

A JOURNEY THROUGH THE SEASONS

Autumn is here.

There is so much to celebrate in nature.

The vibrant colours, scents and beauty around us.

Come along and chat about your experiences of autumn - share photos, poems and take part in our autumn activity.



**A 4-week course starting Tuesday 7 October
10am-11.30am
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**



MFT MARY FRANCES TRUST
Inspiring Mental Wellbeing