

# LET'S TALK: RESILIENCE

Are you easily overwhelmed, and turn to unhealthy coping mechanisms?

Join our workshop to explore what resilience means, to learn about personal resilience, and get tips to build your own resilience.

Becoming more resilient takes time and practice.



**Every other Wednesday from 20  
September, 6pm-7.30pm 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



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