

MENOPAUSE

PEER SUPPORT

Monthly group session

**We are all aware that
the menopause
can be a difficult time,
but there is no doubt that
talking about it can help.**

**As with any problem,
getting it out in the open
is often the first step
in making things feel
more manageable.**



**Sessions on first Thursday of every month
Starting Thursday 7 September
7pm-8pm
on Zoom**

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



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Inspiring Mental Wellbeing