

Dynamis' goals are:

- **To strengthen** parents in their parenting.
- **To impart** hope and develop self-confidence.
- **To identify**, access and develop each family's own resources.
- **To ensure** our work is characterised by respect for people's self-determination and integrity.

Dynamis is a municipal organisation whose activities are aimed at parents and families with children in Helsingborg. We also welcome young adults aged 18-25.

Please contact us if you would like to know more.

Our phone numbers:

042-10 64 18

042-10 64 49

Street address:

Bruksgatan 29

You can find our website under:

www.helsingborg.se

Email:

dynamis@helsingborg.se

It does not cost anything to visit us and we do not keep any records.



HELSINGBORG

Dynamis

Support for families



Solution-oriented discussions

What do you do if things get tough in life?

It is possible to break a vicious circle and instead create a positive spiral.

At our meetings, you will be able to:

- **Talk** about how you would like your life to be.
- **Identify** what changes may need to be made.
- **Increase** your ability to see what possibilities you have.
- **Reflect** on what you are good at and how you can use your resources.
- **Work** towards your goals.

Our working methods:

Solution-oriented discussions

This means we will talk about how you would like your future to be. A solution-oriented approach means focusing on the things that work rather than on what does not work. It is a method that helps people make changes and come up with new ideas.

CBT (Cognitive Behavioural Therapy)

When we use CBT, we work together to address one or several specific problems, for example, relationship problems with a partner, anger, fears, stress or depression.

The Marte Meo method

Marte Meo literally means "by own power". The method is based on communication theory and infant research.

Marte Meo is about identifying and strengthening the positive elements of interaction between children and parents in relationships that for some reason are problematic. You will also be able to see what your child's specific needs are and how you as a parent can meet those needs.