

LET'S TALK SUPPORT

An open peer support group where we come together to offer mutual support.

The evening will be broken down into check-in followed by a group exercise to help focus on mental health skills.



**Alternate Wednesdays starting 17 April 2024
6.00pm-7.30pm 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@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk
or scan our QR code



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Inspiring Mental Wellbeing