

Family counselling

Sometimes, relationships run into trouble. The municipality's family counselling service offers counselling sessions for couples and families who want to **work through problems and conflicts** in their relationships. This could mean challenges in a current or former relationship, difficulties in relationships with other family members or conflicts arising in connection with a separation.

Everyone working within our family counselling service has specialist **expertise** in family matters. The counselling sessions aim to improve communication, strengthen relationships and help find solutions that work.

Although family counselling is primarily aimed at adults, children are often involved too. Children are affected by the **adult relationships** around them, and so the situation, rights and needs of the child are also addressed in counselling sessions with parents.

Family counselling is **available to everyone**, regardless of gender, age, sexual orientation, gender identity, ethnicity, disability, religion or other belief. The counselling sessions are strictly **confidential**, which means anything that is said is not disclosed unless required by law. You have the right **to take part anonymously**.

The municipality is obligated to offer family counselling of **good quality** provided by staff with appropriate training and experience. Anyone seeking such support has the right to be treated professionally and with respect.

To book an appointment, contact the municipality's family counselling service.