

# LEARNING TO MANAGE YOUR MIND AND YOUR EMOTIONS

This workshop will explore a simple analogy that can help you take control of your emotions and act in your own, best interest, whether it's in making decisions, communicating with others, or your general health and wellbeing



**Thursday 4 & 11 August**  
**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