

Carer Support and Knowledge Centre



Carers have the right to ensure their own wellbeing

The Carer Support and Knowledge Centre is for people who help, support and are concerned about a dependent and who themselves need support in order to cope. The Centre welcomes all carers who need support, irrespective of age. You do not have to be related to the dependent, nor does the dependent need to have a special diagnosis, but you and the dependent must live in the municipality of Norrköping. We are bound by professional secrecy and visits to the Centre are free of charge.

Counselling - If you need someone to talk to about your situation as a carer, we offer counselling. Get in touch with us so we can agree on a time for a meeting.

Group sessions and courses - You will be able to meet other people with similar experiences, gain more knowledge and get tips on how to handle everyday life.

Theme meetings and lectures - We offer theme meetings and lectures for carers.

Information and guidance - We can inform you about ways of getting help and put you in touch with administrators, voluntary organisations, associations etc.

Please contact us or visit our website for more information and our current programme of activities.

Street address:

Drottninggatan 32, Norrköping
Telephone: 011-15 54 30
Email: anhorigstod@norrkoping.se
Website: norrkoping.se/anhorigcenter

Telephone and opening hours:

Monday-Thursday	9:00-16:00
Friday	9:00-15:00
Closed for lunch	12:00-13:00

Also open at other times for booked visits and activities.