



The family counselling service

Family counselling offices provide assistance to couples, families and individuals when they experience problems related to relationships and family life.

We wouldn't have been able to cope with this crisis without the family counselling service

Grete

Now we're able to disagree without quarrelling
Ingeborg and Ole Geir



Referral is not necessary

The family counselling service has a duty of confidentiality

The service is free



What is family counselling?

Family counselling is offered to people with different problems in connection with relationships and family life. Family counselling is provided free of charge and referral is unnecessary. You can contact your nearest family counselling office directly.

Family counselling is a special service that offers guidance and treatment when the family experiences difficulties, conflicts or crises. Most people come to the family counselling office for advice and face to face conversa-

tions about everyday problems. These offices are staffed by psychologists and social workers who have undergone in-service training in family therapy. The staff members have a duty of confidentiality.

Who is family counselling for?

The family counselling service welcomes individuals, couples and families – as well as children and young people. You can contact the family counselling office by telephone or e-mail.



**Mediation
– also for
cohabiting couples**

What do we offer?

Counselling and face to face conversations

The family counselling service assists people at different stages of family life and at all stages throughout their lives:

- Couples who wish to work on their relationship
- New parents who need to make adjustments and show responsibility and care for the child
- Parents, children and young people struggling to improve relations within the family
- Cross-generational problems
- Working through problems after the break-up between married couples or cohabitants
- Help to improve parental cooperation between ex-partners
- Challenges with blended or extended families
- Families struggling with illness and loss

- Support when conflicts arise due to differing family cultures
- Forced marriage and other traditions that may be harmful to health
- Assistance for parents and children when threats and violent behaviour is a problem.
- Assistance to same-sex couples on the same footing as with other couples

Mediation in cases of separation and break-up of cohabitation

Family counselling offices conduct mandatory mediation for married couples with children under the age of 16, when the couple is separating. Cohabiting parents who are in the process of ending their relationship must also take part in mediation in order to receive increased child benefit. Parents who wish to bring an action before the court in respect of the child's place of residence, contact rights or parental responsibility, must first participate in mediation. The goal of mediation is to assist families in making agreements on parental responsibilities and the situation of the child.

Courses and group programmes

Most family counselling offices offer courses and group programmes on relevant issues related to family life. These include courses on couples relationship, courses for first-time parents, courses for the parents of children with disabilities, groups for children and adults after the break-up of cohabitation and when domestic violence is a problem within the family.

Information activities

The family counselling service provides information and training in the field of family and relationship issues. The target groups are the general public, selected population groups, the media, kindergartens, schools and other professional groups. The family counselling offices advise professionals and cooperate with groups and organisations that work with issues related to childhood and adolescence, and family life.

Find your local family counselling office at: www.bufetat.no/familievern.

The family counselling service is part of Bufetat, the subordinate agency of the Directorate of Children, Youth and Family Affairs which is responsible for its management. The Directorate comes under the Ministry of Children and Equality.

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The family counselling service forms part of Bufetat, the subordinate agency of the Directorate of Children, Youth and Family Affairs. Bufetat's main objective is to provide help, support and information of high quality to our users, regardless of where in Norway they live. The agency has five regional offices. It has responsibility for the national child welfare service, the family counselling service, and adoption.

There is a family counselling office in every county in Norway. Most of these are public offices but a number are owned by the Church of Norway. All of them are organised under Bufetat. The family counselling service has legal authority in the Act relating to family counselling offices.