



# P.H.E.W

(Parental Health and Emotional Wellbeing.)

Are you experiencing low mood, anxiety, finding being a parent difficult, struggling to cope, social isolation and/or loneliness?



Parenting can be challenging sometimes and cause some anxiety and stress. Your Family Hub Network offer a group named “PHEW” which stands for Parental Health and Emotional Wellbeing.

PHEW offers a safe environment for parents to talk to others, as well as having the opportunity to undertake therapeutic activities.

If you want to find out more about PHEW, and see if it is the right programme for you:

- Get in touch by phone, email (details below).
- Have a look at our website.
- Just walk into one of our buildings where staff will be happy to help.

T : 0115 9773741

E : [FHAshfield@nottsccl.gov.uk](mailto:FHAshfield@nottsccl.gov.uk)

W : [www.nottinghamshire.gov.uk/care/familyhubs](http://www.nottinghamshire.gov.uk/care/familyhubs)