

# ARTS & CRAFT GROUP

## EPSOM

This ongoing group will help you to develop arts and crafts skills and discover how to achieve greater confidence, a more balanced life, improved emotional health, wellbeing and resilience.



**Every Thursday, 11am-12.30pm  
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 us to reserve your space on:  
call 01372 375400, text 07929 024722 (SMS service only), email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)  
or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)



Inspiring Mental Wellbeing