



Familjecentralen

A meeting place for all expectant parents and families with children.



Contact

Scan the QR code with your phone camera to find contact details for your nearest Family Center.
Or visit us at: www.familjecentraler.se



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The Family Center is unique

A family center is unique in that those of us who work here can more easily collaborate and find solutions for different needs. This makes it easier for families to receive help quickly and easily when the need for a little extra support arises.

All work at a family center is focused on strengthening the things that make families feel good and on preventing early issues that can lead to problems or poor health.



We do this by:

- Be nearby places where people can meet.
- Help strengthen the social network around families.
- Find ways to involve families in what we do.
- Offer support that's easy to reach and use.
- Be a go-to place for knowledge and information.
- Keep improving our service for everyone who joins in.



We are here for you!

Here at the family center, we have brought together most of the services that families need. You have access to a midwifery clinic, child health services, open preschool, counseling and support from social services, as well as contact with other adults and children.

Everything is gathered under one roof. Participation is voluntary, open to all families regardless of their composition, and it is free to come here.

Several different professional groups work together here for the benefit of you and your child: midwives, specialist nurses, preschool teachers, and social workers. Doctors and psychologists are also available, along with other professionals.

You are welcome to ask about anything—from concerns about your child's health and development to everyday challenges. We are here to support you.

The foundation of the services

Midwifery Clinic

(Women's Health Services / Maternity Care)
Here, you can meet with a midwife throughout your pregnancy, be offered health consultations, and join a parenting group.

Pregnancy often brings up many thoughts, which you can discuss in the parenting group, with your midwife, or—if needed—with a psychologist. After your baby is born, you return here for a postnatal check-up and can also receive contraceptive advice.

Child Health Services

Here, you are offered various health visits—sometimes at home—up until your child starts school. You usually meet with a specialist nurse, but also with doctors and, if needed, a psychologist. During the visits, we monitor your child's development, provide vaccinations, and talk about child health topics such as nutrition, sleep, and other needs. Parenting support is offered both individually and in groups.

Social Advice and Support

Advisors or counselors from social services—usually trained social workers—can help with questions or concerns about your family situation or parenting. You can also get help contacting different public agencies or receive other community information.

Open Preschool

The open preschool is the heart and hub of the family center. You are welcome here to play, learn, receive parenting support, and meet other families in the area. You can come and go as it suits you during opening hours—no registration is needed.

Preschool teachers work here, and there are sometimes planned activities you are welcome to join, such as singing sessions. You are responsible for your child while visiting.

At the open preschool, you can also meet the other professionals who work at the family center. It's a great opportunity to ask them questions if there's anything you're wondering about.

