



The Family Counselling Service

The Family Counselling Service is a service for couples, families and individuals who are experiencing family or relationship problems

“- We can finally disagree without arguing”

“- We wouldn't have survived the crisis without the Family Counselling Service”



The service
is free

The Family
Counselling Service
has a duty of
confidentiality

A referral
is not necessary



What is the Family Counselling Service?

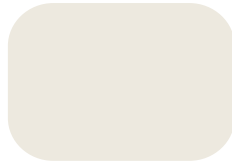
The Family Counselling Service is designed to meet the needs people experiencing various types of family or relationship problems. The Family Counselling Services is free. A referral is not necessary; you can contact your local Family Counselling Service office yourself.

The Family Counselling Service is a specialised service that offers practical help and advice when there are difficulties, conflicts or crises in the family. The majority of people who contact the Family Counselling Service do so to seek advice and to talk about

problems they are experiencing in their every day lives. The offices are staffed by amongst other professionals psychologists and social workers with additional training in family therapy. All employees have a duty of confidentiality.

For whom?

The Family Counselling Service is here to help individuals, couples and families – including children and adolescents. Contact the Family Counselling Service by telephone or e-mail.



What we offer:

Advice and confidential counselling

The Family Counselling Service meets with and assists people in all phases of family life from childhood to old age:

- couples that wish to improve their relationship
- new parents that are facing a change in their lives and are now responsible for providing care
- parents and children who are experiencing difficulties in family life
- generation gap problems
- working through problems after a relationship breaks up
- help in improving the relationship between ex-partners
- challenges concerning mine, your and our children
- families suffering under illness or the loss of a loved one
- assistance in conflicts between different cultural backgrounds

- in cases of arranged and/or forced marriage and other traditions that are detrimental to health
- help for parents and children who are experiencing violence and/or threats in close relationships
- couples can receive advice and assistance regardless of sexual orientation

Arbitration in cases of separation and partnership break-up

The Family Counselling Service carries out mandatory arbitration for couples with common children under the age of 16 when the parents are to separate. Cohabiting parents who break up must also attend arbitration in order to receive extended child welfare benefits. Parents that wish to raise a case concerning the child's/children's domicile, visiting rights or parental responsibility must first attend arbitration. The aim of the arbitration is to assist families when they enter into agreements on parental responsibility and the child's/children's situation.

Courses and groups

The majority of Family Counselling Service offices arrange courses and groups covering the most usual family and cohabitation themes. Courses include cohabitation, couple courses for new parents, courses for parents of children with reduced functionality and groups for children and adults after a break up in the family and when violence is a problem.

Information service

The Family Counselling Service provides information and training in the areas of married and cohabiting family life. Our target groups include the public services, selected population groups, the media, kindergartens, pre-schools and other professional groups. The Family Counselling Service provides guidance and advice to professionals and co-operates with organisations and others engaged in working with family, the development of children and adolescents and cohabitation themes.

Find your local Family Counselling Service office:

www.bufetat.no/familievern

The Family Counselling Service is part of Children, Adolescents and Family Department (Bufetat). The department operates under the auspices of the Norwegian Directorate for Children, Youth and Family Affairs (Bufdir).

Bufetat Region Mid Norway

Nordreg. 12, 2nd floor
7495 Trondheim
Tel.: 46 61 50 00
E-mail: region.midt@bufetat.no

Bufetat Region North

Betongveien 2
9509 Alta
Tel.: 46 61 50 00
E-mail: region.nord@bufetat.no

The Directorate for Children, Youth and Family Affairs (Bufdir)

Postboks 8113 Dep
0032 Oslo
Street address:
Universitetsg. 7/Stensbergg. 25
Tel.: 46 61 50 00
E-mail: post@bufdir.no

Bufetat Region East

Postboks 7024 St. Olavs plass
0130 Oslo
Tel.: 46 61 50 00
E-mail: region.ost@bufetat.no

Bufetat Region South

Postboks 2403
3104 Tønsberg
Tel.: 46 61 50 00
E-mail: region.sor@bufetat.no

Bufetat Region West

Postboks 6200
5893 Bergen
Tel.: 46 61 50 00
E-mail: region.vest@bufetat.no

Please see our Internet pages for updates



The Family Counselling Service is part of the Children, Adolescents and Family Department (Bufetat). The department's main task is to provide quality help, support and information to our users regardless of where they live in Norway. Bufetat has five regional offices and is a Directorate under the auspices of the Ministry for Children, Equality and Social Inclusion (BLD). Bufetat is responsible for the Child Welfare Service, the Family Counselling Service and adoption.

There is a Family Counselling Service office in every county in Norway. The majority are public service offices, while some are ecclesiastical. All offices are organised under Bufetat. The ecclesiastical offices are members of Kirkens Familievern (KF). The Family Counselling Service is governed by and encompassed under the Act on Family Counselling Service Offices.