

COFFEE MORNING

ELMBRIDGE

Start your day with a friendly chat over tea and coffee.

Coffee, cake and company... what's not to like! Our coffee mornings are a relaxed and non-judgemental environment to meet with others and enjoy light-hearted conversation face-to-face.



Mondays at 10.30am-12pm
West Molesey

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To attend, you first need to register with MFT on our website and then contact us to reserve your place. Call 01372 375400, text 07929 024722 (SMS service only) or email info@maryfrancestrust.org.uk
Visit www.maryfrancestrust.org.uk



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Inspiring Mental Wellbeing