

LET'S TALK

STIGMA AROUND ADDICTION

This 8-week course will help you to discover stigma around addiction and how to achieve greater confidence, a more balanced life and improved emotional health, wellbeing and resilience.

Each week will discuss a different topic with the last session being feedback and sharing experiences



**From Tuesday 16 January 2024
7.30pm-8.30pm on 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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