

The Family Centre is unique

The Family Centre is unique in that it makes it easier for staff to work together and find different solutions for different needs. There are family centres throughout the country.

Föreningen för familjecentralers främjande (FFFF)
(Swedish Association for the Promotion of Family Centres) www.familjecentraler.se



Opening hour

Open Preschool

Tuesday 1pm-4pm

Thursday 9.30am-12 noon

Baby Cafe

Wednesday 10am-12.30pm

Contact

Karlsborg: Björkstigen 2

0505-17290

familjecentralen@karlsborg.se

karlsborg.se/bjorken

When we are open you can come and go as you please. Let us know if there is something in particular that you and your family would like to be arranged or included. We are more than happy to hear and respond to your views and wishes.



KARLSBORGS
KOMMUN



VÄSTRA
GÖTALANDSREGIONEN

Welcome to Björken

Family Centre

The natural meeting point for parents and children in the Municipality of Karlsborg



Open preschool

This is the heart of the Family Centre, where parents and children aged 0-6 years can go along to play, learn, receive support as a parent, and get to know other families in the area. We always have a singing assembly, and there are large play areas, along with an activity room, games and puzzles.



At the Family Centre we have brought together most activities and services that parents, prospective parents and children might need. You can receive support related to parenthood, children and the family, and you have an opportunity to meet other parents and children. We have several professionals working at the Centre, including midwives, specialist nurses, preschool teachers, social workers and staff from the Public Dental Service. They have all been brought together in the best interests of you and your child. All activities are voluntary and are open to every family. Refreshments are available at cost price. We adapt to your needs and you are free to ask us about almost anything.



Baby Cafe

The ideal venue for parents and children aged 0-1 years, where you can talk about anything and everything to do with parenthood. The singing assembly is adapted to the very youngest children and is based on interaction between parent and child.

Parental support

The Family Centre offers parental support on a group and individual basis.



The Parental Support Programme is directed at parents with children aged 3-12 years. You have the opportunity to meet, discuss and exchange experiences with other parents in the group. This interactive programme is based on the UN Convention on the Rights of The Child and current research related to children, and is aimed at strengthening the parent-child relationship.



Advice and support discussions

Staff involved in the open access activities are there for you in your role as a parent, and they can listen, support and reflect. If necessary, you can make an appointment for a more private discussion. A social worker at the Family Centre is also on hand to help you with any questions and thoughts you may have about your child, your family situation, or your role as a parent.

Child healthcare

New parents can receive help to become involved in the various activities at the Family Centre. Child healthcare is available at the Baby Cafe if you

have any questions or if you are looking for information.

Maternity Clinic

The Maternity Clinic offers care both during and after your pregnancy, supporting you in your role as a parent. It also provides advice on contraception and a cervical screening service.

Public Dental Service

The Public Dental Service is available at certain times at the Baby Cafe and Open Preschool if you have any questions or if you need information.