

## How to get in touch with us:

You can phone or you can send an e-mail or text message. If you are finding it difficult to pick up the phone, simply send us an e-mail or text message and we can contact you!

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# Parent Resource Centre

For parents with children aged 6-12 years

~ Reinforced and Coordinated Family Support ~



# Parent Resource Centre, a sounding board in everyday life

Parents are important for the well-being of their children and the majority are experts in parenting. But sometimes it could be that you can't seem to move forward. You feel that you can't quite manage to be the parent you want to be or to have the type of relationship with your child that you had intended.

**SOMETIMES YOU MAY FEEL** that you are the only person with a particular worry or that you quite simply find it difficult to establish a proper routine for your child. You are not alone. We all feel at one time or another that we aren't quite 'up to the job' or that we should be doing things differently.

The Parent Resource Centre is aimed at parents with children aged 6-12 years living in the Uddevalla municipal area. You are free to get in

touch with us if you have any questions, thoughts or concerns regarding your role as a parent. We can act as a 'sounding board', we offer the opportunity for discussion and we can provide advice and support. We can also guide you in the right direction if you do not know where to turn to find the specific help or support that you require.

- ✓ We are bound by a confidentiality undertaking.
- ✓ We do not keep any documentation or records.
- ✓ There is no charge.
- ✓ We always use an interpreter if necessary.



**As the parent you are the one who decides what form the meeting will take and what it should include. No question or thought is too minor. Working together we can change things!**