

RECOVERY STAR

PEER SUPPORT GROUP

This monthly group will help you to discover how to achieve greater confidence, a more balanced life and improved emotional health, wellbeing and resilience.

The Recovery Star is a tool for supporting and measuring change when we are experiencing any mental health issues. There are 10 areas and each month the group will focus on one star at a time.



**On the last Tuesday of each month from 26 April
8pm-9pm**

At Brickfield Centre, Portland Place, Epsom KT17 1DL

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 need to register with MFT first and then contact:
01372 375400, text 07929 024722 (SMS service only), email
info@maryfrancestrust.org.uk or visit
www.maryfrancestrust.org.uk**



Inspiring Mental Wellbeing