WHO IS THE FAMILY CENTER FOR?

- Children/youth from ages
 0-18 and their families
- Parents who want support and guidance in their parenting roles
- For those of you who want someone to discuss with, so that you can find good solutions for you family together
- For children, youth and families that want more help and support than what is provided by the health clinic, school health services, kindergartens, and schools.



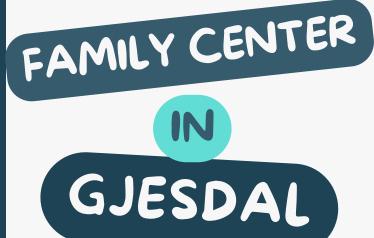
Mob. and email: 904 10 651 familiesenteret@gjesdal.kommune.no

Address: Familiens hus, Rettedalen 7, first floor Ålgård



Scan me for more info!





A RESOURCE CENTER
FOR CHILDREN, YOUTH
AND FAMILIES





- Parenting Support: Parents who need
 help and guidance in their parenting role
- Family Communication Challenges:
 Families who need support to improve
 how they communicate with each other
- Mental Health Concerns: Worries about a child or young person's emotional wellbeing
- Children and Youth in Difficult Situations:
 Young people living with extra stress at home or going through challenging life circumstances

Parents are the most important people in a child's life. We aim to build on the family's strengths.

How We Can Help

- INDIVIDUAL SESSIONS
- FAMILY SESSIONS
- PARENTING GUIDANCE
- GROUP PROGRAMS AND COURSES
- GUIDANCE AND COLLABORATION
 WITH OTHER SERVICES/AGENCIES

The Family Center is a free, easy-access service—no referral required.

We will respond to your inquiry within two weeks.



The Family Center also has a separate youth team that offers help and support to young people aged 12-18.



Scan me for more info!