



Familjefridsteamet

Are you using threats or violence against someone close to you ?

We turn to you who are at least 18 years of age and :

- have difficulty managing your anger and / or aggression
- uses or has used violence and / or threats to a loved one
- on a voluntary basis is willing to seek help

Domestic violence is primarily a male problem but we are also offering help to women and people in same-sex relationships who use violence.

Family Frid team can help with :

- clarify issues and increase awareness of what is violence in an intimate relationship
- find alternative patterns of behavior and strategies
- change thoughts , feelings and actions that lead to violence or threats of violence
- talk about your parenting (if you have children)

You begin to think of some individual , mapping calls before you decide whether to continue in a long call contact.

There is also the opportunity to go in a group . It costs nothing and you can contact us anonymously . We book an interpreter when needed.

Confidentiality

We maintain confidentiality , which means we do not get to talk about it which comes up in our conversations with a third party.

What is domestic violence ?

The definition of violence as Alternatives to Violence assume is written by psychologist Per Isdal . (The meaning of violence , 2001) .

"Violence is any act directed against another person, who by this act hurt, pain, scares or offends, get that person to do something against their will or will or without anything it wants

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