

PEER SUPPORT

ASHTEAD

Are you looking for a safe, supportive space to share your experiences?

Join our weekly peer support group where we come together to listen, learn and grow.

Whether you are facing challenges, need someone to talk to or want to connect with others who understand, our group is here for you.



Weekly on Mondays at 10.00am-11.30am
Ashtead

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



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Inspiring Mental Wellbeing