

## 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.

## HOW TO GET IN TOUCH

Mob. and email:  
904 10 651

[familiesenteret@gjesdal.kommune.no](mailto:familiesenteret@gjesdal.kommune.no)

Address:

Familiens hus, Rettedalen 7, first floor  
Ålgård



Scan me for more info!



Gjesdal  
kommune  
Bedre sammen

## FAMILY CENTER

IN

# GJESDAL

A RESOURCE CENTER  
FOR CHILDREN, YOUTH  
AND FAMILIES



## RELEVANT CHALLENGES:

- 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 well-being
- 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!**