

COFFEE MORNING

Start your week with a friendly chat over tea and coffee.

Coffee, cake and company... our coffee mornings are a relaxed and non-judgemental environment to meet with others and enjoy light-hearted conversation.

There is also an optional activity each week such as table tennis, quiz, arts & crafts.



**Mondays at Leatherhead Institute starting
5 September, 10am-11.30am**

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