

Concerns about domestic violence

THE DOMESTIC VIOLENCE TEAM FOR RINKEBY-KISTA (RELATIONS-VÅLDSTEAMET) provides counselling and support to adults who have been the victims of violence by their partner or family. Telephone: 08-508 01 420.

DOMESTIC VIOLENCE CENTRE WEST (RELATIONSVÅLDSCENTRUM VÄST) offers support and treatment to both victims and perpetrators of domestic violence. Telephone: 08-508 03 670, stockholm.se/rvc.

The northern support center

(STÖDCENTRUM NORD) offers support to young people who have been subjected to crimes, and also meets with young people who are suspected of crimes. The Centre also provides support for young people who are paid for performing sexual services. Family members can also contact us for counselling and support.

Visiting /street address: Sundbybergsvägen 15, Solna, telephone: 08-508 48 015.

Support in cases of separation and divorce

THE FAMILY LAW OFFICE FOR RINKEBY AND KISTA (FAMILJERÄTTEN I RINKEBY-KISTA) provides counselling, support and mediation to divorced parents.

Walk-in appointments on certain days at the Family House in Rinkeby, telephone: 08-508 01 900.

THE STOCKHOLM FAMILY COUNSELLING SERVICE

(FAMILJERÅDGIVNINGEN I STOCKHOLM) offers couples, parents and families assistance relating to various issues that arise when living together, stockholm.se/familjeradgivning.

Seeking housing

The website of the **HOUSING EXCHANGE (BOSTADSFÖRMEDLINGEN)** is bostad.stockholm.se.

Parents' guide

ENGELSKA



Family Houses, parental counselling and open preschool

Your child can play while you meet other adults

In the Family Houses (familjehusen) in Rinkeby and Husby, you can meet other parents and talk about things that relate to your child, as well as to you in your role as a parent. You can meet privately with a parent counsellor or take part in a group. If you have children below the age of six years, you can both come here and play together at our open preschool.

THE FAMILY HOUSES (FAMILJEHUSEN) in Rinkeby and Husby are for all parents. There are many opportunities here to obtain counselling and support here, both by other parents and by the personnel who work here. Everything is free of charge.

OPEN PRESCHOOL (ÖPPNA FÖRSKOLA) is a meeting place where you can make contact with other parents, while your child is playing in an educational environment. Open preschool is meant for parents of children from birth to six years who are not attending any preschool. Open preschool can also arrange theme meetings and offer courses in baby massage. You do not have to register. Just come and go when you wish during the opening hours. On Saturdays, open preschool especially welcomes fathers and their children, but naturally, fathers are welcome on other days, as well.

Family Houses also have **PARENT COUNSELLING (FÖRÄLDRARÅDGIVNING)** for you, as a parent – from the time you're expecting a baby until your child turns 18 years old.

If you want to talk to someone, alone or with another parent, about your child or about any issue in parenting, you can schedule an appointment with a parent counsellor. Parent counsellors are under a duty of confidentiality.

You can also take part in various courses from the time you're expecting a baby until your child turns 18 years old. These sessions are led by a parent counsellor, and you have the option of attending during the day or in the evening. Choose a course that interests you. Here are some examples:

- **EDUCATION** for expectant parents.
- **ABC:** Four parenting sessions for everyone with children between 3 and 12 years old.
- **KOMET CHILDREN:** Eleven parenting sessions for those who have children between 3 and 14 years old and who are tired of nagging and arguing.
- **PARENTING IN SWEDEN:** Five sessions for those who want to know more about Swedish society.



There are sibling groups (syskongrupper) where you, together with a discussion leader and other parents, can share experiences about sibling relationships and daily life. If you are a father, and want to talk about children and parenting, we have a programme for fathers. The Family Houses also arrange dialogue meetings, theme meetings and lectures that discuss a variety of subjects.

The Family Houses are for you who have children between birth and 18 years old. You can read more about support to teenage parents on pages 22-23 and at stockholm.se/familje-huset.

“I hope other parents also take this opportunity to participate”.

Jsraa Gamshin is the mother of four children and a participant at an ABC parents’ session

How would you like your children to describe you in 20 years? That question was asked at one of the parents’ sessions that Jsraa attended, and it got her thinking.

“Now, I try to really listen to what my children are saying, in order to have a good relationship”, she explains.

The ABC sessions have given her many good ideas that she’s been trying at home, together with her family.

“I hope other parents also take this opportunity to participate. Sitting at a course for two hours during an evening may seem like a major commitment, but the time passes so quickly”.

For Jsraa who is practicing her Swedish, the fact that Nazek, a parent guide who speaks Arabic, is also attending the sessions is very helpful, especially when it comes to translating difficult words.

Home visits to first-time parents

If you’ve had your first baby and are visiting the child health centre (BVC) in Rinkeby, Husby or Kista, you will be offered several home visits by a nurse from the child health centre, and on visit by a parent counsellor. This is an opportunity to gain knowledge and talk about your baby and parenting.

Introduction preschool

At introduction preschool (introduktionsförskolan), your child will play and take part in educational activities, together with other children, and get to know the preschool environment. At the same time, you will have an opportunity to practise Swedish. If you wish to participate, just contact any of the introduction preschools.



Additional contacts for families

If you don’t know who to contact, ask the civic offices (medborgarkontoren) in Rinkeby and Husby for a referral

Children with functional disabilities

HABILITATION (HABILITERINGEN) provides support and treatment to persons with functional disabilities, see habiliteringen.se.

THE CONTACT CENTRE FOR FUNCTIONAL DISABILITIES (KONTAKTCENTER FÖR FUNKTIONSNEDSÄTTNING) provides information related to functional disabilities Telephone: 08-508 11 508, e-mail: kc.funktionsnedsattning@stockholm.se.

Parental leave and compensation for care of a sick child

NATIONAL INSURANCE OFFICE (FÖRSÄKRINGSKASSAN), see forsakringskassan.se.

Health and medical care

At 1177.se, you can find contact information for:

- Child health centres (Barnavårdscentraler)
- Midwifery clinics (Barnmorskemottagningar)
- Child and youth psychiatric services (Barn- och ungdomspsykiatri) (BUP)
- Public dentistry (Folk tandvården)

Worry about children at risk

Contact **THE RECEPTION GROUP FOR CHILDREN AND TEENAGERS (MOTTAGNINGSGRUPPEN FÖR BARN OCH UNGDOM)**

at Social Services in Rinkeby-Kista if your child between birth and 20 years needs support or protection. They accept applications from parents and guardians, and reports of children who are at risk. Call 08-508 01 968.

During evenings, weekends and holidays, contact the **SOCIAL EMERGENCY SERVICE (SOCIALJOURN)** instead.

Telephone: 08-508 40 000.

Drug abuse concerns

If you are concerned that your teenager may be using drugs, contact **FRAMTID STOCKHOLM JÄRVA – MINI MARIA**.

You can get walk-in counselling or make an appointment during office hours.

Visiting /street address: Degerbygränd 2, Rinkeby, Telephone: 08-508 43 710.

If you feel that someone needs emergency assistance due to drugs, contact the **MARIA YOUTH EMERGENCY CLINIC (MARIA UNGDOMS AKUTMOTTAGNING)** for a visit or counselling. The clinic is open 24 hours a day.

Visiting /street address: Finsens väg 1, (S:t Görans Hospital area on Kungsholmen), Telephone: 08-123 47 410.



Contacts

Citizen hosts

The citizen hosts work outdoors in the district during the day, in the evening, and on weekends and holidays to help making their areas secure and pleasant places. Civic hosts wear special clothing and cooperate with the police, business owners, housing companies, security guards, night patrol volunteers and associations.

CITIZEN HOSTS (MEDBORGARVÄRDAR)

Telephone: 08-508 01 080

RINKEBY CIVIC OFFICE (MEDBORGARKONTORET RINKEBY)

Rinkebystråket 79

Telephone: 08-508 01 794

E-mail: medborgarkontoret.rinkeby-kista@stockholm.se

HUSBY CIVIC OFFICE (MEDBORGARKONTORET HUSBY)

Edvard Griegsgången 9

Telephone: 08-508 01 129

E-mail: medborgarkontoret.rinkeby-kista@stockholm.se

Contacts

Rinkeby

FAMILY HOUSE (FAMILJEHUSET)

Skårbygränd 1

stockholm.se/familjehuset

Instagram: familjehusen

Open preschool (Öppna förskolan)

Telephone: 08-508 01 557, 08-508 01 911

Parent Counselling (Föräldrarådgivningen)

Telephone: 08-508 01 119

INTRODUCTION PRESCHOOL (INTRODUKTIONSFÖRSKOLAN)

Gamlebyplan 9

Telephone: 08-508 01 498, 08-508 01 198

Akalla

OPEN PRESCHOOL (ÖPPNA FÖRSKOLAN)

Nykarlebygatan 5

Telephone: 08-508 01 891, 08-508 01 892

Instagram: oppnaforskolaniakalla

Husby

FAMILY HOUSE (FAMILJEHUSET)

Edvard Griegsgången 9

stockholm.se/familjehuset

Instagram: familjehusen

Open preschool (Öppna förskolan)

Telephone: 08-508 01 535, 08-508 01 526

Parents' Counselling (Föräldrarådgivningen)

Telephone: 08-508 01 119

INTRODUCTION PRESCHOOL (INTRODUKTIONSFÖRSKOLAN)

Bergengatan 26

Telephone: 08-508 01 872,

08-508 02 620





A foundation for the future

Your child can begin in preschool from the age of one year.

At preschool, preschool teachers and childcare workers provide your child with excellent care. Together with other children and committed parents, your child will play, learn and develop. The environment is secure and adapted to the group of children attending.

One of the most important functions of preschool is to provide every child with the opportunity to develop both the child's mother tongue and the Swedish language.

You will be choosing the preschool you want your child to attend. Feel free to contact the preschool you are interested in and arrange for a visit.

The fee for preschool will depend on whether your child attends on a full-time or part-time basis, has siblings, and on your family's income. All children who have turned three are entitled to attend public preschool for three hours a day, free of charge.

“The food, the environment and the language are what is most important”

Nasar Khan is the father of Deeba at the Ribegården preschool in Kista

“Preschool is great for children's development. They learn by playing and being with other children”, says Nasar.

When Nasar and his wife had to choose a preschool, they visited several different ones before deciding. The food, the environment and the opportunity for language development were the most important factors for them.

“Ribegården has its own cook and a large playground”, Nasar explains.

He also appreciates the fact that his daughter can practise her Swedish at preschool, as their family speaks Urdu at home.

Nasar feels that it's a good idea to have the parents actively participate in the work at preschool. He has invited the other parents at the preschool to join a WhatsApp group in order to keep in contact and present joint proposals to the preschool.



You get personal service and answers to most things

Useful experiences for future jobs

Visit the civic offices in Rinkeby or Husby if you want information and guidance in your contacts with authorities. You can also get help in planning your finances and meet a consumer guide (konsumentvägledare) or a lawyer.

At the civic offices you can obtain advice and information about many areas, such as how to apply for housing and how to secure a place in preschool. You can also receive budget and debt counselling, consumer guidance, advice about immigration of a family member, routine legal counselling, as well as investigating your need of special transit. Civic guides can refer you to other agencies.

You can borrow a computer in order to search for information of take care of various matters.

“I love to help”

Khatera Ahmadzai is a citizen host in Rinkeby. Most often, young people initiate contact with Khatera when she is getting around in Rinkeby doing her work as a citizen host. Sometimes she gets questions about education and jobs, and she can help to write a CV.

“I love to help people. You know, I was a little wild when I was younger, so I recognize myself in these young people, even though they are rowdy in a different way now”, she explains.

The task of Khatera and her colleagues is to act as a link between the residents and the district administration.

“We share information and communicate the views of the residents to the administration through our supervisors.”

The best thing about this job, according to Khatera is that she gets to meet so many people.

“We create relationships with those who live here, and by our very presence in the neighbourhood, we can contribute to a sense of security.

Contacts

Help in finding a job, internship or education

If you are between 16 and 29 years old, and neither study nor work, you can contact:

YOUTH HOUSE IN RINKEBY

(UNGDOMENS HUS I RINKEBY)

Rinkebystråket 53

Telephone: 08-508 01 922 Instagram: studier_arbete

REACTOR

Edvard Griegsgången 9, Husby

Telephone: 08-508 01 922 Instagram: studier_arbete

JOB MARKET FOR YOUNG PEOPLE

(JOBBTORG UNGA)

Kista Galleria, Stairwell 2, Level 2

Telephone: 08- 508 35 960 Instagram: jobbtorg.unga.kista

Finding holiday work

Information about holiday work can be found at stockholm.se/feriejobb.

You can ask questions about holiday work by

telephone: 08-508 01 938 or

By e-mail: feriejobb.rinkeby-kista@stockholm.se Instagram:

[feriejobbrinkebykista](https://www.instagram.com/feriejobbrinkebykista)

The person behind the uniform

“The person behind the uniform” (Människan bakom uniformen) is a programme for young people consisting of ten sessions and containing both theory and practice. Young people meet professionals from the police, emergency services, public transport and other groups in order to get to know more about these professions and their role in society. Contact the field group for additional information
Telephone: 08-508 01 089.

Contact

Applying for a space in preschool

You can find information about preschool and apply for a space at forskola.stockholm.se. That site also shows you the various preschools located in Akalla, Husby, Kista and Rinkeby.

If you would like to get help with your application, contact your civic office. See page 27.

Additional questions?

CONTACT CENTRE FOR PRESCHOOL

(CONTACTCENTER FÖRSKOLA)

This office can answer your general questions about preschool. Telephone: 08-508 00 508





Parks and playgrounds

Have fun outdoors, all year round

Playing and keeping active in the fresh air is fun and beneficial for everyone. Rinkeby-Kista has many fine places and lots to do outdoors for you and your children, regardless if they are big or small.

Our district has cultural centres, parks to visit on excursions, staffed playgrounds with activities. There are also many facilities of various sizes for football, bandy and basketball.

If you want to go swimming with your little children in the summer, there are wading pools and water playgrounds. A new outdoor pool near Eggeby gård in the Järvafältet nature area will be opened in 2020.

For a fee, you can bathe indoors at Husbybadet, a water park with water slides and pools for swimming laps. There is also a swimming school there. Husbybadet is closed during the summer break.

In the winter, you can skate at Trudelutten, Hinderstorps Park and the Rinken staffed playground. There are skating rinks sprayed with water to form an ice surface, when the temperature is cold enough.

You can find information about all of our district's playgrounds at stockholm.se.

“Everyone is welcome to play here with their children”

Esat Esen is a recreation leader at the Rinken staffed playground in Rinkeby

Our staffed playground attracts adults and children, who enjoy interacting in an atmosphere of fun and learning, Esat and his colleagues can be found at Rinken every day, taking out play equipment and arranging activities in connection with school breaks.

“We talk to our visitors about what activities they would like to have. When a magician visited us recently, it was completely packed here”, Esat recounts.



Holiday jobs and internships

Providing useful experiences for future jobs

Some young people know exactly what they want to do when they finish compulsory school, but for most of them, youth is a time of searching and contemplating one's future. What should I study? Will there be jobs available? All young people can apply for holiday jobs or internships or request guidance regarding upper secondary school studies.

During the school breaks, young people can get holiday jobs from the municipality or an association. For many, these holiday jobs will be their first contact with working life.

Those who are between 16 and 29 years old and are neither studying nor working, can get help in finding studies or work appropriate for them. The Youth House (Ungdomens Hus) in Rinkeby and Reactor in Husby are open during the day for young people between 16 and 29 years old who want assistance and guidance in beginning studies, getting an internship, or finding a job. This open programme is run in cooperation with the Jobbtorg Unga job market service and parents' associations.

Hassan wants to work in the service sector

Hassan Abadir Ismail has a summer job doing park maintenance.

Hassan lives in Rinkeby and is a student in the commerce and service programme in upper secondary school. He came to Sweden from Somalia as an unaccompanied minor three years ago.

Hassan had a summer job in 2018, doing park maintenance in Husby. Prior to that, he had worked as a personal assistant, but he felt a little isolated. That's why he enjoyed working together with the other summer workers as part of a team.

“It's fun to paint fences. I've never done that before. But picking weeds and tending bushes is something I know about already, as my family used to grow their own vegetables in my home country”, Hassan recalls.

Cooperating, planning the work and helping visitors in the park are good experiences Hasan gets through his summer job. Hasan would like to work in a shop in the future, as he enjoys providing service, working at a fast pace and meeting many people.

Night patrols volunteers

On Friday and Saturday evenings, some adults in our district work as night patrol volunteers, in order to increase safety and security.

Fuaado Maalin and Fardowsa Iman Abdi are night-patrolling mothers in Rinkeby. They would like to see more adults volunteering for night patrols.

“Come when you have the time. A half-hour or even an hour a single time is better than nothing at all”, states Fuaado.

Contact the coordinator if you wish to go on patrol or want more information. Telephone: 08-508 01 222.

Contact

For contact information and to register for a parents' session, please contact the Family Houses.

FAMILY HOUSE IN HUSBY (FAMILJEHUSET I HUSBY)

Edvard Griegsgången 9

Telephone: 08-508 01 119

FAMILY HOUSE IN RINKEBY (FAMILJEHUSET I RINKEBY)

Skårbygränd 1

Telephone: 08-508 01 119

Follow the family houses on Instagram: familjehusen and at stockholm.se/familjehuset.

Contacts

Akalla

AKALLA VILLAGE has a playground, a wading pool, a 4H centre with animals, a café, a barbeque area, an outdoor dance floor, and miniature golf. Next to Akalla Village, there is also an outdoor gym. See akallaby.se.

Between the residential buildings in the area behind Sibeliusgången, there are parks with artificial grass pitches, a wading pool, a playground and an outdoor gym

Husby

HUSBY GÅRD has a playground, a wading pool, a café, barbeque area, boule court and a grassy area for ball sports and picnics. See husbygard.nu.

LOFOTENPARKEN, which is a playground near the Husby commercial centre, has a wading pool. A new staffed playground is being planned for Husbyparken.

HUSBYADET WATER PARK, Edvard Griegsgången 30, see stockholm.se/husbybadet.

Kista

In Ärvinge, a part of Kista, there is the **TRUDELUTTEN PLAYGROUND** with a wading pool, skateboard park and an outdoor gym that is also adapted for those with functional disabilities.

Rinkeby

PARKLEKEN RINKEN is a staffed recreational playground that is open to everyone. The park has play equipment and nature areas. There are also swings that are adapted for children with need for additional support. Next to this staffed playground, there is also a wading pool.

HINDERSTORP PARK has the Hinken staffed playground in operation during the summer months. The park has a water play area, a playground and an outdoor gym that is also adapted for those with functional disabilities.

Want to rent a bike?

Contact the labour market unit (enheten för arbetsmarknadsinsatser), Telephone: 08-508 01 282.

Pick up a map!

The sport and outdoor activities map (Idrotts- och friluftskartan) shows you places where you can play sports and exercise, both indoors and outdoors. You can pick up the map at **CIVIC OFFICES** in Husby and Rinkeby. See page 27.

More ideas and suggestions

You can find additional ideas and suggestions at stockholm.se/kulturfrid.





Compulsory school and Upper secondary school

Your commitment is important for your children's education

All children and young people have the right to a good school. You apply for the compulsory school (grundskola) you would like your child to attend. There are both municipal and independent schools. Your commitment as a parent is important throughout your child's education.

Children from the age of six years are required to start in preschool class, which is a separate school form that features a good deal of creative work and play. Preschool class is free of charge.

From the autumn of the year a child turns seven years old, he or she is required to attend compulsory school (grundskola), which continues for nine years. Each school year is divided into an autumn semester and a spring semester. The education given must be of the same quality for all pupils, regardless of where in Sweden a pupil attends school. Most compulsory schools are municipal, and pupils most commonly attend a municipal school close to their home.

Rinkeby-Kista has five municipal schools that have preschool class and Years 1 to 6, three schools that have preschool class and Years 1 to 7, and one school that has Years 7 to 9.

Independent compulsory schools are not under the administration of municipality. The independent compulsory schools are open to everyone and their instruction should correspond to that offered in the municipal compulsory schools.

If you work, study or are on parental leave, your child has the opportunity to be at an afterschool centre (fritidshem) or recreational club during the part of each school day when they are not at school, and on school breaks. These activities are voluntary and charge a fee.

Every semester, the pupil, teacher and parents meet for a progress discussion (utvecklingssamtal) in order to review how your child is doing in school, and find out whether the your child is feeling good about schooling. Other opportunities for you to influence your child's schooling include attending parent meetings and serving on the parents' council if there is one at your child's school.

Final grades for compulsory school are given in Year 9. These final grades are used for your child's application to upper secondary school (gymnasieskolan). Upper secondary school is free of charge, voluntary and consists of a good many programmes or curricula. Each programme continues for three years and can be either an academic or a vocational programme.



Family Houses, Parent counselling and night patrols

Meet other parents of teenagers for advice and support

Lots happen during the teenage years. Meet other parents and find support at meetings of parents of teens at the Family Houses in Rinkeby and Husby.

If you have children between 12 and 17 years, you can meet and talk with other parents of teenagers as part of a four-session programme called **"ÄLSKADE, FÖRBANNADE TONÅRING" (DAMNED BELOVED TEENAGER)**. With a group leader, you'll talk about various common everyday situations. There is also a more comprehensive eight-session programme called **KOMET TONÅR (KOMET FOR THE TEEN YEARS)** intended for parents with children between 12 and 18 who would like to have a less conflict-filled and more calm relationship.

You can learn more about Swedish society in a five-session programme about parenting in Sweden, known as **"FÖRÄLDRASKAP I SVERIGE"**.

If you would like to have a private discussion about being a parent of a teenager, schedule an appointment with a **PARENT COUNSELLOR** at one of the Family Houses. Fathers who want to talk with other fathers about children and parenting are welcome to our fathers' activities. The Family Houses are there to serve parents of children between birth and 18 years old. Read more about support for parents of younger children on pages 4-7, above.

"When my son became a teenager, I wasn't prepared"

Muhubo Yusef attends the Komet course for parents of teenagers

Muhubo with three children explains that her son is a "typical" teenager who argues about everything.

"I just wasn't prepared, because my daughter had been so calm", Muhubo declares. In the Komet parenting course, she's found useful ideas and suggestions, particularly the FUB method, which is a Swedish acronym for Preparation, Challenge and Acknowledgement.

"I used to tell my son that we are going to the swimming pool" early on the same day. It would end up being stressful. Now I prepare him the day before instead, so that he will be able to prepare himself (challenge).

This way he knows that the next morning, we will be going, and, things are calmer for both of us. Then I acknowledge his actions by saying "you did well, and now we'll make it on time".

Muhubo feels that her relationship with her son has improved but realizes that she still needs to practise.

"I can whole-heartedly recommend that other parents take the Komet course", Muhubo concludes.

“We are there for our young people”

Abdirizack “Abdi” Ali is the coordinator of the field group.

Abdi grew up in Rinkeby, is a trained teacher, and has been working in the field group for four years. He feels that the most important task is to be there for the young people and provide them with support if they need it.

The field assistants, for example, can accompany teenagers who want to visit the youth guidance centre and clinic.

“Creating relationships is the key”, say Abdi. The best thing about this job is to be able to support our young people and watch them develop”.

Contacts

Youth guidance centre and clinic

The youth guidance centre and clinic is open to all young people up to the age of 22 who want to speak with someone, learn about their bodies or get help with contraceptives. Midwives, social workers and gynaecologists work here.

JÄRVA YOUTH GUIDANCE CENTRE AND CLINIC

Isafjordsgatan 32 B in Kista

Telephone: 08-123 36 020.

Scheduled appointments and drop-ins.

Facebook: Järva ungdomsmottagning.

A **UMO.SE**, an online youth guidance centre and clinic, young people can ask questions and get answers about sex, health and relationships.

The field group

Telephone: 08-508 01 089.

Parents can call up to 9 p.m. from Monday to Thursday, and two 11 p.m. on Fridays and Saturdays.

Instagram: faltgruppenrinkeby-kista

Prevention of drug abuse

If you need arguments and information about various drugs, feel free to contact the District Administration’s **PREVENTION COORDINATOR**.

Telephone 08-508 01 648 also

visit stockholm.se/nejtillcannabis.

“The teen years are a challenge for everyone”

Hassana El hajoui is a parent counsellor for parents with teenage children

“Just think if my parents had received support when I was a teenager. It would have really helped”, concludes Hassana, who grew up in Järva, where she is now working with parent counselling.

She explains how many teenagers with parents who come from other countries live in two different worlds – one in school where they are given a great deal of responsibility, and one at home, where there are very different expectations.

Her advice to parents is to show interest in their teenagers’ life outside their home, and to see their roles not just as setting limits but also as creating a relationship with their children.

Hassana meets parents of teenagers in individual discussions and group sessions in the “Älskade förbannade tonåring” (Damned beloved teenagers) and “Föräldraskap i Sverige” (Parenting in Sweden) programmes.

“The teen years are a challenge for everyone, not least due to the bodily changes that take place.” There are biological reasons why teenagers take greater risks and sleep late in the morning. When parents find out about those, it becomes easier for them to have understanding for their teenagers.

Contacts

Choosing and applying for a school

At stockholm.se, you can compare schools in the city of Stockholm, and view a map showing where each school is located. You can see the number of students in each school, the percentage of the staff who are fully qualified teachers and the level of satisfaction of students and parents with the school. You can also apply for a school on the site. Support for choosing a school can also be found at valjaskola.se.

Help with homework

Help with homework is offered at schools, youth activity centres (ungdomsgårdar) libraries, as well as by various associations in the district.

How can you support child in school?

If you are thinking about how you can support your child’s schooling, feel free to contact the school. You can also make an appointment to talk with a parent counsellor at a Family House. Telephone: 08-508 01 119.





School break programmes, sport and culture

Try something new during your school break

Being active and having fun in your free time improves your schoolwork. During school breaks, a variety of sport and cultural activities are organized for the many children and young people who are off from school. This is a chance to try and find something to continue with even after the break.

In addition to the youth activity centres being open during the breaks, there are staffed activities at playgrounds and libraries, as well as those sponsored by the Berättarministeriet cultural centres in Husby, Husby Gård and Akalla Village. You'll find information about activities during the school breaks at stockholm.se/rinkeby-kista.

Children and young people in Rinkeby-Kista have many opportunities to experience and create culture. Preschool children are offered two professional **CULTURAL PROGRAMMES** per year, such as concerts and dance and theatre performances. The children are also encouraged to create culture themselves. On certain Sundays, families can watch theatre at the Music and Art School (Kulturskolan) in Husby and at the Cultural Arena (Kulturarenan) at Rinkeby School. For the programme, visit stockholm.se/sondagsteater.

KOLLO is a summer camp where children and young people are given opportunities to experience nature and meet new friends. The fee charged depends on the income of the family and the number of children the family has. See stockholm.se/kollo.

The Kista Galleria has Stockholm's next largest **LIBRARY**. There are also libraries in Husby and Rinkeby. In addition to borrowing books, people of all ages can do so much more at a library, such as participating in a creative workshop, attending story time, language café, visits by authors, getting help with homework or reserving a study room.

HUSBY BIBLIOTEK (LIBRARY): Edvard Griegsgången 9

KISTA BIBLIOTEK (LIBRARY): Kista Galleria **RINKEBY BIBLIOTEK:** Skårbygränd 1

Find out the hours of service and everything else that's happening at the libraries, by visiting biblioteket.stockholm.se.

MUSIC AND ART SCHOOL (KULTURSKOLAN) is for children and young people between 6 and 22 years old who want to be active when they are off from school. About 70 courses are offered in music and song, dance and circus, theatre and musicals, art and media. The Music and Art School is located



Field assistants and youth guidance centres and clinics

Adults with time to listen

As your child grows, other adults become important. Although they can never fill your important role as a parent, they can act as a complement and be there for your teenager outside of your family.

THE FIELD GROUP consists of field assistants who conduct outreach and preventive work amongst young people between 10 and 19 years. They visit schools, youth activity centres and other places frequented by young people. The field assistants try to discover, early on, young people who are feeling troubled emotionally in order to prevent them from turning to drugs, as well as mental illness and criminality. Field group personnel are calm, secure adults who are under a duty of confidentiality, so that young people can talk to them about their concerns, whether major or minor.

The field group works days, evenings and weekends. They are in contact with parents and associations in the area and cooperate with others who work with young people, such as schools, youth activity centres, social services and the police. As a parent, you are welcome to contact the field group if you have questions or concerns about anything that relates to your child.

Studies have shown that young people really do care about what their parents think. That's why it is important that you, as a parent clearly show that it is not okay to use tobacco or alcohol before they turn 18, and that marijuana (cannabis) and other narcotics are both illegal and dangerous.

"Someone to talk with when life changes"

Susanne Berglund is a social worker at the Järva youth guidance centre and clinic.

"Who am I and what do I want with my life? These are questions that become important during one's youth, a time when so much is happening", say Susanne, who meets many young people during private conversations.

"Many young people feel stressed and worried about all the decisions they need to make, and it can feel good to talk with someone who has an outside perspective and is not so involved in their lives", she observes.

It is easy to get an appointment at the youth guidance centre and clinic, and most of the clients come to talk once a week during a shorter or longer period. Those who work at the youth guidance centre are under a duty of confidentiality.

Husby

HUSBY YOUTH ACTIVITY CENTRE YOUTH ACTIVITY CENTRE

is for 13–15-year-olds. Health and exercise are important here, and the centre has a gym and dancefloor. There is also a music studio where teens can produce their own music and podcasts. Two afternoons a week, there are activities exclusively for 10–12-year olds.

Address: Husby youth activity centre, Edvard Griegsgången 26 Instagram: husbyug

REACTOR in the Husby district building is a meeting place for 16–19-year olds where they can record music, read, play games and take part in other creative activities.

Address: Reactor, Edvard Griegsgången 9 Instagram: reactorhusby

in Husby and in the Green House (Gröna Huset) at Rinkeby School. Those who want to take a course need to pay a semester fee. See stockholm.se/kulturskolan.

There are many **VOLUNTARY ASSOCIATIONS** that offer activities during non-school hours and school breaks for children and young people in the District. Non-profit associations can receive support for activities for children and young people in the form of grants.

The District Administration also has more long-term collaboration with eight associations through a voluntary sector organisation public partnership (VSOPP). These associations are Folkets Husby, Fryshuset, Kista Sports Club, Löparakademin, Rinkeby Folkets Hus, Shanta IF, Somalian media association and the Studieförbundet educational alliance. These partnerships have a variety of forms, but contain cohesive activities for preschool children, young people and parents.

“Keep searching until you find something your child likes”

Malin Bernt coordinates leisure time activities for children and young people with functional impairments.

According to Malin Bernt, “active leisure is important for all children and young people, but perhaps especially important for those with functional impairments. It is not easy to be different, and when you are, it is important to do things that make you happy and meet friends you feel secure with”.

She organizes activities during school breaks for children and young people with functional impairments.

“I hope that those who participate try different activities and perhaps find something they want to continue doing in the future. My advice to parents is to keep searching until they find some leisure time activity that the children like. It means so much and it makes it easier to deal with school and training.

Parents who want suggestions for activities for their children with functional impairments can also contact Malin by telephone at 076-12 02 509.

The piano at home was silent, so Alfred started playing

Alfred Almlöf plays piano in Music and Art School

Alfred is nine years old and lives in Kista. He has been playing piano in Music and Art School for three or four years. He explains his choice of the piano this way:

“My father bought a piano, but there was no one who played it”.

About a year ago, Alfred also began singing at Music and Art School. He also likes listening to music.





Youth activity centres and meeting places

For young people and with a place for everyone

There is at least one youth activity centre in every district of the city, where your child or teenager can spend their leisure time. The young people, themselves, plan and conduct the activities together with the personnel.

The goal is for everyone to find an activity that suits their personal interest, and perhaps get an opportunity to try something new. In addition to youth activity centres serving as meeting places and offering a variety of leisure-time activities, there are adults here to talk with and to provide some needed help with homework. One of the centres, Electric, has a special emphasis on working with young people with functional impairments.

At **FRITIDSNATET.SE**, there are activities for children, young people and adults who need extra help due to functional impairments. You'll also find ideas and suggestions about associations, youth activity centres and other related institutions and activities in Stockholm County.

“The opportunity to record music was what brought me to the centre”

Hawo Abdullahi Mohamed is 14 years old and often visits the Rinkeby youth activity centre.

It was the opportunity to use the music studio that attracted Hawo to the Rinkeby youth activity centre.

“Music means everything to me. I love to sing”, say Hawo who writes his own songs and gets help recording them from the personnel at the youth activity centre.

“I pick up a few beats that I like from YouTube and use that as the basis for my own music. In the lyrics, I express my feelings, often writing them in English together with my sister.”

Hawo wants to continue to pursue music and become a performer in the future.

Fun for 10-12 year olds at the youth activity centres

On weekends, there are special activities for children between 10 and 12 years old at the youth activity centres. The children work together with the recreational leader and play both indoors and outdoors, as well as doing arts and crafts and going on excursions.

It is possible to get **HELP WITH HOMEWORK** during the school semesters. During the summer break, **DAY CAMP** is offered in the area.

“I can’t wait for the days when I can go to the centre”

Sara Aissaoui is 11 years old and a frequent visitor at the Rinkeby youth activity centre

“Those who work at the centre have a special place in my heart. They are caring, fun, and they help when needed”, says Sara who is participating in the activities for 10–12-year olds at the Rinkeby youth activity centre.

“I can’t wait for the days when I can come here”, Sara explains.

She has gotten to know new friends at the centre and likes when they go on trips to other parts of Stockholm that she has never before visited.

“When there is a maths test in school, I get help in practicing my maths, and I can do my homework here.

Contacts

Akalla

At **AKALLA YOUTH ACTIVITY CENTRE** for 13 to 15-year olds, activities include dancing and creating one’s own projects with the help of the leaders. On Saturday and Sunday afternoons, it’s time for activities for 10 to 12-year olds.

Address: Akalla youth activity centre, Sibeliusgängen 11
Instagram: akalla_ug

THE ELECTRIC YOUTH ACTIVITY CENTRE in Akalla village is open to young people with functional impairments, who are between the ages of 12 and 21 years old. Here, children and young people can meet friends, sing karaoke songs, play music, bake, drink coffee and play games.

Telephone: 08-752 08 49, 076-825 15 89

Facebook: ElectricUng Youth activity centre

Instagram: electricungdomsgard

Kista

The **KISTA YOUTH ACTIVITY CENTRE** for 13 to 15-year-olds, also arranges activities for 10 to 12-year-olds, five afternoons a week. This youth activity centre will move into its new premises in 2019. Instagram: Kistaungdomsgard

In 2019, a **NEW YOUTH ACTIVITY CENTRE FOR GIRLS AND LGBTQ PERSONS** will open in central Kista.

Rinkeby

At the **RINKEBY YOUTH ACTIVITY CENTRE** for 13 to 15-year olds, there is a music studio where young people learn to make music. In addition, they can also try their hand at various sport activities. Activities exclusively for 10 to 12-year-olds are held here three days a week.

Address: Rinkeby youth activity centre, Rinkebystråket 53
Instagram: rinkebyungdomsgard

THE YOUTH HOUSE is intended for young people from 16 to 19 years old. At the Youth House, they can take part in activities in sport and culture, receive help with homework and social orientation.

Address: Ungdomens Hus, Rinkebystråket 53 Facebook: Ungdomens Hus Rinkeby

