

WOMEN'S WELLBEING PEER SUPPORT GROUP

A weekly group providing a safe space for women to share experiences and support each other.

This is a friendly session with the opportunity to connect with other women, chat over coffee and learn new skills to improve our wellbeing as women.

Regular topics include:

- Menopause
- Mindfulness
- Self compassion
- Building confidence and resilience



**Weekly on Thursdays
at 11am-1pm
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,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk
or scan our QR code



MFT MARY FRANCES TRUST
Inspiring Mental Wellbeing