

MFT COMMUNITY CONNECTIONS TOGETHER STRONGER A PEER LED GROUP

This ongoing group is a non-judgemental environment, where we focus on learning from and supporting others.

The sessions will help you to improve your emotional health, wellbeing and resilience.



**Every Friday, 11am-2pm 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 us to reserve your space on:

call 01372 375400, text 07929 024722

(SMS service only), email

info@maryfrancestrust.org.uk

or visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing