

CHANGING HABITS FINDING BALANCE

A 4-week group to look at our addictive habits and how we can manage them to support our wellbeing

These sessions are offered in a non-judgemental environment, where we focus on giving and receiving support.



**From Thursday 23 June to 14 July 2022,
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:
01372 375400, text 07929 024722 (SMS service only), email
info@maryfrancestrust.org.uk or visit
www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing