

'MY TIME'

A WOMEN'S ONLY GROUP

A women's only group with a mix of peer support and facilitated content. Sessions will provide support, friendship and encouragement, and will include discussion and practical work.



Weekly from 28 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