

LET'S TALK MINDFULNESS AND SELF-COMPASSION

A friendly and relaxing group to learn how using mindfulness and self compassion techniques in daily life can help our mental and physical wellbeing.



**A 4-week course starting Wednesday
10 January 1.00pm-2.30pm,
at King's Church, Longmead Road, Epsom**

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,
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VISIT WWW.MARYFRANCESTRUST.ORG.UK
OR SCAN OUR QR CODE**



Inspiring Mental Wellbeing