

LET'S TALK SEN CARER SUPPORT

Peer support for people who get it. We understand the struggles, the pains, the battles and some of the funny moments - led by lived experience facilitators, you can talk freely.

This session is offered every other Monday evening on an informal, drop in basis - there is no pressure.



Alternate Monday's on Zoom 7pm - 8.30pm

Starting Monday 2nd 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 →



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Inspiring Mental Wellbeing