

# CONNECT! PEER SUPPORT FOR YOUNG PEOPLE EPSOM

We run a weekly social and peer support group for 16-25 year olds in Epsom to support mental health and emotional wellbeing (no diagnosis needed!). All welcome!



Every Wednesday, 3.30pm-5pm

Brickfield Centre, Portland Place, Epsom, 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](mailto:info@maryfrancestrust.org.uk)

or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)



Inspiring Mental Wellbeing