

WOMEN'S PEER SUPPORT GROUP

A weekly group providing a safe space for women to share experiences and support each other.

This is a friendly session with the opportunity to connect with other women, chat over coffee and learn new skills to improve our well being as women. Regular topics include mindfulness, self compassion, creative writing, nature activities and relaxation.



**Weekly on Thursdays
11am-12.30pm
at the Brickfield Centre, Portland Place, Epsom KT17 1DL**

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