

LET'S TALK PHOTOGRAPHY

Photography gives us something to focus on. It is a good mindfulness tool to distract us from the busy world and offers a true sense of perspective.

With a different theme each week, this group will share photo's, stories, and techniques.

All you need is a camera or camera phone!



Monday's on Zoom 12pm - 1pm
First group on Monday 16th October

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,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk
or scan our QR code →



MFT MARY
FRANCES
TRUST

Inspiring Mental Wellbeing