

Family Guide

Northeast Göteborg

Tips on activities, advice, and support for those living in Angered, Kortedala, Bergsjön, Gamlestaden, and Utby.



Hello!

As an adult with a child in your life, you are incredibly important. You bring joy, comfort, and guidance to the child, helping them navigate life. This family guide is here to make it easier for you, living in Angered, Bergsjön, Gamlestaden, Utby, or Kortedala, to find fun activities and services close to where you live.

Being a parent isn't always easy. On the days when it feels tough, you have the right to support from society. Use that right – for the child's sake. This guide offers tips on where to turn for help if you, your child, or your family need it. The family guide brings together many local services, but there's much more to explore both in your area and throughout Göteborg.

We hope this guide helps you and your family find what you're looking for and that you have fun together!

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Free of charge

Looking for activities that are free? Look for the Free of charge symbol! If the symbol is placed directly under the main heading, all the activities in that section are free. Some activities may have a cost, so feel free to ask the staff for details.



LGBTQI+ Friendly

If you see this rainbow flag next to an activity, it means there are special times or events for LGBTQI+ individuals. LGBTQI+ stands for Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex.

Family centres

Ages 0-6

Free of charge

As a parent or expecting parent, you are welcome to the family centres. Family centres offer midwifery services, child health centres (BVC), open preschools, and parental support. At the open preschool, you and your family can meet other families and take part in various activities.

At the family centre, you can talk about:

- » becoming a parent
- » food
- » sleep
- » preventing accidents
- » setting boundaries
- » relationships.

Talk to a parent support worker

If you need advice and support in your role as a parent, want to develop your strengths, or get new tips, we are here to help. We meet parents individually, as a couple, or in groups. We are based at familjecentraler (family centres) and provide support to parents of children aged 0-12 years. You can choose to meet in person or receive support by phone or video call. Contact details are available under each family centre.

In northeastern Göteborg, there are four familjecentraler located in:

- » Angered centrum
- » Bergsjön centrum
- » Hjällbo
- » Lövgärdet.

Familjecentralen Angereds centrum

Address: Kultivatorgatan 5

Nearest stop: Angered centrum

**Barnmorskemottagning
- Midwifery clinic**
Phone: 031-747 96 50

**Närhälsan Angered BVC
- Child health centre**
Phone: 031-747 96 40

**Capio Läkarhus BVC
- Child health centre**
Phone: 031-722 11 84

Open preschool
Phone: 031-365 18 34

Parenting support workers
Phone: 072-742 85 20,
072-571 86 06, 073-665 20 26

Website: goteborg.se/
familjecentralangeredcentrum

Familjecentralen Bergsjön

Address: Rymdtorget 8

Nearest stop: Rymdtorget

**Barnmorskemottagning
- Midwifery clinic**
Phone: 031-747 80 80

Nötkärnan Bergsjön BVC
Phone: 031-792 94 40

Open preschool
Phone: 031-365 45 22

Parenting support workers
Phone: 031-365 40 62

Website: goteborg.se/
familjecentralenbergsjon

Familjecentralen Hjällbo

Address: Bergsgårdsgärdet 89B

Nearest stop: Hjällbo

**Barnmorskemottagningen
- Midwifery clinic**
Phone: 031-747 96 50

**Närhälsan Hjällbo BVC
- Child health centre**
Phone: 031-747 83 64

Open preschool
Phone: 031-366 80 17

Parenting support workers
Phone: 072-204 98 61, 031-365 27 13,
031-365 14 05

Website: goteborg.se/
familjecentralenhjallbo

Familjecentralen Lövgärdet

Address: Vaniljgatan 28

Nearest stop: Lövgärdet centrum

**Barnmorskemottagning
- Midwifery clinic**
Phone: 031-747 96 50

**Närhälsan Lövgärdet BVC
- Child health centre**
Phone: 031-747 85 50

Open preschool
Phone: 072-856 59 00

Parenting support workers
Phone: 070-780 10 47,
072-204 98 61, 073-620 89 31,
073-558 33 58

Open preschool

Ages 0-6

Free of charge

The open preschool is a meeting place for all families. Children are welcome with their parents or another adult. Here, you can meet other adults with children, play, do crafts, sing, and socialise. We offer advice and support in your parenting, and we work together with child health centers (BVC) and parent advisors.



The open preschool is free. You can drop in anytime during opening hours, and there is no need to book in advance. Check the website for opening hours and more information.

As a parent or guardian, you are responsible for your child, and you will participate in the activities together.

Angereds centrum

Address: Kultivatorgatan 5

Phone: 031-365 18 34

Website: goteborg.se/oppnaforskolanangered

Nearest stop: Angered Centrum

Bergsjön

Address: Rymdtorget 8

Phone: 031-365 45 22

Website: goteborg.se/oppnaforskolanbergsjon

Nearest stop: Rymdtorget



Gårdsten

Address: Muskotgatan 47

Phone: 070-612 32 68

Website: goteborg.se/oppnaforskolangardsten

Facebook: [oppnaforskolangardsten](https://www.facebook.com/oppnaforskolangardsten)

Nearest stop: Gårdsten Centrum

Hammarkullen

Address: Bredfjällsgatan 46

Phone: 031-365 26 57

Website: goteborg.se/oppnaforskolanhammarkullen

Nearest stop: Hammarkullen

Hjällbo

Address: Bergsgårdsgärdet 89B

Phone: 031-365 28 63

Website: goteborg.se/oppnaforskolanhjallbo

Nearest stop: Hjällbo

Lövgärdet

Address: Vaniljgatan 28

Phone: 072-856 59 00

Website: goteborg.se/oppnaforskolanlovgardet

Nearest stop: Lövgärdets Centrum

Specialised open preschools

Rainbow families

Some open preschools in Göteborg have dedicated times for rainbow families, where one or more family members identify as LGBTQI+. LGBTQI+ stands for Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex.



Website: goteborg.se/oppnaforskolandraken and goteborg.se/oppnaforskolansannegarden

Young parents

Göteborg Stadsmission welcomes parents under 23 years old who are expecting or already have children. You can meet other young parents and their children here.

Phone: 072-223 67 26

Address: Drottninggatan 33

Website: stadsmissionen.org

Church of Sweden's open preschools

The Church of Sweden runs open preschools in Nylöse/Gamlestaden and Utby. Visit their websites for more information.

Website: svenskakyrkan.se/nylose/barn-ungdomsverksamhet

Children with learning differences

Tilliten is an open preschool run by Bräcke diakoni, available at several locations in the city, including Bergsjön. The group is small, and the facilities and toys are tailored to meet various needs, with high hygiene standards. The staff working at Tilliten have different skills and experience in habilitation and support counselling. There are often staff on site who know sign language and other alternative communication methods.

Website: brackediakoni.se/tilliten

Parents with mental health issues

Gyllingen is an open preschool for those who have experience of their own mental illness and are parents of children up to six years old. The mental health challenges may have arisen with parenthood or existed before. Partners and other relatives are also welcome.

Each session includes play, snacks, and singing. We sometimes discuss topics like children's needs, mental health, parenting, and security.

Phone: 031-80 89 95

Address: Garverigatan 2

Website: gyllenkroken.se/gyllingens-smabarnsgrupp-for-foraldrar-och-barn-0-2-ar/

Preschool

Ages 1-6

Do you have a child between the ages of one and six? Then your child can attend preschool!

Preschool lays the foundation for your child's continued learning at school and throughout life. Here, both preschool teachers and other staff work together to provide a safe environment where your child can grow and learn. In preschool, your child will develop their language skills. All children aged 3 to 5 are entitled to 15 hours per week free of charge. Give your child the best start!

In preschool, children can:

- » play and have fun with other children.
- » learn through play, exploration, and creativity in various forms.
- » develop in many areas such as mathematics, science, and language.
- » receive extra support if needed, for example, from a specialist teacher.

How to apply for preschool

Preschool is available for all children from the age of one. Applications can be made up to six months before your child needs a place. In northeastern Göteborg, there are

both public and independent preschools. Visit goteborg.se/forskola to see all the preschools where you can request a place. On the same page, you can submit your application or download a paper form.

For more information

For more details about preschool or help with your application, contact förskoleservice. They can also provide information about "night care" for those who work evenings, nights, or weekends, as well as information on family day care as an alternative to preschool.

Phone: 031-365 09 60

Email: forskoleservice@forskola.goteborg.se

Website: goteborg.se/forskola

Primary school

Ages 6–16

Free of charge

School is made up of preschool class (grade 0) and grades 1–9 in primary school. At school, your child will have the opportunity to develop and learn new things. School staff will work with you to support your child in their development and help them achieve the educational goals.

Safety and support at school

Many parents wonder how things will go when their child starts school. Will my child settle in and make friends? What happens if they struggle to keep up with the lessons? Every student has the right to feel safe at school. By law, schools must promote equal rights for all children and students, and prevent discrimination and harassment. As a parent, you can ask how your child's school plans to address this. If a student is mistreated at school, it is always the school's responsibility to ensure it stops. All staff work to prevent and address exclusion and bullying.

Every school has a student health service that includes a specialist teacher or learning support assistant, school counsellor, school nurse, psychologist, and school doctor. This team works on student welfare alongside the headteacher, teachers, and teaching assistants. If you have concerns about safety and support at school, you can contact your child's teacher, headteacher, or someone from the student welfare team. Schools are keen to work closely with parents, as good cooperation between school and home is key to a child's success.

Is your child struggling to go to school?

On page 38 under "Advice and Support," we have collected information on what you can do in such situations.

After-school centres (fritids)

After-school centers are available before and after regular school hours for children between 6 and 13 years of age. "Fritids" provide care before and after school for children whose parents work or study. At "fritids", children enjoy meaningful leisure time and have the opportunity to develop various skills, such as communication, creativity, games, physical activities, and outdoor play.

Special schools

"Anpassad grundskola" are for students with intellectual disabilities who need adapted education. The goals are set according to the students abilities but corresponds as close as possible to the goals in primary school.

Applying for school

At goteborg.se/grundskola you can see all the schools available to choose from. Here you can also apply for a place at a public school and read about the placement rules. If you wish to apply to an independent school, you will need to contact that school directly. If you do not submit an application and make a school choice, your child will be placed at a school near your home.

More information

For any questions, you can contact the primary school administration. They can also provide information and forms for after-school centre applications.

Phone: 031-365 0960

Email: grundskola@grundskola.goteborg.se

Website: goteborg.se/grundskola



Homework help

Free of charge

Homework help is available for children attending school as well as adults who are studying. As a parent, you can also ask for advice and support on how to assist your child with their schoolwork and homework.

Many schools offer homework help to their students, often through after-school centres (fritids). Feel free to ask your school about it or suggest starting it if it's not yet available. Several organisations also provide homework help, including libraries, and some youth centres also offer support for teenagers.

Homework help is free, and you don't need to sign up. At specific times, help is available for particular subjects, such as mathematics, but usually, you can work on any subject.

Find homework help

In the Göteborg City calendar, you can find current times and locations where homework help is offered, such as local libraries. Visit kalendarium.goteborg.se and search for "läxhjälp" or scan the QR code.



Culture

Libraries

All ages

Free of charge

At the libraries, you and your child can:

- » borrow books, audiobooks, and films in various languages
- » join a storytime session or children's theatre
- » borrow video games and board games
- » read newspapers
- » book a computer or use one that is available.

Free wifi is available in the building, so you can also connect with your own device.

For information on opening hours and events, visit goteborg.se/bibliotek. Download the "Biblioteket" app to reserve books or see what is happening at the city's libraries.

Angered library

Address: Angereds Torg 13

Phone: 031-3651715

Nearest stop: Angered Centrum

Bergsjön library

Address: Bergsjöns Kulturhusväg 4C

Phone: 031-368 78 20

Nearest stop: Rymdtorget

Hammarkullen library

Address: Hammarkulletorget 62B

Phone: 031-365 29 40

Nearest stop: Hammarkullen

Hjällbo library

Address: Hjällboplatsen 1

Phone: 031-365 27 80

Nearest stop: Hjällbo

Kortedala library

Address: Kortedala Torg 9

Phone: 031-365 30 88

Nearest stop: Kortedala Torg

Världslitteraturhuset

Library with a focus on young adults and adults in learning. This library has no children's and youth department.

Address: Gamlestads Torg 11

Phone: 031-365 30 80

Nearest stop: Gamlestads Torg

Bokbussarna - Book buses

Ages 0-12

Free of charge

In the afternoons, evenings, and weekends, bokbussarna visit residential areas across Göteborg. On bokbussarna, you will find books for children aged 0-12. No matter your age, you can also collect reserved books and return borrowed items. Check the website to see the bus stops.

Website: goteborg.se/bokbussen

Instagram: @bokbussgbg

Kulturskolan - Cultural school

Ages 6-19

Would you like to do something fun and creative in your free time? At kulturskolan, you can sing, dance, work with film, art, ceramics, circus, drama, play an instrument, and much more.

Kulturskolan offers a wide range of subjects and courses. Some are long-term courses, which have a fee, and others are short-term, which are free. Kulturskolan also arranges open activities which are free of charge and requires no registration in advance. This is a great

way to try out different activities and see what you enjoy.

Classes are held outside school hours in the afternoons, evenings, weekends, and during holidays. For more information on kulturskolan, including available courses in your area, fees, borrowing instruments, and how to apply, visit the website. You can also contact the regional office directly.

Phone: 031-365 27 67

Email: kulturskolan.nordost@grundskola.goteborg.se

Website: goteborg.se/kulturskolan

If you have a functional impairment

You are welcome to apply for any course suitable for your age. We adapt the activities as much as possible to meet your needs. There are also specific, tailored courses available. If you need help finding the best option for you, you and your family can contact one of the advisors at kulturskolan, who will be happy to assist you.

Phone: 070-370 77 26,
072-734 96 36

Kulturhus - Cultural centres

All ages

Free of charge

Kulturhusen offer year-round cultural programmes with plenty of activities for all ages and interests. These can include music, painting, dance, theatre, discussions on social issues, exhibitions, film screenings, and much more. You are also welcome to come and relax, socialise, or enjoy a coffee.

In northeastern Göteborg, there are two kulturhus: one in Angered Centrum and one in Bergsjön.

For more information on their opening hours and programmes, visit their websites and social media pages.

Kulturhuset Bergsjön

Address: Bergsjöns Kulturhusväg 4C

Nearest stop: Rymdtorget

Website: goteborg.se/kulturhusetbergsjon

Instagram: @kulturhusetbergsjon

Facebook: kulturhusetbergsjon

Kulturhuset Blå Stället

Address: Angered's Torg 13

Nearest stop: Angered Centrum

Website: goteborg.se/blastallet

Instagram: @blastallet

Facebook: blastallet





Nature, games and excursions

All ages

In the northeast of Göteborg, nature and swimming spots are close by. There are forests, beautiful walking paths, barbecue areas, and open spaces for play and picnics

Nature areas

Free of charge

Lärjeån valley

Lärjeån runs through a beautiful area with many fields and hills. You can see animals grazing in the meadows and walk through forests

that feel like a jungle. There are fish, insects, and much more. Bring a net, plastic bucket, and magnifying glass to explore and see what you can find.

Nearest stops: Hjällbo, Angered Centrum, Kortedalavägen, Aprilgatan, Merkuriusgatan, Eriksbo Västergärde, or Fjäderharvsgatan

Vättlefjäll nature reserve

One of the largest nature areas in Göteborg, where you can hike, cycle, canoe, barbecue, swim, and pick berries or mushrooms. There are also outdoor gyms and running trails. Children's motor skills are developed by walking in the terrain, climbing, and jumping on rocks.

Nearest stop: Kryddnejlikegatan

Play and activity areas

Free of charge

Angeredsparken

This circus-themed adventure playground is located between the shopping centre at Angered Centrum and Angered arena. The park also has barbecue areas, a boules court, seating, large grassy areas, an outdoor gym, and other activities. From early June to late

August, the water play area is open daily from 10 a.m. to 10 p.m.

Address: Länkhavsgatan 120

Nearest stop: Angered Centrum

Bergum farm

This farm is home to various animals like cows, sheep, goats, ducks, rabbits, hens, and cats. You can freely explore the farm, and you're welcome to pet the animals. There are several barbecue spots, and you can buy firewood from the staff. The farm is open to the public from 10 a.m. to 3 p.m. daily, and there are toilets on site.

Address: Dockereds gård 10

Nearest stop: Dockeredsvägen





Hammarkullen playground

Designed for children up to around 9 years old, this play area allows families to borrow outdoor toys, and there are changing rooms, breastfeeding rooms, and toilets. There's a microwave for warming baby food. You can read books, play, paint, or do puzzles with your child. Staff are on site Monday to Friday from 9 a.m. to 4 p.m., and Saturdays from 11 a.m. to 3 p.m., organising activities like crafts, sports, music, games, and painting.

Address: Hammarkullegatan 62C

Nearest stop: Hammarkullen

Hjällbo playground

Designed for children up to 9 years old this park focuses on outdoor play, such as cycling, ball games, table tennis, crafts, painting, storytime, music, motor skills tracks, and water play. Staff are

available Monday to Friday from 9 a.m. to 4 p.m., and Saturdays from 11 a.m. to 4 p.m.

Address: Bondegärdet 8

Nearest stop: Hjällbo

Månadsparken

This playground is located in a nice small park with a water play area that runs daily from 9 a.m. to 8 p.m., from early June to late August. The water is fresh and not chlorinated. The park also features playground equipment, a boules court, barbecue area, football fields, and fruit trees.

Address: Kalendervägen 3

Nearest stop: Runstavsgatan

Galaxen

Here you can meet farm animals like pigs, rabbits, chickens, horses, and sheep. The farm also offers a café, pony rides, and animal petting. For current opening hours and events, check the website or call.

Address: Galaxgatan 7

Phone: 076-147 3101

Nearest stops: Galileis gata, Orion

Kvibergs park themed playground

This playground has a castle with towers, artificial horses, and slides. There are also trampolines, a zip line, a hobby horse track, and more. Kids can run, balance, climb, and be physically active. The area has fruit trees, picnic tables, and seating.

Address: Lilla Luftvärnsvägen 4

Nearest stop: Kviberg or Kvibergsskolan, followed by a 10–15 minute walk.

Outdoor swimming

Free of charge

Bergsjöbadet

A lovely lake with a sandy beach, jetty, diving platform, and rocks. There is also a playground and barbecue area. Toilets are open from 15 May to 15 September.

Nearest stop: Atmosfärgatan

Stora Mölnesjön

A smaller forest lake with a beach, rocks, jetty, and barbecue area. Toilets are open from 15 May to 15 September.

Nearest stop: Fjällbruden

Surtesjön

Surtesjön has two swimming areas with jetties, sandy beaches, rocky shores, grassy areas, and a barbecue spot. Toilets are open from 15 May to 15 September.

Nearest stop: Persiljegatan





Exercise, swimming, and sports

Local sports areas

All ages

Free of charge

Local sports areas are open spaces for spontaneous play, sports, and socialising. They are designed for children, teenagers, and adults. No need to book – they are always open!

Ingefäran sports area

Here you'll find fitness equipment, swings, a sandpit, a slide, a basketball court, and a boules pitch with seating. There's also a natural play area with logs, a den, and climbing trees.

Nearest stops: Saffransgatan, Timjansgatan

Kviberg park obstacle course

Challenge each other on this 21-obstacle course with options for both adults and children. There are lockers available to store your belongings – don't forget to bring your own padlock! The course also has seating, a barbecue area, and rain shelters.

Nearest stop: Kviberg, Kvibergsskolan

Rymdorget activity area

This area features a dance stage, an obstacle course, and a playground.

Nearest stop: Rymdorget

Teleskopgatan sports area

Here you will find a long slide, climbing nets, hammocks, small cabins, a sandpit, a boules pitch, a tennis court, and "Kulan" – a area with various exercise equipment.

Nearest stop: Teleskopgatan

Swimming pools

All ages

Several of the city's swimming pools offer lessons for both children and adults. You can also join water aerobics classes, learn to swim freestyle, or swim on your own. Remember to bring a padlock or buy one at reception. To find all swimming pools and current opening times, visit their websites. All children aged 0-12 swim for free in Göteborg.

Angered Arena

Ideal for swimming, jumping, or just relaxing in the hot tub. There is a diving tower and a trampoline, as well as pools for younger children.

Address: Högaflsgatan 15

Phone: 031-368 22 90

Website: goteborg.se/angeredarena

Nearest stop: Angered Centrum

Hammarbadet

A small pool mainly used for swimming lessons, but it is also open to the public at certain times. There is a small, shallow pool for swimming and training.

Address: Hammarkulletorget 63

Phone: 031-368 22 40

Website: goteborg.se/hammarbadet

Nearest stop: Hammarkullen

Kristinedal training centre

This facility has a 25-metre saltwater pool for fitness swimming and training. There are swimming lessons for children, and personal swim training for adults is available. The age limit is 16, unless the child is attending a swim lesson.

Address: Byfogdegatan 4

Website: kristinedal.nu

Nearest stops: Gamlestads torg, Kristinedal

Ice rinks

All ages

There are two ice rinks in the northeast where you can skate: one in Angered Centrum and one in Kviberg. You can bring your own skates or rent them on site. A helmet is provided free of charge with admission. Beginners can borrow or rent different types of equipment to help them learn. Children under 12 must be accompanied by an adult.

The ice rinks are open to everyone at certain times. During other times, they are used by associations and other groups for training. Individuals, associations, and companies can also rent time slots on the ice. Find all ice rinks and opening hours by searching for “ishall” on goteborg.se.

Angered Arena

Address: Högaflsgatan 15

Phone: 031-368 22 90

Website: goteborg.se/angeredarena

Nearest stop: Angered Centrum

Kviberg Park ice rink

Address: Kvibergs Port 6

Nearest stop: Kviberg, Kvibergsskolan

Hälsoteken

All ages

Free of charge



Hälsoteken are located in Angered, Kortedala, and Bergsjön, offering activities for those who want to improve their health. You can join group exercise sessions, courses, lectures, and social activities. We offer indoor, outdoor, and online activities, with some events specifically for women or LGBTQI+ individuals. Check the current programme for all activities – everyone is welcome!

Angered

Address: Högaflsgatan 10

Phone: 031-365 11 44

Nearest stop: Angered Centrum

Kortedala

Address: Kortedala Torg 1

Phone: 031-365 23 61

Nearest stop: Angered Centrum

Website: goteborg.se/halsotekeninordost

Facebook and Instagram: [halsotekeninordost](#)

Fritidsbanken

At Fritidsbanken in Angered everyone can borrow sports and leisure equipment free of charge for 14 days. You can also donate sports and leisure equipment that you no longer use. Please visit our Facebook page, where you can find news, temporary opening hours and information about Fritidsbanken in Göteborg. On the website you can also see our stock availability.

Address: Högaflsgatan 4

Phone: 073-749 28 92

Email: fritidsbanken.angered@socialforvaltningen.se

Website: fritidsbanken.se, search for “Hitta din fritidsbank”

Nearest stop: Angered centrum

Facebook: [Fritidsbanken Göteborg](#)

Instagram: [Fritidsbankengoteborg](#)

Meeting places and leisure activities

Ages 10–21

Free of charge

In northeastern Göteborg, there are many meeting places (mötesplatser) for young people where you can try new activities, develop your interests, and make friends. You can record music, dance, craft, go on trips, or organise film nights.

Meeting places for young people

Atom Studios

Atom Studios is a cultural hub run by young people, for young people, aged 15–21. We offer media rooms, a podcast studio, music studios,

a DJ room, dance studios, project rooms, and event spaces. Booking is free – simply send us a message on Instagram. You can also organise your own events or projects and apply for funding to make your idea a reality. Atom Studios is a place for young people to realise their dreams and creativity.



Address: Högaflsgatan 12, same building as Blå Stället and Angered high school

Phone: 072-856 5186

Website: goteborg.se/atomstudios

Instagram: atomstudiosgbg

Nearest stop: Angered Centrum

Bagarn's

For young people aged 10–20. The basement has a fully equipped rehearsal room and a studio. We also have a small café.

Address: Brahegatan 11

Phone: 031-365 4105

Website: goteborg.se/bagarns

Instagram: bagarns.motesplats

Nearest stop: SKF

Bergsjögården

For children and young people aged 10–20. Here, you can meet new friends, play sports in our sports hall, game in our gaming room, create music in our studio, and enjoy other fun activities. We encourage youth participation and involvement – bring your ideas, and we will guide you.

Address: Universumsgatan 37

Phone: 031-365 46 57,
073-596 96 28

Website: goteborg.se/
bergsjogarden

Instagram: bg_motesplats

Nearest stops: Atmosfärgatan,
Komettorget

Bergum's mötesplats

For children and young people aged 10–18. Activities are organised by age groups at different times of the day. You can hang out with friends or take part in activities like music production, indoor climbing, sports, board games, video games, homework help and baking.

Address: Lerumsvägen 24,
i Bergumskolan

Telefon: 070-785 12 51,
070-780 09 02

Hemsida: goteborg.se/
bergumsmotesplats

Instagram: bergums_fritidsgard

Närmaste hållplats: Olofstorp

Gårdstens mötesplats

For young people aged 13–18. Your ideas and opinions guide this youth center. We offer ping-pong, Play-Station, board games, a café, a film room, and cosy spaces to hang out with friends and staff. There's also a dance room with mirrors.

Address: Lagerbladsgatan 11

Phone: 031-365 16 84,
072-856 73 25

Website: goteborg.se/
gardstensmotesplats

Instagram: gardstens_motesplats

Nearest stop: Salviagatan



GIA (Gays in Angered)

GIA is a safe meeting place created by and for LGBTQIA+ youth. It's a space for growth and safety, welcoming people of all backgrounds, beliefs, and abilities.

Email: gia@socialnordost.se

Instagram: gays_in_angered



GUTS - meeting place for girls

For girls and transgender people aged 13–20. Meet new friends, discuss topics important to you, dance, craft, bake, hang out, play games, watch films, or enjoy any activities you like.

Address: Linjespringarens väg 15
(Angered high school building)

Phone: 070-412 96 93

Website: goteborg.se/guts

Instagram: guts.motesplats

Nearest stop: Angered Centrum





Hammarkullens mötesplats – Mixgården

For young people aged 13–20. We offer activities like music, dancing, football, cooking, homework help, and media rooms for recording podcasts and to DJ. There are also spontaneous group activities.

Address: Hammarkulletorget 63

Phone: 031-365 26 87

Website: goteborg.se/mixgarden

Instagram: mixgardenhk

Nearest stop: Hammarkullen

Hjällbo mötesplats

For young people aged 13–18. A safe, welcoming space for socialising and participating in activities like trips, creative projects, workshops, theme nights, games, and music.

Address: Bergsgårdsgärdet 79

Phone: 031-365 27 34

Website: goteborg.se/hjallbomotesplats

Instagram: hjallbo_motesplats

Nearest stop: Hjällbo

Extra activities during school holidays

Free of charge

During the holidays, there is always plenty to do for children and young people in Göteborg, both during the day and in the evening. Visit **kalendarium.goteborg.se** to see what is happening in your area and across the city. Search for “jullov” or “sommarlov” for events.



Kooperativet Fjället

For children and young people aged 12–20. A place to have fun, make new friends, and learn new skills. Fjället is run by an association, and participants pay a membership fee to join activities and trips.

Address: Fjällblomman 2

Phone: 031-330 39 36

Website: fjallet.org

Instagram: kooperativetfjallet

Nearest stop: Rannebergen Centrum

Lövgårdets mötesplats – Ungdomsgården

For young people aged 13–18. Hang out with friends, organise events, develop your ideas, and share your thoughts. We also offer CV writing support, homework help, leadership training, and personal development.

Address: Vaniljgatan 28

Telefon: 031-365 32 52

Hemsida: goteborg.se/lovgardetsmotesplats

Instagram: lovgardetsmotesplats

Närmaste hållplats: Lövgärdet Centrum

MiniLövis

For children aged 10–12. Activities include art, baking, and homework help. You can also just hang out with others your age or talk to the staff.

Address: Vaniljgatan 23

Phone: 076-719 53 43

Website: goteborg.se/minilovis

Instagram: minilovis_fritidsgard

Nearest stop: Lövgärdet Centrum

MiniMix

For children in middle school. Get homework help, play games, bake, watch films, and socialise with friends. You can also join in activities like dancing, table tennis, football, and outdoor games.

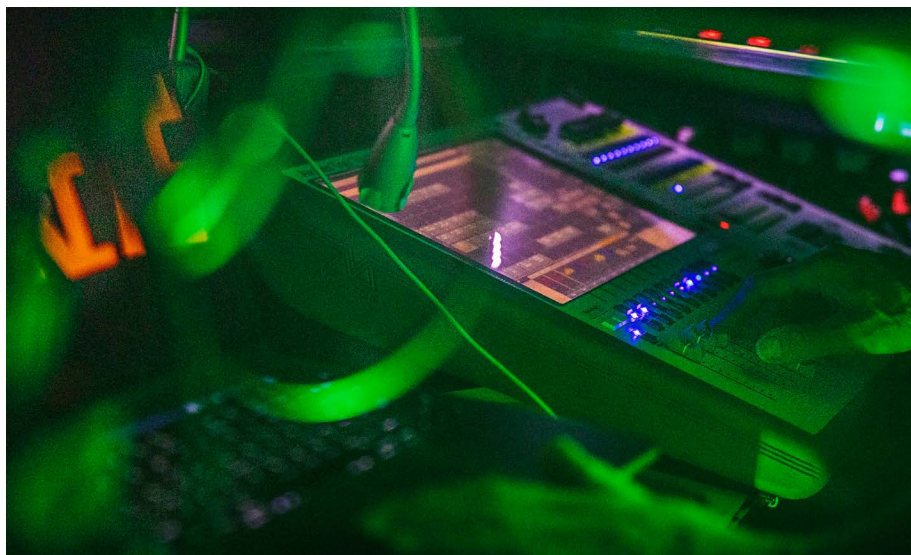
Address: Hammarkulletorget 62C

Phone: 072-855 40 93

Facebook: HammarkullensMiniMix

Instagram: minimix_hammarkullen

Nearest stop: Hammarkullen



Mötesplats Radar

For children and young people aged 10–20. Radar offers a dance and music studio, film/photography space, podcasting, a gaming room, a black box, and a café. We aim to be youth-led, so come to us with your ideas! Whether you want to start a podcast, record music, or just hang out, Radar is the place for you.

Address: Tideräkningsgatan 3

Phone: 031-365 35 61

Website: goteborg.se/radar

Instagram: [motesplats.radar](https://www.instagram.com/motesplats.radar)

Nearest stop: Kortedala Torg

Unga påverkar

Are you young and living in Angered or eastern Göteborg? Do you want help making your voice heard on something important to you? Unga påverkar works to increase youth participation, mainly through youth councils and dialogues with politicians, as well as employment projects like Camp democracy and Young city developers. Come to us with your ideas and get support to make them a reality

Address: Högaflsgatan 12, Atom Studios

Phone: 079-098 47 57,
072-143 81 03

Instagram: [ungapaverkar](https://www.instagram.com/ungapaverkar)

Other meeting places and associations

Regnbågshuset - Rainbow house



Regnbågshuset is a meeting place for Göteborg's LGBTQI+ community. It offers space for gatherings, engagement, socialising, and creative activities. Entry and use of the rooms are free.

Address: Barlastgatan 2 (in Amerikahuset, Masthugget)

Phone: 031-365 00 48

Website: goteborg.se/regnbagshuset

Associations

In northeastern Göteborg, there are many associations offering activities for various interests, such as sports, culture, music, and homework help.

Contact the local association support team if you want more information about local clubs, are thinking of starting one, or wish to apply for funding

Phone: 031-365 4120,
031-365 26 72

Email: foreningsstod@socialnordost.goteborg.se

For people with disabilities

There are many activities and associations in Göteborg specifically for children, young people, and adults with disabilities.

Scan the QR code to learn more, or feel free to call or email for further information or support.



Phone: 031-367 98 08

Email: lotsforbarnochvuxna@funktionsstod.goteborg.se

Activities for all ages and interests

Together with many associations, the City of Göteborg offers a wide range of activities, almost always free of charge. These include everything from lectures, bingo, and crafts to sports and cultural events. Find something for you at kalendarium.goteborg.se.



Advice and support

Free of charge

Life with children can sometimes be challenging. It is your right to seek help, advice, and support for your and your children's well-being. There are many services in your area ready to help you and your family through any situation. Below you will find information about different services that offer support. Contact any of the services listed if you need help finding the right one.

Medborgarkontor - Citizen advice centres

Here you can get answers to questions about the municipality's services, such as schools, elderly care, or urban development. We are happy to listen to your ideas and feedback and pass them on to officials and local politicians. We can also help you understand official letters and decisions or guide you on how to fill in applications and forms.

Angered

Phone: 031-3651720

Address: Angered's Torg 13

Email: medborgarkontoret.angered@demokrati och medborgarservice.goteborg.se

Website: goteborg.se/medborgarkontoretangered

Bergsjön

Phone: 031-3654100

Address: Rymdorget 8

Email: medborgarkontoret.bergsjon@demokrati och medborgarservice.goteborg.se

Website: goteborg.se/medborgarkontoretbergsjon

1177.se Vårdguiden – The healthcare guide.

Under the “Barn och graviditet” section, you can read all about pregnancy, childbirth, and parenting. You'll find facts and advice about children's health, development, rights, and care. English translation is available.



Support for parents

Familjelinjen

Do you need to talk about your family situation? Do you have questions about parenting or your child or teenager (ages 0–18)? We offer phone advice, one-on-one conversations, and various parent groups. If we do not answer, leave a message and we will call you back.

There are two Familjelinjier in the northeast area, both providing the same support and guidance. Contact the Familjelinje for your area.

For those living in Angered

Phone: 031-3652328,
076-5271213

Email: resursenheten.barn.och.unga.angered@socialnordost.goteborg.se

For those living in Bergsjön, Gamlestaden, Kortedala, and Utby

Phone: 073-6513558

Email: familjelinjen@socialnordost.goteborg.se

Helpline for teenage parents

Are you worried about your teenager or another young person in your life? Parents, relatives, and other adults can call the parenting helpline for support and guidance. You will speak with social workers experienced in working with young people facing difficulties.

It is free, confidential, and you can remain anonymous. Leave a message, and we shall call you back by the next working day.

Phone: 031-3679614

Website: goteborg.se/foraldrasphone

Scan the QR code
and read about what
support is available
for you as a parent
in Göteborg.



Rädda barnen - Save the children

Rädda barnen offers tips
and inspiration for parents.
Scan the QR code
to learn more!!



Parenting in everyday life. The Västra Götaland
Region has gathered advice and tips based on the
latest research to help strengthen your parenting
skills. Their website provides tips on effective
communication, how to give instructions without
nagging, and ways to support your
child at school. Scan the QR code to
learn more!



Socialtjänsten Nordost - Social services in the northeastern Göteborg

Social services can provide advice
and support to help both you and
your child to live a safe and inde-
pendent life. We offer support and
protection if, for example:

- » You are concerned about the well-being of a child or teenager.
- » You need help with urgent homelessness.
- » You are facing financial difficulties or are unable to support yourself.
- » You are in a family situation where someone may be at risk.
- » You don't feel safe due to violence, threats, or controlling behaviour.
- » You need support for alcohol or drug issues.
- » You want help to leave a life of crime.
- » You need help managing a relationship or separation with the other parent.
- » You struggle with communication or daily routines and experience conflicts with your child.



Social services offer a range of support

The most common is to agree, through conversations with the family, which support suits the family best. Social services have specialised knowledge of children's needs and always prioritise listening to them. They see parents or guardians as the most important people for children and aim to support and strengthen the family's ability to solve their challenges. This might include counselling, parenting groups (see next page), or family therapy. Children may also have the opportunity to meet other children in similar situations or to get a mentor.

Everyone can apply for support and protection

If you need support or protection, you can apply to social services and explain your situation. Both children and parents can contact social services for help. Call the contact centre and explain what you need assistance with, and they will direct you to the right unit.

Phone: 031-365 00 00

Concern for a child

Anyone who suspects that a child is at risk can report their concerns to social services. This is not about reporting a parent but expressing concern for the child's well-being. Staff in preschools, schools, or healthcare are required to report any concerns about a child to social services. They will then contact the family and work together to assess if the family needs support, and if so, what kind.

Learn more about social services

It is common to feel anxious about contacting social services or be unsure about what help is available. Visit kollpasoc.se for more information on how social services work and what to expect.

We also offer different types of parenting support groups:

- » **ABC (All Children in Focus)** – for parents with children aged 3–12. Strengthen your relationship, prevent conflicts, reduce nagging, and manage stress and anger as a parent.
- » **Trygghetscirkeln (Circle of Security)** – for parents with children aged 0–6. Strengthen your bond with your child and learn how to understand and meet their needs for increased security.
- » **BiFF (Children in focus)** – for parents who don't live together and are in conflict. Learn to understand the child's needs and situation and how to make things easier for them.
- » **LFT (Leadership for parents of teenagers)** – for parents concerned about their teenager. Get tools to break negative patterns and strengthen your relationship with your teen.
- » **De otroliga åren (The incredible years)** – for parents with children aged 3–9. Learn to better understand your child, manage your frustration, and encourage positive behaviour.

Emergency social services for Göteborg

Emergency social services provide urgent help during evenings, nights, and weekends. This may involve issues like violence, addiction, housing, or concerns that someone is at risk.

Phone: 031-365 87 00

Address: Stora Badhusgatan 14

Parent support – Resursenheten

You can come here if you have concerns and questions about children and parenting. We have a duty of confidentiality and do not keep any records. Here you can talk to someone if, for example, you feel unsure about how to support your child properly, are worried about how your child is doing at school or pre-school, have a lot of conflicts with your child, or if the situation at home is not working as you would like. You can get up to five free consultations with a parenting support worker.



Scan the QR code to learn more about how Göteborg's social services work.



Is your child struggling to attend school?

Every child has the right to a safe learning environment and education suited to their needs. If your child starts showing signs of not wanting to go to school, finds it too difficult, too easy, or is unhappy there, there is a lot you can do as a parent to help. You are important!

Act early

- » As soon as you notice that your child doesn't want to go to school, take it seriously and try to understand the reason why.
- » Inform the school about what you have observed.
- » Seek professional help if necessary.

How can you support your child?

- » Show interest and be involved in your child's education.
- » Acknowledge and encourage what works well and feels good for your child.
- » Help your child establish good routines around sleep, meals, screen time, and physical activity.
- » Assist your child in managing anxiety and stress. Acknowledge when things feel tough.

- » Encourage your child to engage in fun and relaxing activities in their free time.
- » Support your child to be able to do small school tasks and chores.
- » If you feel stressed or anxious, take care of those feelings and yourself.
- » Show that you are committed to a positive collaboration with your child's school.
- » Make it clear that you expect your child to attend school.
- » Accept the support that is available.

Where can you turn for help?

- » Contact your child's teacher or other school staff you trust.
- » Seek help from the school's welfare team (headteacher, counsellor, school nurse, special needs teacher, psychologist, school doctor).
- » Contact your local health centre.
- » Reach out to social services' parent support.

For more tips on how you as a parent can support your child, visit goteborg.se/foraldrastod



Do you have multiple professional contacts for your child?

If your family is in contact with various services, it can be helpful to gather and create a coordinated individual plan (SIP) based on your child's needs. Such a plan is suitable for example when your child requires help from the school, social services, or healthcare simultaneously. It allows you and your close ones to plan the support your child will receive. You as a parent can request a SIP – just ask one of your contacts.

Psychological services for parents and young children

If you need extra support and advice in your parenting, beyond what you receive from the midwife clinic, child healthcare centre, and family centres, you can turn to us with questions such as:

- » concerns about becoming a parent
- » how you feel in connection with becoming a parent
- » issues related to parenting
- » your child's behaviour and development
- » family events affecting you and your child.

We support expectant parents, children aged 0–5, and their parents, both individually and in groups. You can get in touch with a psychologist through the child healthcare centre or midwife clinic or call us directly. The service is free of charge.

Locations

Gamlestaden

Phone: 031-747 97 88

Angered Centrum

Phone: 031-747 97 87

Stella

Stella provides support when your child is placed outside the family home. We work on behalf of you as a parent. For example, we can accompany you to meetings with social services or help you go through reports and documentation related to your child's placement. You can also talk to us about how you feel. If no one answers, you can leave a message and we will call you back.

Phone: 031-366 21 38,
031-366 30 72

Email: stella@goteborg.se

Familjerådgivning - Family counselling

Family counselling offers support for couples and families who need help managing relationship issues. You decide if you want to seek counselling. Counsellors are bound by confidentiality and don't keep records. You can remain completely anonymous.

Address: Kronhusgatan 2G

Phone: 031-367 93 63

Website: goteborg.se/familjeradgivningen

Familjerättsbyrån - Family law office

If you have had a child without married, you must legally confirm parentage at the family law office. The office also helps guardians who are separating to agree on custody, residence, and visitation.

Address: Olof Palmes Plats 1

Phone: 031-367 92 00

Website: goteborg.se/familjerattsbyran

Ågrenska

For families with children, teenagers, and young adults who face difficulties with concentration, attention, impulsivity, learning, compulsions, or behaviour. We offer phone counselling, support sessions, lectures, and parent training.

Address: Järnbrotts Prästväg 2

Phone: 070-822 50 96

Guidance counsellors for children and adults with disabilities

Children and adults with disabilities often need different types of support such as medical care, assistive devices, housing adaptations, transport services or support under LSS (the act on support and service for persons with certain functional impairments) and SoL (the social services act). We guide you to the right service. You can call or book an appointment, and we can arrange an interpreter if needed.

Address: Slottsskogsgatan 12

Phone: 031-367 98 08

Email: lotsforbarnochvuxna@funktionstod.goteborg.se

Website: goteborg.se/lotsforbarnochvuxna

Anhörigstöd - Family support

Family support is available for you who are caring for a loved one who, due to illness, addiction, dependency, or physical or mental disability, is in need of your support. As a family caregiver, you are important and make a valuable contribution. Sometimes, you may need support as well. Family support offers conversations, either individually or in groups, information, advice, and guidance.

Family support is available for you if you are caring for a loved one who, due to illness, addiction, dependency, or physical or mental

disability, needs your support. As a family caregiver, you are important and make a valuable contribution. Sometimes, you may need support as well. The support includes family groups, where people meet other family members in similar situations, individual support sessions, counselling, lectures, and training.

Family support for those caring for someone under 65 years of age:

Phone: 031-365 50 30

Email: anhorigstod.under.65@funktionstod.goteborg.se

Family support for those caring for someone over 65 years of age:

Phone: 031-365 14 16

Email: anhorigkonsulent.nordost@aldrevardomsorg.goteborg.se

Support for children and young people

Fältgruppen

The field group works with outreach and preventive social work among young people. This includes counselling and support to create a safe environment and guidance to connect young people with associations or to find suitable activities for them in their free time. The field team is out during days, evenings and weekends which enables them to meet young people both at school and in their free time. If you are concerned about a young

person, you can contact us. We also work with parents and collaborate with social services and the police.

Angered

Address: Linjespringarens väg 15

Phone: 031-365 16 82

Email: faltgruppen.angered@socialnordost.goteborg.se

Kortedala

Address: Kortedala Torg 1

Phone: 0722-55 83 77

Email: faltgruppen.ogbg@socialnordost.goteborg.se

UngNordost

Are you worried that your child is involved with drugs or crime? Have they dropped out of school or are dealing with issues that complicate everyday life? You can contact UngNordost, a service for young people aged 10 to 25 years. We collaborate with various organizations to find long-term support for the young person. Some services may require an application for assistance through social services. If you don't have a contact there, we can help with the application process.

Phone: 031-365 21 62, 031-365 12 60

Email: ung.angered@socialnordost.goteborg.se

Phone: 031-365 44 32, 031-365 43 44

Email: ung.ost@socialnordost.goteborg.se

Youth mental health (UPH)

Children and young people aged 6–17 with mild to moderate mental health issues, such as sleep problems, anxiety, depression, or stress-related concerns, can receive help from UPH. The team offers counselling, assessments, treatment, parent support, and family sessions. The local health-care centre can also help with further referrals. The nearest UPH is located at Omtanken Kviberg.

Address: Anna Branzells gata 30
Phone: 031-380 48 44.

Child and adolescent psychiatry (BUP)

The BUP clinic in Gamlestaden supports children and young people under 18 years of age with mental health issues such as anxiety, depression, behavioural problems,

social difficulties, compulsive behaviours, and eating disorders. BUP also conducts assessments for certain disabilities, such as ADHD and autism. To receive support from BUP, a referral from healthcare services, school health services, or a youth clinic is required.

Address: Väverigatan 13
Phone: 031-342 02 01
Exchange: 031-342 10 00

BUP emergency services

For mental health conditions in children that require emergency care, contact BUP Akuten at Sahlgrenska Östra Sjukhuset.

Address: Vitaminvägen 17
Phone: 031-343 55 44

En väg in – One way in. En väg in is a contact centre designed to help children and young people with mental health issues find the right care. You can contact En väg in if:

- » You are 17 years old or younger and struggling with mental health.
- » You are a guardian or relative of a child who is experiencing mental health problems.
- » You don't know where to turn for help.

Phone: 010-435 86 50

Self-referrals can be made via 1177. Follow the QR code for more information

**Mini-Maria**

Mini-Maria is for young people up to 21 years old who have questions or concerns related to alcohol or drugs, as well as their parents or relatives. You can come to Mini-Maria alone or with your child. Social workers, nurses, psychologists, and doctors work at Mini-Maria. All visits are free of charge.

Address: Väverigatan 13
Phone: 031-367 92 90
Website: minimaria.se

Ungdomsmottagningen – Youth clinic

Ungdomsmottagningen is available for young people aged 13 to 24. Here, young people can discuss everything from love and difficult

situations to sex and life questions, take pregnancy tests, and much more. They can receive medical and psychological treatment, as well as support and information. The clinic's team includes midwives, nurses, counsellors, psychologists, and general practitioners. The youth clinic is LGBTQ-certified.

Angered

Address: Angereds torg 5B
Phone: 010-435 81 50

Website: vgregion.se/goteborgumangered

Gamlestaden

Address: Väverigatan 13
Phone: 010-435 81 60

Website: vgregion.se/goteborgumgamlestaden

Other support services

These organisations offer activities where you can meet others in similar situations.

BRIS – Children’s rights in society

Support helpline for children: 116 111 (open 24/7)

Adult helpline about children: 077-150 50 50 (weekdays from 9 AM to 12 PM)

Website: bris.se

Mind

Mind offers support if you or someone you know is thinking about suicide. We are here to listen and talk to you, offering support, hope, and motivation to keep going and/or seek help.

Phone: 90101

Website/Chat: mind.se

Maskrosbarn

For young people aged 13-19 who have a parent who drinks too much, uses drugs, has mental health issues, or subjects them to psychological or physical abuse.

Address: Sten Sturegatan 36

Phone: 076-7210259

Email: goteborg@maskrosbarn.org

Website: maskrosbarn.org/goteborg

Bojen

A place for children, young people and parents who have experienced domestic violence.

Address: Första Långgatan 22

Phone: 031-15 0130

Email: bojen@bojengoteborg.se

Bona Via

Bona Via welcomes children and young people who have a family member who drinks too much alcohol or uses drugs. They offer groups for children, youth, and parents.

Address: Södra Allégatan 13

Phone: 031-13 77 02

Email: info@bonavia.se

Website: bonavia.se

Gyllingen

Gyllingen, part of the Gyllenkroken foundation, provides support to children and young people who have a family member with mental health issues or illness. They offer small groups for parents with young children, groups for children, youth, and young adults, as well as parent support and individual counselling.

Address: Garverigatan 2

Phone: 031-80 89 92

Website: gyllenkroken.se/gyllingen

Randiga Huset

Randiga Huset supports children and families in mourning because they have or are about to lose a close person in their life.

Address: Sankt Pauligatan 33A

Phone: 077-440 00 05

Email: info@randigahuset.se

Website: randigahuset.se

Solrosen

Solrosen, a part of Göteborg’s Rescue mission, helps children, young people and adults put into words what they think and feel about the detention of a family member (prison, community sentencing, detention centre).

Address: Andra Långgatan 19

Phone: 031-712 13 10

Email: solrosen@raddningsmissionen.se

Website: raddningsmissionen.se/solrosen

Violence in close relationships

“Violence is any act directed against another person which, by virtue of that act, harms, hurts, intimidates or violates that person, that compels that person to do something against their will or to refrain from doing something they want to do.”

– Per Isdal,

Meningen med våld, 2001

Are you or your child experiencing violence, or have you used violence

or made threats? You can receive support and help in various ways. If you are living with violence in any form, your first point of contact should be your local social services if you need advice or assistance. You can also contact the emergency social services if you need urgent help when the social services is closed. Please see the contact details below and visit **goteborg.se/valdochhot** for more information.

For issues related to addiction and substance abuse

If you or another adult in the family has a problem with substance abuse, there is help and support available. The city of Göteborg has several services that you can contact if you have questions or need advice and support. This can involve alcohol, drugs, gambling, or other forms of addiction. See the contact details below and more information at **goteborg.se**.

The treatment group Northeast for drug problems

Phone: 031-367 92 80

Response alcohol advice

Phone: 031-367 92 47

The gambling addiction team

Phone: 031-367 92 60

The social services office in your district

Call the contact centre and describe what you need help with, and you will be referred to the right unit.

Phone: 031-365 00 00

Socialjouren - Social emergency services

Phone: 031-365 87 00 (outside office hours)

Kriscentrum för kvinnor - Women's crisis centre

Phone: 031-367 93 80

Kriscentrum för män - Men's crisis centre

Phone: 031-367 93 90

Kvinnofridslinjen - Women's helpline

Phone: 020-50 50 50 (does not show up on the phone bill, several languages available)

Lex Femme

Phone: 020-22 00 55 (several languages available)

For honour-related violence and oppression

Resursteam heder - Honour resource team

Are you or someone you know experiencing honour-related violence or oppression? You can contact the Honour resource team for advice and support. You do not need to reveal your identity, and the team can also meet you at a safe location.

Phone: 070-910 52 72

Email: resursteam.heder@socialnordost.goteborg.se



Healthcare Services

Barnmorske- mottagning (BMM) - Midwifery clinic

At the midwife clinic, you are offered care during and after pregnancy, as well as support in preparing for parenthood. You can also receive advice on contraceptives that are right for you and get tested for sexually transmitted infections. The midwife clinic also conducts important cervical screening tests.

**Närhälsan Angered
barnmorskemottagning
- midwifery clinic**
Address: Angered's torg 5
Phone: 031-747 96 50

**Närhälsan Bergsjön
barnmorskemottagning
- midwifery clinic**
Address: Rymdtorget 8
Phone: 031-747 80 80

**Närhälsan Gamlestadstorget
barnmorskemottagning
- midwifery clinic**
Address: Gamlestadsvägen 4
Phone: 031-747 80 70





Vårdcentral (VC) - Health centre and Barnavårdscentral (BVC) - Child health centre

Here you will find contact details for health centres in your area. You should contact your health centre (VC) if you or your child needs medical care. The health centres also include child health centres (BVC). BVC supports you as a parent to ensure that your child has healthy development in terms of health and safety. At BVC, you will meet nurses and doctors who specialize in child health for ages 0–6 years.

Capio Angered Vårdcentral and BVC

Address: Kultivatorgatan 3–5

Phone VC: 031-722 1180

Phone BVC: 031-722 1184

Distriktsläkarna Kviberg Vårdcentral and BVC

Address VC: Rutmästaregatan 3-5

Address BVC: Lafayette huset

Phone VC: 031-363 62 80

Phone BVC: 031-363 62 85

Gårdsten Vårdcentral and BVC

Address: Muskotgatan 10

Phone: 031-396 00 60

Medical Vårdcentral and BVC

Address: Tusenårgatan 3

Phone: 031-222 300

Närhälsan Angered centrum Vårdcentral and BVC

Address: Kultivatorgatan 5

Phone VC: 031-747 96 00

Phone BVC: 031-747 96 40

Närhälsan Gamlestadstorget Vårdcentral and BVC

Address VC: Sävåns Brygga 5

Address BVC: Väverigatan 14

Phone VC och BVC: 031-345 07 00

Närhälsan Hjällbo Vårdcentral and BVC

Address: Bergsgårdsgärdet 89B

Phone VC: 031-747 83 00

Phone BVC: 031-747 83 64

Närhälsan Lövgärdet Vårdcentral and BVC

Address: Vaniljgatan 28

Phone: 031-747 85 50

Nötkärnan Bergsjön Vårdcentral and BVC

Address: Rymdtorget 8D

Phone VC: 031-792 94 00

Phone BVC: 031-792 94 40

Nötkärnan Kortedala Vårdcentral and BVC

Address: Årstedsgatan 42–48

Phone: 031-750 31 00

Omtanken Kviberg Vårdcentral and BVC

Address: Anna Branzells gata 30

Phone VC: 031-352 06 65

Phone BVC: 031-352 06 61



Angereds Närsjukhus

Angered local hospital is a specialist hospital with various clinics in Angered and Gamlestaden. Below are a few clinics listed that may be useful to know about. If you want more information about the available clinics, you can visit their website at angeredsnarsjukhus.se.

Specialistcentrum Barn och Unga - Children and youth specialist centre

The Children and youth specialist centre is for children aged 0–18. Both clinics treat children and young people with conditions such as asthma, allergies, obesity, diabetes, and neuropsychiatric symptoms. They also provide care for underweight children and young children with eating disorders. The clinics offer medical assessments for children and treat chronic illnesses. They also conduct more in-depth psychiatric evaluations for children.

Angered

Phone: 031-332 69 01

Address: Halmtorget 1

Nearest stop: Angereds centrum

Website: angeredsnarsjukhus.se/sbua

Gamlestaden

Phone: 031-345 08 80

Address: Byfogdegatan 3D

Nearest stop: Gamlestads torg

Website: angeredsnarsjukhus.se/sbug

Vulva clinic

The Vulva clinic provides care for patients experiencing problems related to female circumcision. This can include advice, supportive conversations, and treatment for physical issues caused by circumcision.

Address: Halmtorget 1

Phone: 031-332 69 02

Levnadsvanemottagningen - Healthy living clinic

Levnadsvanekliniken offers advice and counselling to adults, aged 18 and over, who want to change their lifestyle habits or need support in maintaining healthy habits. This can involve improving diet, exercising more, quitting smoking, or reducing alcohol consumption.

Address: Halmtorget 1

Phone: 031-332 68 66

Email: ans.levnadsmottagningen@vregion.se

Folktandvården - Public dental service

Folktandvården treats both you and your child. Dental care is free for children and young people aged 0–19. We aim to equip children, young people, and parents with the knowledge to maintain healthy teeth throughout life. Parents with children aged 1–6 years are offered

advice on dental health and dietary habits. Those who develop good habits early in life have a far greater chance of maintaining good dental health. We schedule children and young people for regular checkups and give them advice on how to keep their teeth healthy. All children in Sweden are entitled to dental care by law.

Folktandvården Angered

Address: Triörgatan 2

Phone: 010-441 74 50

Folktandvården Bergsjön

Address: Rymdtorget 8B

Phone: 010-441 98 20

Folktandvården Gamlestaden Kulan

Address: Kullagergatan 6A

Phone: 010-441 85 80

Folktandvården Hjällbo

Address: Bergsgårdsgärdet 91

Phone: 010-441 81 20

Folktandvården Kortedala

Address: Kortedala Torg 9

Phone: 010-441 98 30

Flyktningbarn- mottagning - Refugee children's clinic

Flyktningbarnmottagningen provides support for those under 18 who are experiencing physical or psychological symptoms that may be linked to migration and the refugee experience. Both children in families and unaccompanied minors are welcome. A doctor can refer you to the clinic, and you can also submit a self-referral through the website.

Address: Byfogdegatan 3D

Phone: 070-020 60 26

Nearest stop: Gamlestads torg



The family guide is available digitally at
goteborg.se/foraldrastod

For more current activities and events, see
the city of Göteborg's event calendar at
kalendarium.goteborg.se

**Do you miss some information or have
comments or questions?**

Please let us know! Feel free to contact us at
socialnordost@socialnordost.goteborg.se