

# LET'S TALK

This short course has been designed to help you to explore your strengths, consider your health-style choices and think about what keeps you feeling good.

It will help you to identify when you are not feeling well and plan what you need to do to feel like yourself again.

Please note you will need to attend both sessions of this course.



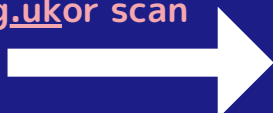
**Thursday 21 and 28 September**

**2pm-3.30pm on Zoom**

**Link for Zoom to follow once you have been booked on the course**

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](mailto:info@maryfrancestrust.org.uk) or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk) or scan our QR code



**MFT** MARY  
FRANCES  
TRUST

Inspiring Mental Wellbeing