

# FACING YOUR FEAR

This 2-week workshop will encourage you to face up to your fears.

The key to facing your fears is to take one small step at a time.

Going too fast or doing something too scary before you are ready can backfire.

But it's also important to keep moving forward



**Thursday 23 & 30 June 2022**  
**1pm to 3pm, 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 need to register with MFT first. Contact: 01372 375400, text 07929 024722, email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)



Inspiring Mental Wellbeing