

Here's how to sign up for the course!

Come to Integrationscentrum on Andra Långgatan 19.
We are open between 9.00 and 16.00, Monday to Friday.

You can also sign up by phone: 031-367 91 50
or on our website: www.goteborg.se/integrationscentrum.

We will contact you before the next group starts.

Namn:

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Personnummer (ÅÅÅÅMMDD-XXXX):

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Telefonnummer:

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E-post:

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Språk:

.....

Jag kan gå kurs på: Dagtid Kvällstid

Anmälan gjord av: Samma som uppgifterna ovan

Annan person: Namn, Telefonnummer, E-post:

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You, your child and your family

- Do you want to learn more about boosting your child's self-esteem and confidence?
- Do you want to know more about parents' rights and obligations in Sweden?
- Do you want to learn more about setting boundaries and building a good relationship with your child at the same time?
- Do you want to discuss how you can work together to make the whole family stronger?
- ▶ Here you can talk to other people who are or have been in the same situation!



Welcome to the course “Parent in a New Country”

All parents feel that parenting is a challenge sometimes, and everyone needs support from time to time. In Sweden it is quite common that parents take part in parenting courses while their children are growing up. If you have not grown up in Sweden and want to join a parent group in your own language, you can apply for the course “Parent in a New Country”.

There you can discuss being a parent in Sweden with others in the same situation. You meet about 8 times for 2,5 hours each session. The discussion is guided by a course leader who speaks the same language as those in the group. During the course you also have the chance to meet staff from the social services, the young people’s clinic, child healthcare and schools.

This is what participants have said about the course “Parent in a New Country” and about being a parent in Sweden:

“There is a new atmosphere in the house with my children after the course. Now I feel more comfortable in my role as a parent. I am a different person after taking this course.”

“Before the course I felt there was a distance between me and my child. Now we agree more and we’re closer to each other.”

“I feel every day that my children are growing up and starting to adapt, their way of thinking is changing, and as a parent I also need to change and to understand them better. Whether they are a girl or a boy, I must be able to understand them.”

“We have learned a lot, although we were already able to raise children in our home country. But when we came to Sweden, we had some worries. For example, we were afraid that if we didn’t listen to our children, or if we didn’t buy expensive things for them, the social services could take them away from us.”



“The children ask more questions now; they don’t hide things that they’ve done or things that happen to them.”