

NATURE NURTURE GROUP

Spending time in Nature can really support our wellbeing.

This 4-week course will focus on observing nature around us and feeling connected with the natural world.

We will be growing things, noting what is changing around us, learning about wildlife and tuning into our daily and seasonal cycles.



Starting Wednesday 20 April 2022
11.30am-12.30pm on Zoom

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you first need to register as a client of MFT on our website.
Then contact: 01372 375400, text 07929 024722, email info@maryfrancestrust.org.uk
Visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing