

WATERCOLOUR & WELLBEING

This is a bi-weekly group that meet for 90 minutes to draw, craft and create, whilst having gentle conversation with peers.

We share stories, laughter and advice, but above all, provide a safe space to express yourself and how you are feeling.

Every other week from Wednesday 30 August,
2pm - 3.30pm, online via 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@maryfrancetrust.org.uk
or visit www.maryfrancetrust.org.uk
or scan our QR code →



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Inspiring Mental Wellbeing