Nottinghamshire
Children's Centre Service

Nottinghamshire PHEW Groups
(Parents Health & Emotional Wellbeing)

Who are these groups for?
They are for parents who live in Nottinghamshire, who are expecting a child or have a child aged under 5 years old, where a parent is experiencing mild to moderate mental health difficulties, such as anxiety, low mood, finding being a parent difficult, struggling to cope, facing social isolation or loneliness. They offer a time-limited support group in a safe environment to talk and gain support.

What happens at these groups?
Activities in these session help parents get support with their emotional wellbeing.
The group provides:

- Group led activities, respond to the group's interests/needs (such as mindfulness, coping strategies, stress release)
- Support for families to access community resources

How do I get a place at a group?

You can refer yourself on a form at our website:
https://www.nottinghamshire.gov.uk/care/early-years-and-childcare/childrenscentre-service/our-services#needmoresupport

Or contact your local Children's Centre Service team:
Contact details at:
www.nottinghamshire.gov.uk/childrenscentreservice





T: 0300 500 80 80
W: nottinghamshire.gov.uk/childrenscentreservice

...giving children the best start

Nottinghamshire County Council