

Föräldrasupporten (Parental Support) offers free counselling and guidance for parents or other immediate family of children or young people between the age of 0 to 18 years.

The relationship with our children is of utmost importance and providing guidance for our youngsters is both rewarding and a tough and challenging responsibility. Certainly, as a parent we are indispensable, however sometimes it can be difficult to find the energy to be the parent we strive to be. All families with children experience this at times.

There can be a lot of yelling and quarrelling in everyday situations, which put relationships to the test. Your child may not be able to sleep well or does not thrive in school or preschool. Maybe you would like to get help with increasing your child's resilience and perseverance. Then you might be in need of support with your parenting to bring about a change in the best interests of the child.

Who we are

Föräldrasupporten is a free counselling program, run by two experienced social workers. We have a duty of confidentiality and do not keep records. If you need an interpreter, we will arrange it for you.

At Föräldrasupporten you get advice and guidance on challenges in everyday life and the tools to parenting in different situations. We meet parents or other close relatives of children and young people aged 0 –18 years and offer parental guidance individually and in groups.

Our goal is to make sure that you as a parent get advice and support quickly when you feel you need it. Our assistance is individually tailored, based on the needs and wishes of you and your family. We work with you to find common solutions that strengthen relationships and benefit the child's development. **We cooperate with other institutions as needed, e.g. with preschools, schools, Family Centres and the municipalities in the Västerbotten region.**

If you are unsure about who to turn to or have questions in parenting issues, please do not hesitate to contact us at Föräldrasupporten. You are not alone!

Contact us

You can contact us by telephone 0910 – 71 20 50 or by email at foraldrasupporten@skelleftea.se

Our office is located on Kanalgatan 77 in the city centre of Skellefteå.

Follow us on Instagram ([foraldrasupporten_skelleftea](#)) and on Facebook ([Föräldrasupporten Skellefteå Municipality](#))