



# The family guide in eastern Gothenburg

Here are tips on activities and support for residents in Bergsjön, Gamlestaden, Kortedala, Kviberg and Utby

# Hi!

You as an adult guardian of a child have an important role. You are the one who cheers and comforts your child and guides them through life. This family guide is designed to make it easier for people living in eastern Gothenburg to find fun activities and services close to where they live.

Having children is not always an easy task. You have the right to receive support from society for those days when things get tough. Make use of that right – for the sake of your child. This guide will provide you with tips on where you can get support as an adult, for your family or your child/teenager if you would need it. The family guide has gathered many of the services available, but there is much more to choose from, both in your area and in the rest of Gothenburg.

We hope that this family guide will help you and your family to find what you are looking for, and that you have fun together!

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# Family centres

The family centres in Bergsjön have a midwifery clinic, a child health centre (barnavårdscentral, BVC), an open preschool and parenting support workers.

The family centre also co-operates with other services, such as libraries and dental care services. The services provide support for you who have children or are about to become a parent. Family centres also work as meeting places where you and your family can meet other parents and their children. The service is intended for families with children aged 0-6, but parenting support is also available to families with children up to 12 years old.

By participating in the family centre's parenting groups, you get the chance to meet other parents and learn more about children and parenting.

## Some of the topics include:

- » Becoming a parent
- » Food
- » Sleep
- » Preventing accidents
- » Boundaries
- » Relationships

More information about the service is available at [goteborg.se/foraldrastodostragoteborg](http://goteborg.se/foraldrastodostragoteborg)



## Contact details

**Family center/  
Familjecentralen  
Bergsjön centrum**



**Address:** Rymdtorget 8

**Midwifery clinic/  
Barnmorskemottagning**  
**Phone:** 031-747 80 80

**Nötkärnan Bergsjön BVC**  
**Phone:** 031-792 94 40

**Open preschool**  
**Phone:** 031-365 45 22

**Parenting support workers**  
**Phone:** 031-365 40 62

**Home page:** [goteborg.se/  
familjecentralenbergsson](http://goteborg.se/familjecentralenbergsson)



# The open preschool

The open preschool (öppna förskolan) is a meeting place for young and old alike. Children aged 0–6 are welcome here together with their parent or another adult.

There are several open preschools in Bergsjön family centre. We offer activities where you together with your child help awaken their curiosity and desire to learn. You can meet other children and adults here to play, create and sing with, or just hang out. We offer advice and support in your parenting, and we work together with child health centres and parent advisors to provide a comprehensive service and easily accessible support.

As an adult, you are responsible for your child when visiting us, and the service is meant for both of you to participate together.

The open preschool is free of charge. You are free to come by any time during opening hours and you do not need to book in advance. You can see the opening hours in the contact details for each open preschool below.


## Contact details

### Open preschool Bergsjön

**Address:** Rymdtorget 8

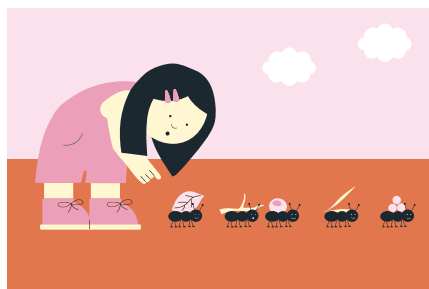
**Phone:** 031-365 45 22

**Home page:** <https://goteborg.se/oppnaforskolanbergsjon>

 [oppnaforskolanbergsjon](https://www.facebook.com/oppnaforskolanbergsjon)

For opening hours, see the website, our Facebook page or call us.





## Open preschools with specializations

### Rainbow families

Some of the city's open preschools have dedicated times for rainbow families. Rainbow families are families where any of the family members identify as LGBTQI.

#### Home page:

[goteborg.se/opnnaforskolandraken](http://goteborg.se/opnnaforskolandraken) and [goteborg.se/familjecentralensannegarden](http://goteborg.se/familjecentralensannegarden)



### Young parents

Göteborg Stadsmission welcomes you who are under 23 years old with children or who are expecting. Here you will find a meeting place where you and your child can meet other young parents and their children.

**Phone:** 031-755 36 55, 0722-23 67 26

**Address:** Drottninggatan 33

**Home page:** [stadsmissionen.org](http://stadsmissionen.org)



### Children with learning differences

Bräcke Diaconia open preschool Tilliten has several locations in the city. The child group there is small, the facilities and toys are tailored to the care service which has high hygiene standards. The staff working at Tilliten have different skills and experience in habilitation and support counselling. There are often staff on site who know sign language and other alternative communication methods.

**Home page:** [brackediakoni.se/tilliten](http://brackediakoni.se/tilliten)

## Activities for children in the Church of Sweden

Everyone is welcome to join the church's activities for children and families.

Visit the homepage to find out what's going on, at what times and to find addresses.

Kortedala, Bergsjön, Utby, Kviberg and Gamlestaden: [svenskakyrkan.se/nylose](http://svenskakyrkan.se/nylose)

# Preschool

Every child has the right to go to preschool (förskola). Preschool is aimed at children from one year of age until they begin preschool class.

Preschool lays the foundation for your child's learning and provides them a good start in life. Subjects here include, among others, language, math, and creative work. For more information about the preschool and how to apply, please contact förskoleservice. They can also give you information about "nighttime care" if you need childcare during abnormal working hours, and about family day care which is an alternative to preschool.

## Contact förskoleservice

If you have questions regarding preschool, such as the educational care and support in preschool, please contact förskoleservice for information about preschool places, forms and e-services.

**Phone:** 031-365 09 60

**E-mail:** [forskoleservice@forskola.goteborg.se](mailto:forskoleservice@forskola.goteborg.se)

**Home page:** [goteborg.se/forskola](http://goteborg.se/forskola)

# Primary school

School should provide your child the opportunity to develop and learn new things in a manner that feels good for them. The staff at the school works together with you to help your child develop and achieve their goals in school.

School consists of preschool class (year 0) and years 1–9 in primary school. After-school centres are available before and after regular school hours for children between 6 and 12 years of age.

## Support in school

Every school has a student health service whose purpose is to support students and help them reach their educational goals. The student health service at

the school provides support for physical and mental health as well as additional educational support. The team includes a school nurse, social worker, special education teacher, principal, school psychologist and a school doctor. The student health service is there for the students, but you as a parent or guardian can also turn to them for advice and support regarding your child.



## **Compulsory school for pupils with learning disabilities**

Children with intellectual disabilities who require special education attend compulsory school for pupils with learning disabilities. Teaching in these schools is structured according to the students' abilities and needs. The goals are set according to the students' abilities, but corresponds as close as possible to the goals in primary school.

## **Choosing a school**

As a guardian you can apply to the school of your choice, but your child is not guaranteed a place there. It all depends on how many are applying for that particular school. The number of children beginning preschool varies from year to year, which in turn affects the admissions to the different schools. If there are more applicants than there are slots available, the City of Gothenburg has an admissions system in place to determine who gets priority. As an example, priority is given to children who have siblings attending

the same preschool and children who live close to the school. Children will continue to year 1 at the same school they attended preschool.

## **Homework help**

Schools often provide homework help to their students. There are several organisations that provide homework help, both for children and adults, for example in the libraries. Go to [kalendarium.goteborg.se](http://kalendarium.goteborg.se) and search for läxhjälp to see current times.

## **Compulsory school administration/ Primary school contact information**

Here you can find information and forms for applying for a place at an after-school centre.

**Phone:** 031-365 09 60

**Phone hours:** Weekdays 8–16.30

**E-mail:** grundskola  
@grundskola.goteborg.se

**Home page:** [goteborg.se/grundskola](http://goteborg.se/grundskola)



# School of music and arts

School of music and arts/Kulturskolan is for people between the ages of 6 and 19 and they offer many different subjects and courses. You can come here to sing, dance, work with film, art, ceramics, circus, act or play an instrument and much more.

The classes takes place after school hours and you need to make an application to attend a course. Some places also offer open activities that do not require any applications.

## **If you have a functional impairment**

You are welcome to apply to courses that are suitable for your age. We adapt these to your abilities as much as possible. There are also targeted and adapted courses available.

If you need help finding an activity that suits you, you and your family can contact one of the Kulturskolan's advisors who will be happy to help you.

You can visit [goteborg.se/kulturskolan](http://goteborg.se/kulturskolan) for more information about Kulturskolan, the courses available in your area, prices, loans of instruments and how you can apply.



# Meeting places

## Libraries

In the libraries, you and your child can

- » borrow books, audio books and movies in different languages
- » take part in a story time or theatre for children
- » borrow videogames and board games
- » read magazines
- » book a computer or use one that is available.

There is free wireless internet in the entire building that you can use to connect to the Internet with your own computer.

Information about opening hours and programs can be found at [goteborg.se/bibliotek](http://goteborg.se/bibliotek). Download the app “Biblioteket” to reserve books or see what’s going on in the city’s libraries.

### Bergsjöns library

**Address:** Rymdtorget 8

### Kortedala library

**Address:** Kortedala Torg 9

### Världslitteraturhuset

**Address:** Gamlestadsgatan 11

## Citizens Advice Bureau/ Medborgarkontor

This is where you can get information about the municipality’s services, such as schools, elderly care or urban development. We are happy to listen to your ideas and comments and forward them to staff and politicians in the city district. We can also help by explaining the content of letters and official decisions or show you how to fill out applications and forms.

**Phone:** 031-365 41 00

**Address:** Rymdtorget 8,  
same building as the library

**E-mail:** [medborgarkontoret.bergsjon@kom.goteborg.se](mailto:medborgarkontoret.bergsjon@kom.goteborg.se)

**Home page:** [goteborg.se/  
medborgarkontoretbergsjon](http://goteborg.se/medborgarkontoretbergsjon)

## Activities for all ages and interests

The City of Gothenburg together with many of the city’s associations organise many different kinds of activities that in most cases are free to participate in. It can be anything from lectures, bingo and handicrafts to sports and culture. Visit the city’s calendar and search for anything that suits your interests!

**[kalendarium.goteborg.se](http://kalendarium.goteborg.se)**

## Activities and meeting places for young people

The meetings places are primarily for young people aged 10–20. Many of the meeting places have specific opening hours for different age groups. Almost everything here is free to join in on.

You are part of the decision-making at the meeting place when it comes to what you want to do in your spare time. Perhaps you want to start a band, have a movie night, paint or just sit and talk.


You can see the opening hours and current events on the Facebook pages of the meeting places.

### Bagarns

A meeting place for young people aged 10–20. In the basement there is a fully equipped rehearsal room and a studio. We also have a small café.

**Address:** Brahegatan 11

**Phone:** 031-365 41 05

 Bagarns mötesplats

## Extra activities during school holidays

There is always plenty to do for children and young people in Gothenburg during school holidays, both during the day and in the evenings. To see what is happening in your area and for all of Gothenburg, please visit the calendar and search for example for *jullov* or *sommarlov*.


### Bergsjögården

Open in the weekends, for children and young people aged 9–18. Here you can play games, pool, basketball, meet friends and hang out. Everyone is free to come and go as they please during opening hours. Guardians are also welcome to visit Bergsjögården.

**Address:** Universumsgatan 1

**Phone:** 031-365 46 57

**Home page:** [goteborg.se/bergsumfritidsgard](https://goteborg.se/bergsumfritidsgard)

 Bergsjögården Östra Göteborg

### Kortedala meeting place

Kortedala meeting place is for you in year 4 and above.

**Address:** Tideräkningsgatan 3

**Phone** 072-856 73 25

 Fritid Kortedala/Gamlestaden

### Radar 72

Here you have a café, dance studio, music rehearsal space, pool table, lounge and much more. The establishment is run by the young people themselves. For you between 16 and 20 years of age.

**Address:** Tideräkningsgatan 3

**Phone:** 031-365 35 32

 Radar72



### **Youth involvement**

The Eastern Gothenburg Youth Council (Östra Göteborgs ungdomsråd, ÖGU) is the direct link between the young people of the district and the politicians who govern here. The age range of the members of the youth council are between 13–23.

Would you like to know more? Email: [ungdomsråd@socialnordost.goteborg.se](mailto:ungdomsråd@socialnordost.goteborg.se) or talk to the staff at some of our meeting places for young people. Young people can also apply for funding to make their ideas a reality! Read more about it on [goteborg.se/ogu](http://goteborg.se/ogu)

# Nature, games and field trips

In north-eastern Gothenburg you are within easy reach of nature and swimming opportunities. Here you have forests and nice walking paths, barbecue areas and open spaces for games and picnics. Both here and in other locations are many different playgrounds and destinations managed by the City of Gothenburg. Some of them are specially adapted for the disabled.

Some of the larger playgrounds in Gothenburg, such as the playground in Hammarkullen, have staff that organize activities for children. Toys can also be borrowed, and there is an indoor space to warm yourself, read books, go to the toilet and to heat baby food.

You can find all the playgrounds in the city at [goteborg.se/lekplatser](http://goteborg.se/lekplatser)

There you can find more information about what each playground has to offer, how to find them and their accessibility on their page. You can also download the app “Lekplatsen Göteborg”.

## Månadsparken

This is playground located in a nice little park. There is a water playground that runs every day from 8–20, from the beginning of June to the end of August. The water is of freshwater quality and is non-chlorinated.

Download  
City of Gothenburg's app  
“Badplatsen Göteborg”  
for tips on  
swimming areas!

There are also various playground equipment, a boules court, a barbecue area, football pitches and fruit trees available here.

**Nearest stop:** Runstavsgatan

## Galaxen

A farm in the city with animals, café and activities. For current opening hours and programs, visit [forening-engalaxen.se](http://forening-engalaxen.se) or call.

**Address:** Galaxgatan 7

**Phone:** 076-147 31 01

**Nearest stop:** Galileis gata or Orion

## Bergsjöbadet

Bergsjön is a nice lake for swimming with a sandy beach, jetty and rocks. You can also find a playground and a barbecue area here.

**How to get here:** The easiest way to get to Bergsjöbadet is by bus 58, stop Atmosfärsgatan.

# Sport, health and associations

## Local sports areas/ Näridrottsplats

Local sports areas are places for spontaneous play, sports and socialising for those living in the neighbourhood. They are for everyone, children, young people and adults alike. You do not need to book a time slot, it is completely free and the facilities are always open.

There are 11 local sports areas in the city, which include a football pitch, basketball court, running track, long jump pit and climbing frame.

Visit [goteborg.se](http://goteborg.se), and search for näridrottsplats.

### Teleskopgatan local sports area

Here you can find a long slide, climbing nets, hammocks, small cabins, a sandpit, a boules court, a tennis court and "Kulan" – an area with a variety of exercise equipment.

**Nearest stop:** Teleskopgatan

### Public swimming pools

Gothenburg has many swimming pools to choose from – both municipal and private. Several of the city's swimming pools offer swimming lessons for both children and adults. The municipal swimming pools closest to you living in eastern Gothenburg are Angered arena, Hammarbadet and Valhallabadet.



Remember to bring a padlock, or buy one at the register.

### Valhallabadet

**Address:** Valhallagatan 3

**Home page:** [goteborg.se/valhallabadet](http://goteborg.se/valhallabadet)

### Angered arena

For those who want to exercise, swim and jump off the platforms or just relax in the hot tub. You can also find a diving towers and a spring board here. Afterwards you can relax in the sauna. In the relaxation area you will find different types of saunas, a hot tub and a cold water pool. The building also houses a gym, facilities for group exercise, an ice rink, an activity square, and a sports and athletics hall.

**Address:** Högaflsgatan 15

**Phone:** 031-368 22 90

**Home page:** [goteborg.se/angeredarena](http://goteborg.se/angeredarena)



### **Hammarbadet**

Hammarbadet is a small, newly renovated swimming pool which is mainly used for swimming classes, but it is also open for the public during certain hours. There is also a light and spacious gym here.

**Address:** Hammarkulletorget 63

**Phone:** 031-368 22 40

**Home page:** [goteborg.se/hammarbadet](http://goteborg.se/hammarbadet)

### **Kristinedals fitness centre/ träningscenter**

Run by the SKF staff foundation but is open to the public.

**Address:** Byfogdegatan 4

**Home page:** [kristinedal.nu](http://kristinedal.nu)

### **Ice rinks**

The city has many ice rinks where you can ice skate. You can rent ice skates and helmets in several of them. There are many types of supports for beginners to learn how to ice skate. At certain times it is open to everyone. The rest of the time the ice rink is used by associ-

ations and other groups who practice there. Individuals, associations and companies can also rent time slots in an ice rink. Find all ice rinks, opening hours and so on at [goteborg.se](http://goteborg.se) and search for "ishall".

### **Isdala in Kortedala**

**Address:** Tideräkningsgatan 4

**Phone:** 031-368 20 30

### **Angered Arena**

You can watch a training session, a hockey match or a figure skating competition from the stands of the ice rink.

**Address:** Högaffelsgatan 15

**Phone:** 031-368 22 90

**Home page:** [goteborg.se/angeredarena](http://goteborg.se/angeredarena)

### **Rent a sports hall or party venue**

The City of Gothenburg has close to 50 sport halls that is used every day for different types of sports, conferences and parties. There are also other



conference rooms and party venues that associations and individuals can rent for different types of activities.

Would you like to have more information about sports halls or other types of venues and find available times? Go to **goteborg.se** and search for "idrottsanläggningar" or "mötes- och festlokaler".

## Associations

In the north-east of Gothenburg there are many associations catering for different interests, such as sports, exercise, culture, music and homework help.

Many associations provide extra activities for children and young people during school holidays.

Would you like to know more about the associations, or are you thinking about starting an association or applying for an association grant? Go to **goteborg.se** and search for "föreningsstöd Nordost" or get in touch directly with the association coordinator.

**Phone:** 031-365 41 20 or 031-365 31 03

**E-mail:** foreningsstod@socialnordost.goteborg.se


## Hälsoteket

Hälsoteket aims to improve the health of children, young people and adults. Here you can book a health consultation if you want to talk about how you or your family can improve your health. Hälsoteket provides simple training sessions for everyone at various locations in the area, as well as lectures and courses on health. All activities by Hälsoteket are free. You can read more and see current events on our home page or Facebook page.

**Address:** Högaflsgatan 10

**Phone:** 031-365 11 44

**Home page:** [goteborg.se/halsoteketostragoteborg](http://goteborg.se/halsoteketostragoteborg)

 Hälsoteket östra Göteborg



# Advice and support

Here you will find information about services that offer support to families, parents and children. All families are unique, and that is why there are several types of support you can receive. If you feel that it is hard to find the right support, you can contact one of the services below and they will help you.

## Support for parents

Being a parent is an important and sometimes very difficult task. Your everyday life can be full of joyful moments, but also challenges. Would you like to develop your role as a parent? Do you sometimes feel that it is difficult being a parent? Perhaps your child needs support? These are the services you can turn to for information, advice, and counselling no matter how big or small your problem might be.

### 1177 vårdguiden

1177 has a great deal of information for those who are, or are about to become parents. You can read all about pregnancy, childbirth and parenting under the heading Barn och gravid. You can also find facts and advice about children's health, development, their rights, illnesses and care.

Home page: [1177.se.barn--gravid](http://1177.se.barn--gravid)



## Family helpline by the resources unit/Resursenhetens Familjelinjen

Do you live in eastern Gothenburg and need to talk about your family situation? Do you have questions about your parenting, or your child/teenager aged 0–18? We offer telephone counselling, individual talks and different types of parent groups. If there is no answer, you can leave a message and we will call you back.

**Phone:** 073-651 35 58

**Email:** [familjelinjen@socialnordost.goteborg.se](mailto:familjelinjen@socialnordost.goteborg.se)

**Home page:** [goteborg.se/foraldrastodostragoteborg](http://goteborg.se/foraldrastodostragoteborg)

Psychology units linked to maternity and paediatric healthcare (Psykologenheter för mödra- och barnhälsovård)

We are there for you if you feel that you need additional support and advice in your parenting beyond the support you receive at the midwifery clinic, the child health centre and the family centre.

Scan the QR code to read more about support for parents in eastern Gothenburg.



You can turn to us if you have any questions about your well-being in regards to your pregnancy, delivery and becoming a parent, such as:

- » anxiety about becoming a parent
- » feelings about becoming a parent
- » concerns about your parenting
- » your child's development and behaviour
- » events in the family that affect you and your child.

We meet expecting parents, children aged 0–5 and their parents, both individually and in a group setting. We carry out child development assessments on behalf of the child health services. You will first be put in contact with one of the psychologists through the child health centre or the midwifery clinic. You can also call us directly. The visits are free.

**Phone:** 073-097 16 56

**Address:** Rullagergatan 6 A, 4th floor and in the Family centre, Rymdtorget 8.



## **Psychology units linked to maternity and paediatric healthcare/ Psykologenhet för mödra- och barnhälsovård**

We are there for you if you feel that you need additional support and advice in your parenting beyond the support you receive at the midwifery clinic, the child health centre and the family centre. You can turn to us if you have any questions about your well-being in regards to your pregnancy, delivery and becoming a parent, such as:

- » anxiety about becoming a parent
- » feelings about becoming a parent
- » concerns about your parenting
- » your child's development and behaviour
- » events in the family that affect you and your child.

We meet expecting parents, children aged 0–5 and their parents, both individually and in a group setting. We carry out child development assessments on behalf of the child health services. You will first be put in contact with one of the psychologists through the child health centre or the midwifery clinic. You can also call us on 076-130 63 94. The visits are free.

**Address:** Angereds Torg 15, plan 2

**Phone:** 076-130 63 94

## **Paediatric service/ Spädbarnsverksamheten**

This service is for expecting parents and for those with babies who need support in their role as parents. The service is carried out in collaboration

## **Rädda Barnen**

Tips and inspiration  
for you as a parent.



Scan the QR code  
and read more.

with the Psychology units linked to maternity and paediatric healthcare in Gothenburg.

## **You can visit the Paediatric service when:**

- » you feel anxious or depressed about your parenting or your baby
- » you want to talk about the difficulties in expecting a baby
- » it is difficult knowing what is best for the baby
- » you feel anxious about how the baby is eating or sleeping
- » the baby is difficult to comfort
- » as parents you are having difficulties in your relationship to each other.

## **The service can offer:**

- » individual talks for you and your family
- » support to create positive moments with your child
- » group meetings for parents and children.

Your needs are at the heart of our work. We will work with you to decide how the contact should be made. The

paediatric service is part of the resource's unit for children and young people

**Phone:** 031-365 11 65

### **Helpline for parents with teenage children**

As a parent or relative of a teenager or young adult, it can be helpful to talk to a professional 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. The unit works under confidentiality and the support is free. You can remain anonymous if you like. Leave a message about your concerns and you will be called the next working day.

**Phone:** 031-367 96 14

### **Stella**

You can get support here for when your child is placed outside your own home. Stella works on behalf of you as a parent on matters relating to the placement of your child. For example, we can provide support for you in your meetings with the social services or help you review the investigations and documentation that form the basis of your child's placement. You can also talk with us about how you are feeling and share your thoughts. If there is no answer, you can leave a message and we will call you back.

**Phone:** 031-366 21 38, 031-366 30 72

**E-mail:** stella@goteborg.se

### **Family counselling**

Family counselling offers counselling to couples and families who need help dealing with problems in their relationship. Family counselling is voluntary and it is up to you to decide if you want to seek counselling. All the family counsellors have an obligation of confidentiality and do not keep any records. You can remain completely anonymous if you wish.

**Address:** Kronhusgatan 2F

**Phone:** 031-367 93 63

**Home page:** [goteborg.se/familjeradgivningen](http://goteborg.se/familjeradgivningen)

### **Home pages with tips and information for parents**



Region Västra Götaland has collected tips and advice from current research that may help you in your parenting. Their website offers tips on good communication, how to give your child encouragement without nagging and different ways to support your child in school.

Scan the QR code and read more.

### **Family law**

If you have a child and are not married, you must confirm parenthood. You can do this at the family law office. The family law office also helps guardians who want to get divorced to agree and sign agreements on matters such as custody, housing and visiting rights.

**Address:** Olof Palmes Plats 1

**Phone:** 031-367 92 00

**Home page:** [goteborg.se/familjerattsbyran](http://goteborg.se/familjerattsbyran)

### **Barnahus**

At Barnahus, social service workers, the police, prosecutors, paediatricians and child and adolescent psychologists work together to provide support when there is a reason to suspect that a child has been subjected to violence and abuse.

**Address:** Gårdavägen 1

**Phone:** 031-367 93 95

**E-mail:** [barnahus@socialcentrum.goteborg.se](mailto:barnahus@socialcentrum.goteborg.se)

### **Family support unit/ Familjestödsenheten**

The Family support unit is for families with children, teenagers and young adults who have difficulties with their concentration, attention, impulsivity, learning, compulsions or behaviour.

We offer support such as telephone counselling, support sessions, lectures and parenting classes.

**Address:** Järnbrotts Prästväg 2 våning 4, ingång Teknikhuset, Västra Frölunda

**Phone:** 070-822 50 96, 073-076 89 11



## **If you are a relative of someone who needs support**

### **Carers for children with disabilities**

Are you a relative of a child with a disability? If so, you can find out about all the support services available to you.

**Address:** Ekelundsgatan 1

**Phone:** 031-367 98 08

**E-mail:** lotsforbarnochvuxna@funktionsstod.goteborg.se

### **Family support for relatives/ Anhörigstöd**

Families caring for relatives can get support in the form of support sessions, group meetings, cafés, lectures, training courses and other activities. We are here for you if you have a relative who needs your support because of illness, addiction or a physical or mental disability. If you require support yourself, you can contact the family counsellors. Contact family support for relatives, under 65 years of age.

**Phone:** 031-365 33 56, 031-365 36 71

**E-mail:** anhorigstod.under65@funktionsstod.goteborg.se

## **Support for children and young people**

### **Youth outreach workers/ Fältgruppen**

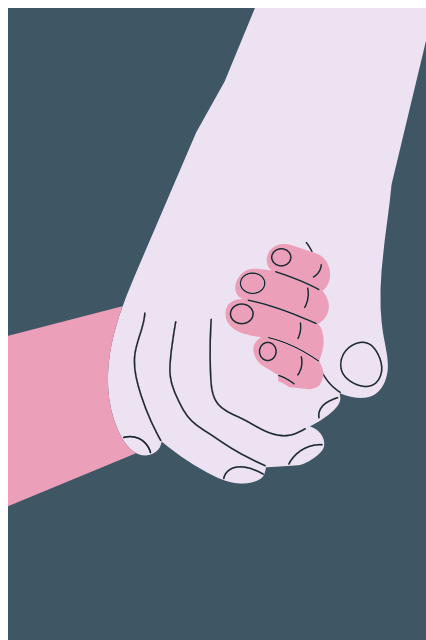
The outreach workers in Fältgruppen are there to talk to young people, provide advice and support for them to create a safe environment. The outreach workers visit schools, youth centres, streets and squares. We are out working afternoons, evenings and weekends.

You can contact us if you are concerned about a young person. We work together with parents, social services and the police.

**Address:** Kortedala Torg 1

**Phone:** 0722-55 83 77

**E-mail:** faltgruppen.ogbg@socialnordost.goteborg.se



## **UngÖst**

Are you worried that your child has become involved in drugs or crime? Have they dropped out of school or had other problems that make everyday life difficult? If so, you can turn to UngÖst which is a service for young people aged 10–25. We work together with different services to find the right support for the young person that is sustainable in the long term. For some of our services, you will need to apply for assistance through the social services. We can help with your application if you do not have a contact there.

**Phone:** 031-365 44 32, 031-365 43 44

**E-mail:** [ungost@socialnordost.goteborg.se](mailto:ungost@socialnordost.goteborg.se)

## **Youth mental health**

Children and young people aged 6–17 with mild to moderate mental health problems can seek help at health care centres with additional services (vårdcentraler med tilläggsuppdrag). These may include sleeping problems, anxiety, depression or stress-related problems. A health care centre with additional services has a team that offers counselling, assessment and treatment, as well as parenting support and family counselling. Your local health care centre can also help with referrals. The health care centre Omtanken Kviberg in Northeastern Gothenburg provides additional services, but you can apply to any clinic in the city or region.

You can find all health care centres with additional services on **1177.se**

### **Omtanken Kviberg**

**Address:** Anna Branzells gata 30

**Phone:** 031-380 48 44





## Healthcare guide 1177/ Vårdguiden 1177



1177 has a great deal of information for those who are, or are about to become parents. You can read all about pregnancy, childbirth and parenting under the heading Barn och gravid. You can also find facts and advice about children's health, development, their rights, illnesses and care.

Scan the QR code  
and read more

### Child and adolescent psychiatry/ BUP(Barn- och ungdomspsykiatrisk mottagning)

The Gamlestaden child and adolescent psychiatry clinic is for children and young people under the age of 18 with mental health symptoms such as anxiety, depression, disruptive behaviour, social problems, obsessive-compulsive behaviours and eating disorders. BUP also assesses certain functional disorders, such as ADHD and autism. To get support from the BUP psychiatry, you need a referral from either the health service, school health service or youth guidance centre. You can also write your own referral on a special form that will be sent to you after you have been in contact with the BUP counselling service.

**Address:** Gamlestadsvägen 2–4 Hus B2

**Phone:** 031-342 02 01

**Exchange:** 031-342 10 00

### BUP Akuten

For mental health conditions in children that require emergency care, contact BUP Akuten at Sahlgrenska Östra Sjukhuset Gothenburg.

**Address:** Vitaminvägen 17

**Phone:** 031-343 55 44

### Mini-Maria

Mini-Maria is Gothenburg's clinic for young people with alcohol and drug-related issues and is aimed at adolescents and young adults up to the age of 21 and their families. Mini-Maria offers advice and support for parents and relatives. You can come to Mini-Maria alone or together with your child. The service is also aimed directly at young people who are having drug and alcohol related problems. Social workers, nurses, psychologists and doctors work at Mini-Maria. All visits to Mini-Maria are free. Mini-Maria is a collaboration between the City of Gothenburg and Sahlgrenska University Hospital.

**Address:** Gamlestadsvägen 4

**Phone:** 031-367 92 90

**Home page:** [minimaria.se](http://minimaria.se)

### **Youth guidance centre/ Ungdomsmottagning**

The youth guidance centre in Gamlestaden is available to young people aged 13–24. This is where young people can talk about everything from love and difficult experiences to sex and worries about life, they can also take pregnancy tests and much more. Young people can also receive medical and psychological treatment as well as support and information here. The clinic is staffed by a midwife, nurse, social worker, psychologist and specialist general practitioner. The youth guidance centre is LGBTQ certified.

**Address:** Gamlestadsvägen 4,  
Building B2

**Phone:** 010-435 81 60

**Home page:** [goteborg.se/um](http://goteborg.se/um)

### **Other services you can contact**

#### **BRIS - Children's Rights in Society**

**Phone for adults about children:**

077-150 50 50

**Helpline for children:** 116 111,

Weekdays between 9–12

**Home page:** [bris.se](http://bris.se)

#### **Mind**

You can get help here if you or someone you know is thinking about suicide. We are here to listen to you and talk with you no matter where you are in life. We want to give you support, hope and motivation to live and/or seek help.

**Phone:** 90 101

**Home page/chat:** [mind.se](http://mind.se)

### **Maskrosbarn**

Maskrosbarn is there for you if you have a parent who drinks too much, uses drugs, has mental health problems or is subjecting you to mental or physical violence. We work with young people aged 13–19.

**Address:** Djurgårdsgatan 38

**Phone:** 073-559 15 32

**E-mail:** [goteborg@maskrosbarn.org](mailto:goteborg@maskrosbarn.org)

**Home page:** [maskrosbarn.org](http://maskrosbarn.org)

### **Bojen**

Bojen is for children and young people who have experienced domestic violence, and also for their parent who may also have been a victim of domestic violence.

**Address:** Första Långgatan 22

**Phone:** 031-15 01 30

**Home page:** [bojen@bojengoteborg.se](mailto:bojen@bojengoteborg.se)

### **Bona Via**

Bona Via is open for children and young people who have an adult in the family who drinks too much alcohol or uses drugs. Here you can find child groups, youth groups and parent groups.

**Address:** Södra Allégatan 13

**Phone:** 031-13 77 02

**E-mail:** [info@bonavia.se](mailto:info@bonavia.se)

**Home page:** [bonavia.se](http://bonavia.se)

### **Randiga Huset**

Randiga Huset supports children and families in mourning because they have or are about to lose a close person in their life.

**Address:** Sankt Pauligatan 33A

**Phone:** 0774-40 00 05

**E-mail:** [info@randigahuset.se](mailto:info@randigahuset.se)

**Home page:** [randigahuset.se](http://randigahuset.se)

## Gyllingen

Gyllingen provides support for children and young people who has a family member with mental health problems or illnesses. Toddler group meetings for parents and children. Groups for children, young people and young adults, parenting support and individual counselling.

**Phone:** 031-80 89 92

**Address:** Garverigatan 2

**Home page:** [gyllenkroken.se/gyllingen](http://gyllenkroken.se/gyllingen)

## Solrosen

Solrosen, a part of Gothenburg's Rescue Mission, helps children, young people and adults put into words what they think and feel about the detention of a family member (prison, community sentencing, detention centre).

**Address:** Andra Långgatan 19

**Phone:** 031-712 13 10

**E-mail:** [solrosen@raddningsmissionen.se](mailto:solrosen@raddningsmissionen.se)

**Home page:** [raddningsmissionen.se/solrosen](http://raddningsmissionen.se/solrosen)

## Social services office

You can get advice and support to live a safe and independent life at the social services office in your district. We provide support and shelter when necessary. As a parent you can apply for parenting support, counselling and support for your child. 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.

For support: call the contact centre and describe what you need help with, and you will be referred to the right unit.

**Phone:** 031-365 00 00

Social services office Rymdtorget

**Address:** Tellusgatan 2

Social services office  
Kortedala Torg

**Address:** Förstamajgatan 2A

## Emergency help

If you need help during evenings, nights and weekends – please contact the social emergency service.

**Phone:** 031-365 87 00

**Address:** Stora badhusgatan 14

**In emergencies or life-threatening situations:  
Call the police 112**

In the event of an incident that should be reported to the police but is not an emergency, call the police on number 114 14.



## Support for those older than 18

### Violence in close relationships

” Violence is any act directed against another person which, by virtue of that act, harms, hurts, intimidates or violates that person, that compels that person to do something against their will or to refrain from doing something they want to do.”

– Per Isdal,

Meningen med våld, 2001

Are you or your child a victim of violence, or have you used violence or threats yourself? You can get different types of help and support. If you are suffering from any form of violence, you should contact the social services office in your district first for advice and help. You can also contact the social emergency services if you are in an emergency situation when the social services office is closed.

See the contact details below and visit [goteborg.se](http://goteborg.se) for more information. Below you can find other organizations that you can contact for support and to have someone to talk to.



### The social services office in your district

Phone 031-365 00 00

### Social emergency services/ Socialjouren

Phone: 031-365 87 00

(outside office hours)

### Women's crisis centre/ Kriscentrum för kvinnor

Phone: 031-367 93 80

### Men's crisis centre/ Kriscentrum för män

Phone: 031-367 93 90

### Women's helpline/ Kvinnofridslinjen

Phone: 020-50 50 50

(does not show up on the phone bill, several languages available)

### Lex Femme

Phone: 020-22 00 55 (43 languages)

### Resource team honour / Resursteam heder

Are you or someone close to you living with honour related violence and oppression? You can contact Resursteam heder for advice and support. You do not need to identify yourself. The team can also meet with you at a suitable location.

Phone: 073-961 62 78

**Addiction and substance abuse**

Help and support is available if you or another adult in your family has a problem with substance abuse. The problems may be alcohol, drugs or gambling, but also other types of addiction. The City of Gothenburg has several services you can contact if you have questions or need counselling and support. See the contact details below and visit [goteborg.se](http://goteborg.se) for more information.

**The treatment group Northeast for drug problems**

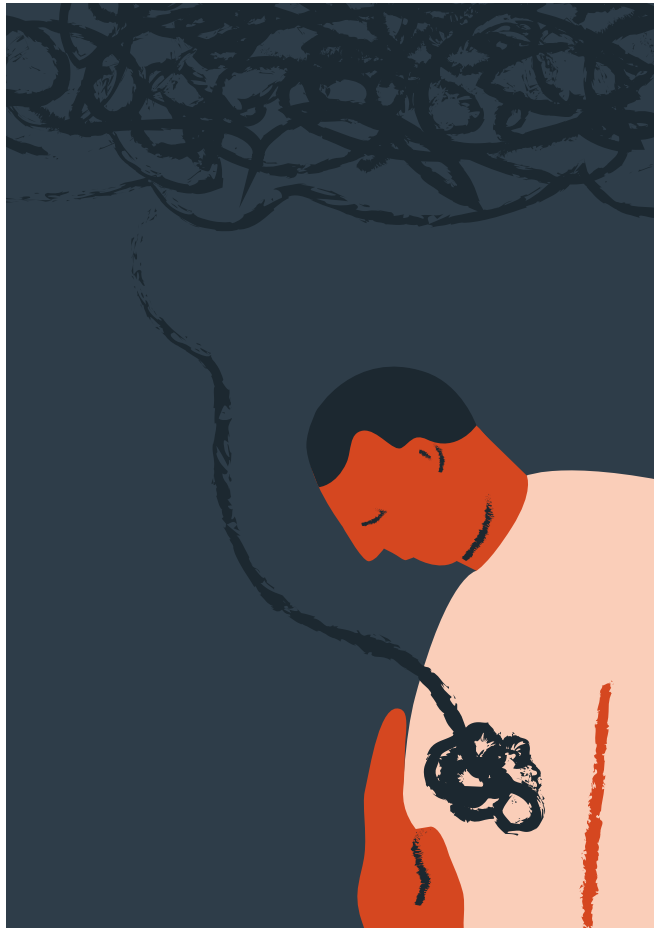
**Phone:** 031-367 92 80

**Response alcohol advice**

**Phone:** 031-367 92 47

**The gambling addiction team**

**Phone:** 031-367 92 60



# Health and medical care

## **Midwifery clinic/ Barnmorskemottagning**

The midwifery clinic offers care during and after pregnancy, as well as support for becoming a parent. You can also get advice on which contraceptive method is right for you and get tested for sexually transmitted diseases. The midwifery clinic will also give you the important Pap test.

## **Midwifery clinic/ Närhälsan Bergsjön barnmorskemottagning**

**Address:** Rymdtorget 8  
**Phone:** 031-747 80 80

## **Midwifery clinic/ Närhälsan Gamlestadstorget barnmorskemottagning**

**Address:** Gamlestadsvägen 4  
**Phone:** 031-747 80 70

## **Local health care centres/ Vårdcentral (VC) and Child health services/ Barnvårdscentral (BVC)**

Here you can find contact details for local health care centres (Vårdcentral) in your area. This is where you go if you or your baby need medical care. The local health care centres also have child health services (BVC). The child health centre helps you as a parent and ensures that your child develops healthily and safely. Here you will meet experienced nurses and doctors with special expertise in health for children aged 0-6 years.

## **Local health care centre and midwifery clinic contacts:**

### **Distriktsläkarna Kviberg Vårdcentral and BVC**

**Address:** Rustmästaregatan 3-5  
**Phone:** VC 031-36 36 380  
**Phone:** BVC 031-36 36 385

### **Familjehälsan Vårdcentral and BVC**

**Address:** Rullagergatan 4  
**Phone:** 031-300 00 60

### **Medical Vårdcentral and BVC**

**Address:** Ljusårsvägen 100  
**Phone:** 031-222 300

### **Nya vårdcentralen Kortedala torg**

**Address:** Tusenårsgatan 3  
**Phone:** 031-383 75 00

### **Närhälsan Gamlestadstorget Vårdcentral and BVC**

**Address:** Gamlestadsvägen 4  
**Phone:** 031-345 07 00

### **Nötkärnan Bergsjön Vårdcentral and BVC**

**Address:** VC Rymdtorget 8D  
**Phone:** 031-792 94 00  
**Address:** BVC Rymdtorget 8  
**Phone:** 031-792 94 40

### **Nötkärnan Kortedala Vårdcentral and BVC**

**Address:** Årstidsgatan 42-48  
**Phone:** 031-750 31 00

### **Omtanken Kviberg Vårdcentral and BVC**

**Address:** Anna Branzells gata 30

**Phone:** VC 031-352 06 65

**Phone:** BVC 031-352 06 61

### **Angered Hospital/Närsjukhus**

Angered Hospital is a specialist hospital with several clinics in Angered and Gamlestaden. Below you can find some clinics that may be useful for you and your family to know. If you would like to know what types of clinics are available, please visit [angeredsnarsjukhus.se](http://angeredsnarsjukhus.se).

### **Specialistcentrum Barn och Unga**

Specialistcentrum Barn och Unga is for children and young people aged 0–18. Both clinics treat children and young people with conditions such as: asthma, allergies, obesity, diabetes and neuropsychiatric symptoms. Underweight children and young people and those with eating disorders are treated here as well. The clinics make paediatric assessments and treat chronic conditions. The clinics also work with in-depth child psychiatric assessments.

### **Angered**

**Phone:** 031-332 69 01

**Address:** Halmtorget 1

**Nearest stop:** Angereds centrum

**Home page:** [angeredsnarsjukhus.se/sbua](http://angeredsnarsjukhus.se/sbua)

### **Gamlestaden**

**Phone:** 031-345 08 80

**Address:** Byfogdegatan 3D

**Nearest stop:** Gamlestads torg

**Home page:** [angeredsnarsjukhus.se/sbug](http://angeredsnarsjukhus.se/sbug)

### **Vulval clinic/Vulvamottagning**

The vulval clinic sees patients who have problems caused by female circumcision. Services include counselling, supportive talks and treatment of physical problems caused by circumcision.

**Address:** Halmtorget 1

**Phone:** 031-332 69 02

### **Lifestyle clinic/ Levnadsvanemottagning**

The lifestyle clinic offers advice and counselling to adults aged 18 and over who want to change their lifestyle habits, or for those who want support in maintaining their healthy lifestyle habits. It could involve eating healthier, moving more, stopping smoking and drinking less alcohol.

**Address:** Angereds torg 5B

**Phone:** 031-332 68 66

**E-mail:** [ans.levnadmottagningen@vgregion.se](mailto:ans.levnadmottagningen@vgregion.se)

### **Clinic for refugee children/ Flyktingbarnmottagning**

The clinic for refugee children is for those under 18 who have physical or mental symptoms that may be related to migration and being a refugee. Children and their families and unaccompanied minors are both welcome. Your doctor at the local health care centre or another doctor can write a referral to the clinic, but you can also write your own request for treatment on the website.

**Address:** Byfogdegatan 3D

**Phone:** 070-020 60 26

**Nearest stop:** Gamlestads torg

### **FaR clinic – Physical activity support**

Get help to start moving more - at home, at school or at an activity. Parents can get advice on how you can create an active everyday life. It is up to the parents if they choose to include their children aged 0–12 in the talks or not. Support from the physiotherapist is free and is offered for up to 6 months. From the age of 6, a FaR (fysisk aktivitet på recept) prescription for physical activity is needed. Children aged 0–5 do not need a prescription to visit the FaR clinic. Health care providers can prescribe physical activity to children and young people aged 6 and over who are not moving enough and are at risk of, or have, health conditions that could be improved by more movement. Contact the school nurse or another health care provider.

**Address:** Närhälsan Gamlestaden  
Gamlestadsvägen 4

**Phone:** 031-346 06 40

**Home page:** [vgregion.se/fargoteborg](http://vgregion.se/fargoteborg)

### **Consultation at a dietician**

Overweight (not obese) children and young people aged 0–19 can see a dietician to talk about their eating habits, both in groups and individually. Children under 9 do not need to attend the meeting. If the young person lives at home, it is a good idea for their guardians to be present. The consultations are free.

**Address:** Närhälsan Gamlestaden  
Rehab clinic, Gamlestadsvägen 4

**Phone:** 031-346 06 40

**Home page:** [vgregion.se/fargoteborg](http://vgregion.se/fargoteborg)

### **Swedish Public Dental Care/ Folk tandvården**

The Swedish Public Dental Care can provide treatment you and your children. The treatment is free for children and young people aged 0–24. We want to give children, young people and parents information on how to keep their teeth healthy throughout their lives. Those who develop good habits early in life have a far greater chance of maintaining good dental health. We schedule children and young people for regular check-ups and give them advice on how to keep their teeth healthy. All children in Sweden are entitled to dental care by law.

### **Swedish Public Dental Care contacts:**

#### **Folk tandvården Gamlestaden**

Address: Kullagergatan 6A  
Phone: 010-441 85 80

#### **Folk tandvården Kortedala**

Address: Kortedala Torg 9  
Phone: 010-441 98 30

#### **Folk tandvården Bergsjön**

Address: Rymdtorget 8B  
Phone: 010-441 98 20



# Important phone numbers

## Healthcare guide 1177 (Vårdguiden 1177)

You can call 1177 around the clock to speak to a nurse and get healthcare advice. The healthcare guide can also give you information and advice on rules and rights. You can also get help by being referred to the right local health care centre, hospital, etc.

**Phone:** 1177

**Home page:** [1177.se](https://www.1177.se)

## Emergency number 112

Should only be used in emergencies when there is danger to life, property or the environment. An emergency is when you need urgent help from the ambulance, rescue service, police, air, sea or mountain rescue, on-call priest or poison information.

**Do you miss some information  
or have comments or  
questions – please let us know!**

[socialnordost@socialnordost.goteborg.se](mailto:socialnordost@socialnordost.goteborg.se)

For current activities and events, see  
[kalendarium.goteborg.se](http://kalendarium.goteborg.se)