

CONFIDENCE BUILDING

A workshop to help you understand why confidence is important.

To give you more courage to take action.

To boost your confidence through participation in confidence building exercises

To help you talk more positively about yourself to yourself and others.



Wednesday 22 & 29 June 2022
7pm - 9pm, 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, download Zoom and then get the link.
contact: 01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing