

HOARDING

ONLINE PROGRAMME

Our new online Hoarding programme is open to Surrey residents (16+) who hoard. It runs monthly on the 2nd Thursday of every month. Places are limited - book by 23 February 2023.

You can book your place on either (or both):

- A 45-min practical course with set tasks to learn how to manage the condition. The course runs until Dec 2023.
- A one-hour peer support group to share tips and support.

From Thursday 9 March 2023, 7pm-7.45pm (course) and 8pm-9pm (peer support) on Zoom

MFT supports adults (16+) in Surrey to improve and maintain their mental wellbeing through individual goal setting sessions, courses, groups and activities.

To book your place, register as a client on our website

www.maryfrancestrust.org.uk then

contact us at: 01372 375400, SMS

07929 024722 or email

info@maryfrancestrust.org.uk



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Inspiring Mental Wellbeing