



SUPPORT FOR PARENTS

**To residents of Järfälla
who wants support in
parenting**

Support for parents

Read more at jarfalla.se/foraldrastod

Supporters of parenthood

Families with children aged 0-5

Advice and support about being a parent, individually or as a couple.

No costs involved.

Telephone: 08-580 283 64 or 08-580 289 65

Email: foraldrastod@jarfalla.se

Parent's clinic

Families with children or youngsters aged 6-20

Advice and support about being a parent, individually or to the family.

No costs involved.

Telephone: 08-580 290 63. Phone hours can be found at jarfalla.se

E-mail: foraldrastod@jarfalla.se

Family counselling

For couples or families who want help in their relationships

A visit costs around SEK 300.

Telephone: 08-580 287 48

E-mail: familjeradgivningen@jarfalla.se

Parent groups

Here you can get to know other parents, gain new knowledge and exchange experiences, in a casual and non-judgemental environment. Qualified leaders guide the groups. For current groups see jarfalla.se/foraldragrupper

Open preschool

At the open preschool in Barkarby, Jakobsberg and Kallhäll you and your child can paint, sing, read, have a cup of coffee or just hang out. Here you will meet other adults with children in a child-friendly environment.

Read more at jarfalla.se/oppenforskola

The churches of Maria, Viksjö and St. Lukas also have open preschool. Read more at svenskakyrkan.se/jarfalla

Child and student health

Students and parents can turn to a school welfare officer, school nurse and school psychologist at each school for advice and support.

Caregiver adviser

You who are a relative may also be in need of support

The caregiver adviser offers support and counselling to those who care for relatives with mental, intellectual or physical impairments, mental illness or mental health disorders.

Telephone: 08-580 28 441 or 070-002 4914

Email: anhorigstod@jarfalla.se

Support after separation

Cooperation after divorce (SES) is a free digital platform offered to parents for support and knowledge about children's reactions and needs. It includes how to cooperate with the other parent and finding coping mechanisms. Read more at jarfalla.se/ses

Family law

If you as separated parents want support and guidance in your joint responsibility regarding custody, housing and contact, you can turn to family law. Call the municipality's service center: 08-580 285 00

The domestic violence clinic

Are you experiencing threats, violence or fear in the family?

Contact us for advice, support and help. Telephone: 08-580 245 50

E-mail: relationsvaldsmottagningen@jarfalla.se

Are you concerned with your temper affecting people close to you?

Contact us for advice, support and help. Telephone: 08-580 281 81

E-mail: relationsvaldsmottagningen@jarfalla.se

Interpreter

You have the right to an interpreter in all of your contacts. Let us know if you require an interpreter when you book your visit.



JÄRFÄLLA

Telephone counselling by non-profit organizations

BRIS advice line for adults - about children

Call 077-150 5050, weekdays 09-12.

The call is free and you can be anonymous.

In Arabic 077- 448 0900 Tuesdays to Thursdays at 9-12.

bris.se

Mind advice line for parents

Ring 020-85 20 00

Weekdays at 10-15, Thursdays at 19-21.

The call is free and you can be anonymous.

mind.se/foraldralinjen

Do you want help finding the right support?

Järfälla Municipality

Contact Järfälla municipality's service center. Call 08-580 285 00, visit Riddarplatsen 5 in Jakobsberg center or send an email to kontakt@jarfalla.se

Region Stockholm

For questions about mental illness in children and youngsters, please call 1177 for advice or referral or search at www.1177.se

Socialförvaltningen

08-580 285 00

jarfalla.se/foraldrastod