: goteborg.se/foraldrastod

Children and family reception

Phone: 031-366 20 44 or 031-366 41 02

Address: Lergöksgatan 2, Västra Frölunda

Vuxen- och försörjningsstöd (adult and income support)

On-call number: 031-366 23 80

Address: Topasgatan 58, Västra Frölunda

Socialjouren för Göteborgs Stad

Free of charge!

The emergency social services provides emergency help during evenings, nights and weekends. It can be about violence, abuse, housing issues or if you suspect that someone is in trouble.

Phone: 031-365 87 00

Address: Stora Badhusgatan 14, Göteborg

Föräldrtelefonen

Free of charge!

As a parent or relative of a teenager or young adult, it can be helpful to talk to a professional in the parents' helpline about your thoughts and concerns. The youth unit's (ungdomsenheten) helpline is for parents who need support. There are no questions that are too big or too small. If we can't help you, we'll help guide you to the right place.

Here's how the parents' helpline works:

- » The parents' helpline is for parents, relatives and other adults in teenagers' and young adults' lives.
- » An answering machine will take your call. You can leave a message and we'll call you back.
- » You will be called by experienced social workers who work under confidentiality.
- » The help is free of charge

Phone: 031-367 96 14

Please leave a message about your concerns and we'll call you back.

Website: goteborg.se/foraldratelefon



Stella Göteborg

Free of charge!

You can get support here for when your child is placed outside your own home. As a parent, you are an important person in your child's life, and Stella gives you the opportunity to talk about what you are going through. All the staff here have an obligation of confidentiality and do not keep any records.

The staff at Stella are social workers and have a wide range of experience in different areas of social work.

At Stella you can:

- » Talk about how you feel.
- » Prepare for social services meetings concerning your child. If you wish, we can also be a support in these types of meetings.
- » Get help to maintain contact with your child, family home, accommodation and others.
- » Get information about your rights and obligations.
- » Get help to review reports and other documents related to your child.

Stella's staff are there to support you as a parent. They are there to listen and guide you, they are neutral to all parties and do not speak for anyone else.

Phone: 031-366 21 38 or 031-366 30 72

If there is no answer, you can leave a message and we will call you back.

Email: stella@socialsydvast.goteborg.se.

Website: goteborg.se/stellamottagningen

Address: Current address can be found on the website

Familjerådgivning

All ages

Everyone can have problems in their relationship. At the City of Gothenburg's family counselling service, couples or families can get help to find new possibilities and solutions to their problems and conflicts. All family counsellors have a duty of confidentiality and do not keep records. Applicants can be anonymous.

Phone: 031-367 93 63

Address: Kronhusgatan 2F, Göteborg

Nearest stop: Brunnsparken

Familjerättsbyrån

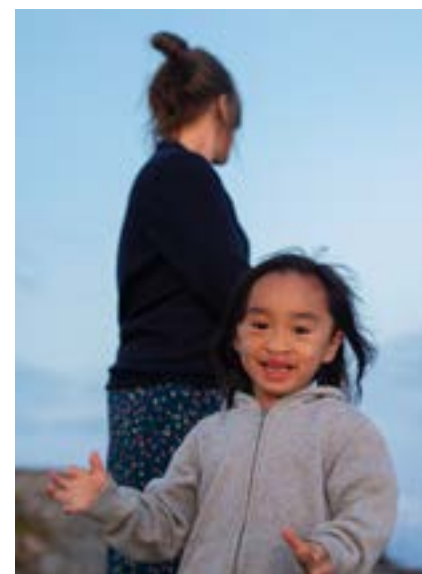
If you are parents thinking of getting a divorce and you have a custody investigation pending at the District Court, the Family Law Office can help you to reach an agreement and to write a contract. They also carry out pre-adoption investigations, and welcome parents for free cooperation sessions.

Email: familjerattsbyran@socialcentrum.goteborg.se

Website: goteborg.se/familjerattsbyran

Address: Olof Palmes Plats 1, Göteborg

Nearest stop: Järntorget



Support for relatives

Anhörigstöd

All ages under 65

Do you have someone close to you who needs your support because of illness, addiction, dependency, or a physical or mental disability? As a family member, you may also need support. Family support (Anhörigstödet) in the City of Gothenburg offers counselling, family groups, training, lectures and feel-good activities. We have a duty of confidentiality and do not keep any records.

Phone: 031-365 50 30

Email: anhorigstod.under.65@funktionsstod.goteborg.se

Website: goteborg.se/anhorigstodnaradig

Address: Slottsskogsgatan 12

Hållplats: Jaegerdorffsplatsen or Mariaplan

Anhörigcenter i Sydväst

Family members of those 65 and above

If you are supporting a loved one over the age of 65, you may need help with it.

Family support in Southwest (Anhörigcenter i Sydväst) is there to empower you as a carer through community, knowledge and activities. You will find us at Frölunda Kulturhus in our premises called La Bamba, which we share with the Culture Department.

Family support is available for those who support someone with a disability, physical or mental illness or who is simply of old age.

The support includes family groups, where people meet other family members in similar situations, individual support sessions, counselling, lectures and training.

We have an obligation of confidentiality and all contacts with us are voluntary.

For more information, you can contact us by calling the contact center and asking for a family counsellor working in the South West (Sydväst) area.

Phone: 031-365 00 00

Email: anhorigstod.sydvast@aldrevardomsorg.goteborg.se

Address: Valthornsgatan 3, Västra Frölunda

Nearest stop: Frölunda Torg

Familjestödsenheten - Ågrenska

Are you a parent of a child, adolescent or young adult who has difficulties with their concentration, attention, impulsivity, learning or compulsive behavior, and similar?

The family support unit (familjestödsenheten), which is run by Ågrenska on behalf of the City of Gothenburg, can help you with telephone advice and support calls or attending parenting courses and meetings.

Phone: 0708-22 50 96 or 0730-76 89 11

Email: familjestodsenheten@agrenska.se

Website: agrenska.se/familjestodsenheten/

Address: Lillövägen 20, Lilla Amundön, Hovås

Guidance counsellors for children and adults with disabilities

All ages

Free of charge!

If you have any questions about rights or support for your child with a disability, a guidance counsellor can provide information and help guide you to the community support that is available for children and adults with disabilities.

This includes medical care, assistive devices, housing adaptations, transport services or support under LSS (the act on support and services for persons with certain functional impairments) or SoL (the social services act).

Phone: 031-367 98 08

Email: lotsforbarnochvuxna@funktionstod.goteborg.se

Website: goteborg.se/lotsforbarnochvuxna

Visiting Address: Slottskogsgatan 12, Göteborg

Postal address: Box 4053, 422 05, Hisings Backa

Nearest stop: Mariaplan or Jaegerdorffsplatsen



Funktionsstödsenheten Sydväst

Free of charge!

If you live in Gothenburg's south-western urban areas and have a disability, you can seek advice, support and services from us at the disability support unit. This is also for parents or relatives of someone in need of support. The support includes services such as housing support, home care, housing with special services or personal assistance.

*The act on support and services for persons with certain functional impairments (LSS) and the social services act (SoL) determines the type of services that disabled people are entitled to.

Phone: 031-366 56 21

Email: myndighet.sydvast@funktionstod.goteborg.se

Address: Järnbrotts prästväg 2, Västra Frölunda

Nearest stop: Radiovägen



Support for children and young people

Ungdomsmottagningen Väst

13–24 years



Free of charge!

Here at the youth guidance center, you can talk about everything from love, sex and STDs to difficult experiences and thoughts about life. You can also get tested for pregnancy and STDs. We provide medical and psychological treatment, support and information. The center is staffed by a midwife, nurse, social worker, psychologist and a specialist doctor. There are also other youth guidance centers in Gothenburg you can go to.

Phone: 010-435 82 30

Website:

vgregion.se/halsa-och-varld/ungdomsmottagning/

Address: Kaverös Äng 5, Västra Frölunda

Nearest stop: Musikvägen

Mini-Maria

13–21 years

Free of charge!

Mini-Maria Göteborg is aimed at teenagers and young adults up to the age of 21 who have questions or concerns related to alcohol or drugs, as well as their parents or relatives. Our clinics can offer you advice, support and treatment from our social workers, nurses, psychologists and doctors.

We also have parent training in cannabis and drug awareness. All visits to Mini-Maria are free of charge and we are bound by confidentiality.

Phone: 031-367 99 40

Website: minimaria.se

Address: Norra Hamngatan 8, Göteborg

Nearest stop: Domkyrkan eller Stenpiren

Tjejjouren Väst

10–25 years

You can get online support with on-call support via chat, email and our phone app. We are there for anyone who identifies as a girl or young woman, mainly between the ages of 10 and 25.

Website: tjejjourenvast.se



Solrosen

This is an organization for children and young people who have a parent, older sibling or other family member that is or has been detained. At Solrosen you are free to put into words what you think and feel about having a family member in detention. When someone in a family gets detained, the family may experience a crisis, and feelings of guilt and shame in both children and adults.

Solrosen offers individual crisis and support counselling, groups for children and young people, adult/family groups and creative activities.

Phone: 031-712 13 10

Email: solrosen@raddningsmissionen.se

Address: Andra Långgatan 19, Göteborg

Nearest stop: Järntorget

Fältgruppen i Sydvästra Göteborg

The field group works with outreach and preventive social work among young people. This includes counselling and support to create a safe environment and guidance to connect young people with associations or to find suitable activities for them in their free time. The field team is out during days, evenings and weekends which enables them to meet young people both at school and in their free time.

Phone: 0736-24 83 91 or 0727-21 48 47

Address: Topasgatan 13 B, Västra Frölunda

Medlingsverksamheten

Free of charge!

Crime mediation is a voluntary dialogue between the offender and the victim after a police-reported incident, where the offender is between 12-21 years old and has admitted to the crime or to having been complicit in it. The aim of mediation is to reduce the negative consequences that may result from the incident, such as anger or fear. The process starts with each person being invited to a one-to-one information session, after which they can decide whether they want to mediate. The mediator also makes an assessment whether mediation is suitable or not. Mediation can take place by letter, greetings or in a meeting with the mediator.

Phone: 031-367 93 43

Email: medling@socialcentrum.goteborg.se

Website: goteborg.se/medling

Address: Norra hamngatan 8, Göteborg

Nearest stop: Brunnsparken

Threats and violence in close relationships

Are you living with threats and violence in your family, extended family or in another close relationship? Are you a victim of psychological, financial, sexual or physical violence such as pushing, kicking or beating? Is someone forcing you to do things you don't want to do or forbidding you to do things you want to do? Or are you subjecting someone else to violence? You can get help and support here.

Nadja-mottagningen

Free of charge!

Nadja-mottagningen is a support line and counselling center for victims of domestic violence or for family members in need of support. We are located in the middle of Gothenburg and are open to people living in the Gothenburg region, including the surrounding municipalities.

Phone: 020-81 00 00

Website: stadsmissionen.org/detta-gor-vi/nadja-mottagningen/



BOJEN

A place for children, young people and parents who have experienced domestic violence. We can offer both group and individual support.

Phone: 031-15 01 30

Email: bojen@bojengoteborg.se

Kvinnofridslinjen

Kvinnofridslinjen is a national helpline for those who are victims of threats and violence. Friends and family are also free to call. Kvinnofridslinjen is open 24 hours a day and your call is free of charge. The call does not appear on the phone bill.

Phone: 020-50 50 50

Website: kvinnofridslinjen.se

Mikamottagningen

If you have been paid for sex or use sex to hurt yourself, you can turn to Mikamottagningen. You can come to us with your concerns and talk about your situation.

Phone: 020-32 73 28

Website: goteborg.se/mikamottagningen

Kriscentrum för kvinnor

If you are a woman who has been subjected to threats and violence by a partner, ex-partner or someone else close to you, currently or in the past, you can contact us. You can call us 24 hours a day, all year round. We can offer you sheltered accommodation and supportive counselling. If you have children, we can help them too. You can also contact us if your partner, ex-partner or any other person close to you is or has been subjected to threats or violence.

Visiting us is free of charge, but you need assistance from the social services to receive sheltered accommodation.

Phone: 031-367 93 80

E-post: kriscentrum.for.kvinnor@socialcentrum.goteborg.se

Website: goteborg.se/kriscentrumforkvinnor

Address: Carl Grimbergsgatan 7, Göteborg

Nearest stop: Brunnsgränd

The helpline “Choose to stop”

“Välj att sluta”, or “Choose to stop” is a national telephone helpline for people who want help to change their controlling or violent behavior.

Phone: 020-55 56 66

Website: valjattsluta.se

Kriscentrum för män

The crisis center for men is a reception for people with problems in close relationships. These include relationship problems, separation crises, parenting difficulties, or if you have been a victim of violence in a close relationship.

It may also include issues of visitation and custody.

Phone: 031-367 93 90

Website:
goteborg.se/kriscentrumforman

Address: Kronhusgatan 2 F,
Göteborg

Förälder – ungarelationer.se

Support for parents whose child is a victim of violence in their own relationship. The website provides support and information for you as an adult. This is where you can turn if your child or a teenager close to you is a victim of violence, or if they use violence against their own partner.

Phone: 08-754 52 00

Website:
ungarelationer.se/förälder

Police

For emergencies, call 112. For other matters and tips, please call 114 14.



Children and young people experiencing violence and vulnerability

If you are a child or a teenager, sometimes bad things happen that make you feel bad or scared. You may have problems at home with adults who fight, drink too much alcohol or use drugs. You can always call the social services office in your area, which is open during the day. The social emergency service (socialjouren) provides emergency help in the evenings, nights and weekends when the offices of the social services in the city area are closed. You can also turn to Barnahus or Maskrosbarn.

Phone: 031-365 00 00

Email: socialsydvast@socialsydvast.goteborg.se

Telephone Social emergency service: 031-365 87 00

Barnahus

Barnahuset is for children and young people who are victims of violence and abuse or who have witnessed domestic violence. At Barnahuset, social workers, police, prosecutors, pediatricians and child and adolescent psychologists work together.

Phone: 031-367 93 95

Email: barnahus@socialcentrum.goteborg.se

Website: goteborg.se/barnahus

Honor-related violence and oppression

Are you or someone close to you experiencing honor related violence and need help?

- » Are you controlled by your family and/or relatives?
- » Are you expected to keep an eye on someone in your family?
- » Are you worried about your future and prevented from choosing your own path?
- » Do you have to hide who you love or spend time with?
- » Are you a victim of violence or abuse?

A support center for honor-related violence. You can also contact the service under the heading "Threats and violence in close relationships".

Maskrosbarn

For those with parents who are abusive, unwell or violent

Telefon: 076-721 02 56

Address: Sten Sturegatan 36,
Göteborg

Resursteam heder Sydväst

You can contact Resursteam heder for advice and support on honor-related issues. You do not need to identify yourself. We move around and can meet with you at a suitable location.

Phone: 070-417 95 46

Email: resursteam@socialsydvast.goteborg.se

Website:
goteborg.se/wps/portal/start/social--och-familjefragor/missbruk-vald-och-brott

Regionalt stödcentrum heder

Telefon: 020-34 03 03

E-post: stodcentrumheder@socialcentrum.goteborg.se

Other places you can turn to for support

BRIS – Barnens Rätt i Samhället

Helpline for children and young people. The website also allows you to chat with counsellors or get in touch with others in a similar situation.

Phone for parents and adults: 0771-50 50 50

Phone for children and young people: 116 111

Website: bris.se

Rädda Barnen

Save the Children. Emergency phone number for cases of radicalization

Phone: 020-10 02 00

Chat support

For those living with honor-related violence and oppression

Chat: raddabarnen.se/rad-och-kunskap/karleken-ar-fri/

Website: stodchatt@rb.se

Röda Korset – Support for returnees

Red Cross. Do you have questions about returning or the asylum process? You can email us every day or call us Wednesdays between 9–12.

Phone: 020-41 50 00

Email: returnsupport@redcross.se

Website: rodakorset.se/fa-hjalp/asylfragor/stod-till-atervandande/

Göteborgs Stadsmission

Everyone in Gothenburg should have the chance to meet, socialize and develop personally, regardless of economic or social circumstances. We have meeting places for both young people and adults. We offer a variety of support services for those in need of socializing, a snack or a warming cup of coffee. Visit the website for the latest information on opening hours and groups.

Phone: 031-755 36 00

Website: stadsmissionen.org/fa-stod/

Räddningsmissionen – Barn och familj

We work towards creating meeting places and relationships where children and children's rights issues are at the center. We also have meeting places for new arrivals where we focus on language, relationships and creativity.

Phone: 031-712 12 00

Website: raddningsmissionen.se

Skyddsvärnet Göteborg

The aim of Skyddsvärnet is to prevent social exclusion and create better conditions for people living in various forms of exclusion and for those with psychosocial problems. Services here include sheltered accommodation, a psychologist's office and a youth center.

Phone: 031-60 07 80

Website: skyddsvarnet.org

Church of Sweden

There are several parishes in Gothenburg, including Askim and Högsbo. You can find your nearest parish and information about other activities on the website.

Website: svenskakyrkan.se/kontakt

Church of Sweden's family counselling

The Church of Sweden's family counselling and couples therapy is for couples and families experiencing various relationship problems. You can turn to them if you want to communicate better, reduce your conflicts or get other types of guidance on your relationship, and more.

Phone: 031-15 53 50

Address: Lilla Stampgatan 1 B, Göteborg

Website: svenskakyrkan.se/familjeradgivningen/goteborg



Health and medical care

Here you will find contact information for the health and medical care systems in Southwest Gothenburg. You can contact your local health care center (vårdcentral) if you or your baby need medical care. The local health care centers also have child health services (Barnvårdscentral, BVC). They see children from birth to school age. The BVC supports you as a parent in all aspects of parenthood and helps you to ensure that your child develops in a healthy and safe way.

There are also three midwifery clinics (barnmorskemottagningar, BMM) that offer care during and after pregnancy, parenting support, contraceptive advice and screening.

In emergency situations, call 112



Local health care centers and child health services (BVC)

Midwifery clinics in Askim, Frölunda Torg, Trädet/Frölunda

Phone

Askim: 031-346 08 80

Frölunda Torg: 031-346 08 60

Trädet/Frölunda: 031-346 08 90

Address

Askim: Datavägen 1, Askim

Frölunda Torg: Näverlursgatan 36, Västra Frölunda

Trädet/Frölunda: Pianogatan 86, Västra Frölunda

Capio vårdcentral Hovås, Askim

Phone

Local health care center:
031-352 30 30

BVC (child health center):
031-352 30 42, 51, 57

Address: Hedtångsvägen 8, Hovås

Hovås Askim Familjeläkare och BVC

Phone

Local health care center:
031-727 90 00

BVC (child health center):
031-727 90 06

Address: Askims torg 5, Askim

Högsboläkarna

Phone: 031-58 68 00

Address: Högsbogatan 40, 414 80, Göteborg

Johannesvården Tynnered

Phone: 031-89 29 30

Address: Trollbärsvägen 16 A, Västra Frölunda

Närhälsan Högsbo vårdcentral

Phone: 031-747 80 00

Address

Local health care center:
Markmyntsgatan 14 A, Göteborg

BVC (child health center):
Markmyntsgatan 14 C, Göteborg

Närhälsan Opaltorgett vårdcentral

Phone

Local health care center:
031-346 08 00

BVC and Family center:
031-747 83 90, 91, 92

Address

Local health care center:
Zirkongatan 5, Västra Frölunda

BVC and Family center:
Zirkongatan 7, Västra Frölunda

Närhälsan Sisjön vårdcentral

Phone

Local health care center:
031-747 93 00

BVC (child health center):
031-747 93 45, 46

Address: Datavägen 1, Askim

Närhälsan Frölunda vårdcentral

Phone

Local health care center:
031-346 07 00

BVC (child health center):
031-346 08 91, 92, 93, 94.

Address

Local health care center: :
Frölunda Torg 11, Västra Frölunda

BVC (child health center):
Pianogatan 86, Västra Frölunda

Närhälsan Styrso vårdcentral

Phone

Local health care center:
031-747 80 50

BVC (child health center):
031-747 80 76

Address: Brattenvägen 13, Styrso

Omtanken Grimmered

Phone

Local health care center:
031-352 06 10

BVC (child health center):
031-352 06 13

Address

Local health care center:
Lergöksgatan 2 B

BVC (child health center):
Lergöksgatan 2 B

Omtanken Frölunda Torg

Phone

Local health care center:
031-380 48 40

BVC (child health center):
031-352 06 13

Address

Local health care center: Lilla
Marconigatan 31

BVC (child health center):
Lergöksgatan 2B

Wästerläkarna Hängpilsgatan

Phone: 031-29 90 70

Address: Hängpilsgatan 3,
Västra Frölunda

Wästerläkarna Redegatan

Phone: 031-29 90 95

Address: Redegatan 1 B,
Västra Frölunda

Wästerläkarna Rehab

Examination and treatment of
all ages, specialist expertise in
children available.

Address: Redegatan 1 B,
Västra Frölunda

Phone: 031-29 90 96

Barn- och ungdomsmedicinsk mottagning

We are an outpatient clinic offering
specialist care for children and
adolescents aged 0-18 years. We
provide medical assessments and
treatments for chronic diseases
that do not require your child to
be hospitalized. You usually come
to us on a referral from the local
health care center or the hospital.

Phone: 031-747 93 60

Website:
vgregion.se/regionhalsan/bum

Address: Topasgatan 59,
Västra Frölunda

Health Care Guide (Vårdguiden)

Sweden's collected source for
information and services in health
and medical care. Here you can
get advice on care and to find your
local health care center. Call 1177
for medical advice. Open around
the clock.

Website: 1177.se



Reception services for young people with mental health problems

If you have a child who has a mental illness, you can turn to the clinics of JohannesVården and Omtanken. They welcome children and young people aged 6–17 (the year they turn 18). Parents are also welcome to contact us. The person seeking care does not need to be registered at a local health care center and the help is free of charge. We provide assessments and short-term treatment for temporarily impaired mental health, individually, in groups and online. We do not accept referrals, you need to apply for care directly from us.

We can help you if you:

- » need help dealing with fear, anxiety and worries.
- » experience sleeping problems or stress.
- » feel down or depressed.
- » have problems with impulsiveness and anger.
- » are a parent and need help in your parenting.

If your child needs a more specialized assessment, investigation or treatment, you can turn to the Child and Adolescent Psychiatry or Barn- och ungdomspsykiatri, BUP.

You can get a referral to BUP through the school health service, child health center (BVC), the pediatric clinic, the youth guidance center or your local health care center. You can also call BUP for advice and consultation.

JohannesVården

Phone: 031-89 29 30,
073-501 28 35

Address: Trollbärsvägen 16,
Västra Frölunda

Omtanken Vårdcentral

Phone: 031-380 48 44

Address: Lilla Marconigatan 31,
Frölunda Torg

Child and adolescent psychiatry BUP - Frölunda

Phone: 031-342 02 01

Address: Frölunda Torg,
Västra Frölunda

Folktandvård

The Swedish Public Dental Care helps both children and adults with everything from advice on teeth and regular check-ups to more complex treatments. We also work closely with our colleagues in specialist dentistry at Folktandvården.

Folktandvården Frölunda Kulturhus

Phone: 010-441 96 10

Address: Valthornsgatan 13,
Västra Frölunda

Nearest stop: Frölunda Torg

Email:
ftv.frolunda.goteborg@vgregion.se

Website:
folktandvarden.vgregion.se

Folktandvården Topas

Address: Topasgatan 59,
Västra Frölunda

Phone: 010-441 83 70

Folktandvården Styrso

Address: Brattenvägen 13, Styrso

Phone: 010-441 88 30

Folktandvården Askim

Address: Askims torg 5, Askim

Phone: 010-441 98 80

More dental clinics in the south-western districts can be found on **the website:**
folktandvarden.vgregion.se



Hi parents!

The Parents' Guide for Southwest Gothenburg is also available for download in Swedish and other languages on the website **goteborg.se/foraldrastod** -> Föräldraguider för utskrift.

There are many places in Gothenburg where you can meet other parents and children, find inspiration or get advice on issues that are important to you. Find the right one at **goteborg.se/foraldrastod**

Do you feel that something is missing or do you have any comments about the brochure? You are welcome to contact: **foraldraguide@socialsydvast.goteborg.se**

For current activities and events throughout the city, see the City of Gothenburg's calendar at **kalendarium.goteborg.se**