



The family guide in Angered

Tips on activities and support

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 Angered 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 Angered 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/foraldrastodangered



Contact details

Family center/ Familjecentralen

Angereds centrum

Address: Kultivatorgatan 5



Midwifery clinic/ Barnmorskemottagning

Phone: 031-747 96 50

Child health centre/ Närhälsan Angered BVC

Phone: 031-747 96 40

Child health centre/ Capio Läkarhus BVC

Phone: 031-722 11 84

Open preschool

Phone: 031-365 18 34

Parenting support workers

Phone: 072-742 85 20,
072-571 86 06, 073-665 20 26

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

Family center/ Familjecentralen Hjällbo

Address:

Bergsgårdsgärdet 89B



Midwifery clinic/ Barnmorskemottagningen

Phone: 031-747 96 50

Child health centre/
Närhälsan Hjällbo BVC

Phone: 031-747 83 64

Open preschool

Phone: 031-365 28 63

Parenting support workers

Phone: 076-105 14 80,
072-204 98 61, 073-665 20 85

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

Family center/ Familjecentralen Lövgärdet

Address: Vaniljgatan 28



Midwifery clinic/ Barnmorskemottagning

Phone: 031-747 96 50

Child health centre/ Närhälsan Lövgärdet BVC

Phone: 031-747 85 50

Open preschool

Phone: 0728-56 59 00

Parenting support workers

Phone: 072-571 86 06,
072-204 98 61, 073-620 89 31

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



The open preschool

The open preschool 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 Angered. 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

Angereds centrum

Address: Kultivatorgatan 5

Phone: 031-365 18 34

Home page: goteborg.se/oppnaforskolanangered

Bergum/Gunnilse

Address: Fanjunkarens Lycka 3

Phone: 031-367 66 89

Home page: goteborg.se/oppnaforskolanbergumgunnilse
oppnaforskolan.gunnilsebergum

Gårdsten

Address: Muskotgatan 47

Phone: 070-612 32 68

Home page: goteborg.se/oppnaforskolangardsten
oppnaforskolangardsten

Hammarkullen

Address: Bredfjällsgatan 46

Phone: 031-365 26 57

Home page: goteborg.se/oppnaforskolanhammarkullen

Hjällbo

Address: Bergsgårdsgärdet 89B

Phone: 031-365 28 63

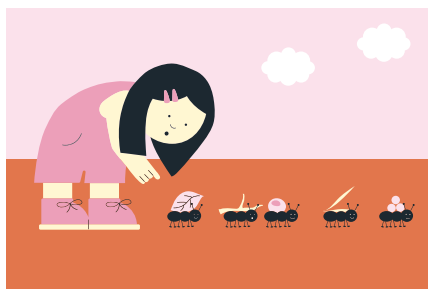
Home page: goteborg.se/oppnaforskolanhjallbo

Lövgärdet

Address: Vaniljgatan 28

Phone: 072-856 59 00

Home page: goteborg.se/oppnaforskolanlovgardet



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/oppnaforskolandraken and
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



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

Activities for children in the Church of Sweden

Everyone is welcome to join the church's activities for children and families. Visit the respective congregation's website to find out what's going on, at what times and to find addresses.

Angered and Bergum:

svenskakyrkan.se/angered/barn-och-unga-i-angereds-och-bergums-kyrkor

Preschool

Every child has the right to go to preschool. 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

Home page: 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 education 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 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



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 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. Download the app “Biblioteket” to reserve books or see what’s going on in the city’s libraries.

Angereds bibliotek

Address: Angereds torg 13

Phone: 031-365 17 15

Hjällbo bibliotek

Address: Hjällboplatsen 1

Phone: 031-365 27 80

Hammarkullens bibliotek

Address: Hammarkulletorget 62B

Phone: 031-365 29 40

Världslitteraturhuset

Address: Gamlestad's Torg 11

Phone: 031-365 30 80

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 17 20

Address: Angereds Torg 13

E-mail medborgarkontoret.angered@kom.goteborg.se

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

Activities and meeting places for young people

The youth centre is for young people aged 10–20. They often 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 youth centre 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 what is happening on the youth centres' websites or social media.


Bergums fritidsgård


Bergums fritidsgård is an open youth centre for young people aged 13–20 and for children aged 10–12. The youth centre is part of Bergum secondary school and sports hall. Here you can meet and hang out with friends, talk to the youth workers, play ping pong and pool, watch TV and have a snack in the centre's café.

Address: Lerumsvägen 24

Phone: 070-785 12 51, 070-780 09 02

Home page: goteborg.se/bergumsfritidsgard

 Bergumsfritidsgard


 bergums_fritidsgard

GUTS - mötesplats för tjejer

For girls and transgender people aged 13–20. Activities here include dance, homework help and support groups. Young people are also free to organize theme evenings or start projects themselves. GUTS is a meeting place where girls and transgender people can come together to build a social network and get empowered both individually and as a group. You can receive support counselling or just relax and hang out in a pleasant environment.

Address: Linjespringarens Väg 15
(Angeredsgymnasiets lokaler)

Phone 072-856 73 25

 guts.motesplats

 guts.motesplats


Gårdstens fritidsgård


For young people aged 13–20. Your ideas and opinions guide this youth centre. The youth centre offers things such as a music studio, a ping pong table, dance studio, PlayStation, board games, a café, a movie room, and great places to just hang out with friends and staff.

Address: Lagerbladsgatan 11

Phone: 079-065 33 95

Home page: goteborg.se/gardstensfritidsgard

 fritidgardsten

 gardstens_fritidsgard





MiniMix

For children and young people in years 4–6. At MiniMix you can get help with your homework, play games, bake, watch movies, hang out with peers, talk to the staff, and much more.

Address: Hammarkulletorget 62C

Phone: 072-855 40 93

 HammarkullensMiniMix

 minimix_hammarkullen

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*.


Hammarkullens fritidsgård – Mixgården


For young people aged 13–20. There are a lot of activities on offer here, such as music, dancing, playing football, working in our nice music studio, or joining in on the spontaneous group activities.

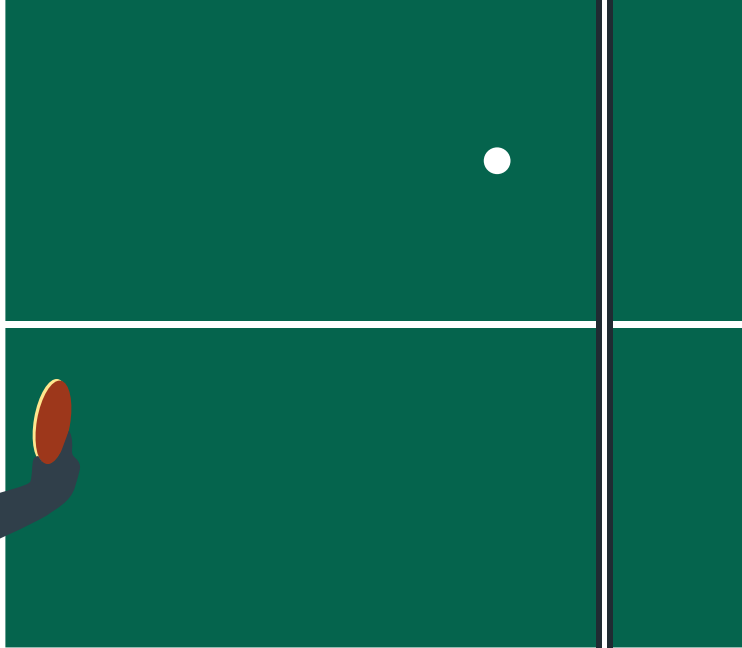
Address: Hammarkulletorget 63

Phone: 031-365 26 87

Home page: goteborg.se/hammarkullensfritidsgard

 mixgarden.fritidsgard

 mixgardenhk



Hjällbo fritidsgård


For young people aged 13–20. There are a lot of activities on offer here, such as doing music, dancing, playing football, working in our nice music studio, or joining in on the spontaneous group activities.

Address: Bergsgårdsgärdet 79

Phone: 031-365 27 34

Home page: goteborg.se/hjallbofritidsgard

 [hjallbo.funhouse](https://www.facebook.com/hjallbo.funhouse)

 [hjallbo_fritidsgard](https://www.instagram.com/hjallbo_fritidsgard)

Kooperativet Fjället


Kooperativet Fjället is an association-run youth centre in Rannebergen for young people aged 12–20. If you want to participate in activities, go on field trips, and so on, you only need to pay a


membership fee and can then enjoy all of the activities offered by Fjället.

Address: Fjällblomman 2

Phone: 031-330 39 36

Home page: fjallet.org

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

 [kooperativetfjallet](https://www.instagram.com/kooperativetfjallet)


KulturATOM


This is a living house of culture and a meeting place for young people aged 16–20. Here you can practice dancing and making music. You can also organise your own events together with us at our venues. We work together with Kulturskolan in Angered and local associations.

KulturATOM has its own monetary fund from which young people such as yourself can apply to make good ideas a reality.

Address: Högaflsgatan 12, same building as Blå Stället och Angered high school

Home page: goteborg.se/kulturatom

 UngdomssatsningenKulturAtom

 kulturatom

Lövgärdets fritidsgård - Ungdomsgården

For young people aged 13–18. Here you can meet friends, play video games and listen to music.

MiniLövis


For children and young people aged 10–12 year. We offer different activities such as art, baking and help with homework. You can also just come down here to hang out with your friends, or talk to an adult staff member.

Address: Vaniljgatan 23

Phone: 031-365 16 81

Home page: goteborg.se/lovgardetsfritidsgard

 LövgärdetsUngdomsgård

 lovgardetsfritidsgard

Young democracy/ Unga påverkar

Unga påverkar works to increase the influence of children and young people. They work with groups of children and young people, and they support youth councils, the Person Behind the Uniform (Människan bakom uniformen)

and young urban developers, among others. They also work with adults in activities that affect young people, both in Angered and the rest of the city.


The work is carried out in different ways, such as through:


- » Angered Youth Council and their project funding
- » Angered Young Urban Developers (Angered Unga Stadsutvecklare)
- » The Person Behind the Uniform (Människan bakom uniformen)
- » Ambassadors for youth empowerment (Ambassadörer för ungt inflytande)
- » Talks and meetings between young people and politicians/decision-makers
- » Vacation jobs such as Camp Demokrati and Camp Unga Stadsutvecklare
- » Helping to realize the ideas of children and youth
- » Events
- » Networking
- » Peer support

Address: Högaflsgatan 12, KulturATOM's premises

Phone: 072-500 62 39, 072-856 51 86

Home page: goteborg.se/ungapaverkarangered

 goteborg.se/ungapaverkar

 ungapaverkarangered

Nature, games and field trips

In Angered 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.

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

Vättlefjäll nature reserve

One of the largest nature areas in Gothenburg. You can enjoy hiking, cycling, roasting some hot dogs over a fire, swimming, and picking berries and mushrooms here. There are also outdoor gyms and trails for running. Children's motor skills are stimulated by walking on terrain, climbing and jumping on rocks.

Nearest stop: Kryddnejlikegatan

Hammarkullen playground

Some of the larger playgrounds in Gothenburg, such as the playground in Hammarkullen, have staff that organise activities for children. Here you can find outdoor gyms, a stage with seating, barbecues, picnic tables, an artificial grass pitch, a basketball court, a ping-pong table and a Kalaha game table. 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.

Nearest stop: Hammarkullen

Angered City Park

Angered City Park is located in the centre of Angered. It has a characteristic circus theme in terms of colour, shape and playground equipment. The park has barbecues, a boules court, seating areas, large lawns, an outdoor gym and other activities. There are also slides, climbing ropes, laughing mirrors, trampolines, a large climbing frame, merry-go-rounds, a couple of swings, a sandpit, a playhouse, a zip line and giant swings.

Nearest stop: Angereds centrum

You can find all the playgrounds in the city at goteborg.se/lekplatser

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

Sports, 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, and search for näridrottsplats.

Ingefäran näridrottsplats

The Ingefäran local sports area has exercise equipment, swings, a sand pit, slide, basketball court and a boules court with seating. There is also a natural play area with logs, huts and climbing trees.

Nearest stops: Saffransgatan, Timjansgatan

Public swimming pools

Several of the city's swimming pools offer swimming lessons for both children and adults. You can also take part in water aerobics and freestyle swimming classes. Angered has two swimming



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

To find all swimming pools and for current opening hours, see the webpages of the public baths.

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 springboard 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: Högaffelsgatan 15

Phone: 031-368 22 90

Home page: 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



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 associations 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 and search for "ishall".

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

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 26 72, 031-365 16 87

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/halsoteketangered

 Hälsoteketangered



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



Individual parenting support

Parenting support workers offer individual parenting support for people living in the community. They can be found in every family centre in Angered and their services are aimed at parents with children aged 0–12.

Here you can:

- » get advice and support as a parent
- » find and develop your strengths as a parent
- » get new tools and strategies as a parent
- » talk about communication and patterns in the family
- » talk about how adult relationships are affected when having a child.

Everything is free and everyone who works here are bound by an obligation of confidentiality.

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



Parenting support groups at the family centres

The parenting support workers at the family centres also offer parenting support groups such as Trygghetscirkel (0–18 months) and ABC, Alla barn i centrum (3–12 years). By participating in the parenting support groups, you get the chance to meet other parents and learn more about children and parenting. Some of the topics include what it is like to be a parent, how to set boundaries for children, and the importance of food and sleep.

More information about the services is available at goteborg.se/foraldrastodangered

You can also contact the parent advisors at any of the family centres, see page 5.

Resources unit for children and young people/ Resursenhet barn och unga

Many parents find certain stages of their child's upbringing difficult. It could be good to have someone to talk to during those times. Resursenheten is for parents who have children aged 0–18 years. Here you can find family counsellors with extensive experience of working with different forms of support for families. The staff has various professional skills and different educational qualifications to meet all the different needs. The service offers parent meetings, both individual and in groups.

See goteborg.se/foraldrastodangered for more information.

Phone resursenheten children:

031-365 25 01

Phone resursenheten young people:

031-365 11 51

E-mail: resursenheten.barnochunga@socialnordost.goteborg.se



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

Rädda Barnen

Tips and inspiration
for you as a parent.



Scan the QR code
and read more.

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 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

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 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

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

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

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@funktionenstod.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@funktionenstod.goteborg.se

Support for children and young people

Youth outreach workers/ Fältgruppen

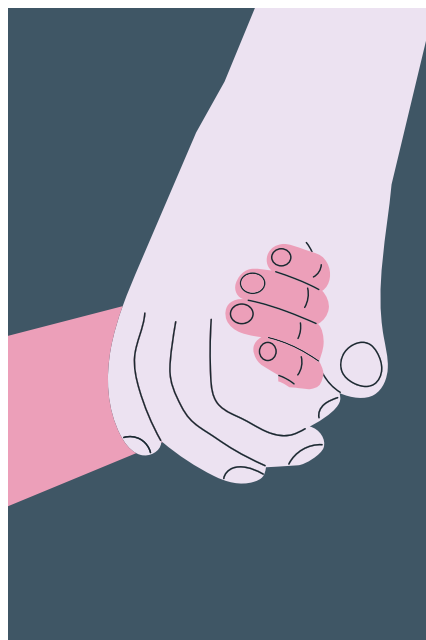
The outreach workers in Fältgruppen are there to talk to young people, provide advice and support for them to create a safe environment. The outreach workers visit schools, youth centres, streets and squares. We are out working afternoons, evenings and weekends.

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

Address: Linjespringarens Väg 15

Phone: 031-365 16 82

E-mail: faltgruppen.angered@socialnordost.goteborg.se



UngAngered

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 UngAngered 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 21 62, 031-365 12 60

E-mail: ungangered

@socialnordost.goteborg.se

Ungas psykiska hälsa

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 ungdoms- psykiatrisk mottagning)

The Gamlestad 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

Youth guidance centre/ Ungdomsmottagning

The youth guidance centre in Angered 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: Angereds torg 5B
Phone: 010-435 81 50
Home page: 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

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

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
Home page: 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

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
Home page: bonavia.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

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

Home page: randigahuset.se

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

Home page: 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

Phone: 031-365 00 00

Address: Hjällbo Lillgata 1

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

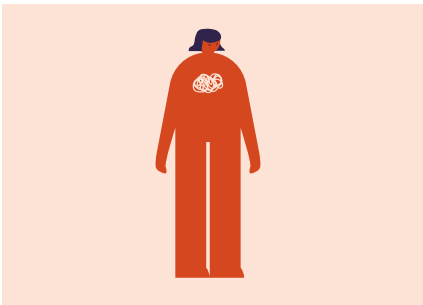
“ Violence is any act directed against another person which, by virtue of that act, harms, hurts, intimidates or violates that person, that compels that person to do something against their will or to refrain from doing something they want to do.”

– 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 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 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 Angered
barnmorskemottagning**
Address: Angereds torg 15
Phone: 031-747 96 50



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.

**Närhälsan Angered centrum
Vårdcentral and BVC**
Address: Kultivatorgatan 5
Phone VC: 031-747 96 00
Phone BVC: 031-747 96 40

**Närhälsan Hjällbo
Vårdcentral and BVC**
Address: Bergsgårdsgärdet 89B
Phone VC: 031-747 83 00
Phone BVC: 031-747 83 64

**Närhälsan Lövgärdet
Vårdcentral and BVC**
Address: Vaniljgatan 28
Phone: 031-747 85 50

**Capio Läkarhus
Vårdcentral and BVC**
Address: Kultivatorgatan 5
Phone VC: 031-722 11 80
Phone BVC: 031-722 11 84

Gårdsten Vårdcentral and BVC
Address: Muskotgatan 10
Phone: 031-396 00 60

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.

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

Gamlestaden

Phone: 031-345 08 80

Address: Byfogdegatan 3D

Nearest stop: Gamlestads torg

Home page: 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-post: ans.levnadsmottagningen@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: Angered Arena,
Högaffelsgatan 15

Phone: 031-346 06 40

Home page: 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 Angered
Rehabmottagning, Triörgatan 2

Phone: 031-346 06 40

Home page: vgregion.se/fargoteborg

Swedish Public Dental Care/ Folktandvården

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.

Folktandvården Angered

Address: Triörgatan 2

Phone: 010-441 74 50

Folktandvården Hjällbo

Address: Bergsgårdsgärdet 91

Phone: 010-441 81 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

For current activities and events, see
kalendarium.goteborg.se