

ARTS & CRAFTS

EPSOM

This weekly group will help you to develop arts and crafts skills and discover how to achieve greater confidence, a more balanced life, improved emotional health, wellbeing and resilience.



Weekly on Thursdays
11.00am-1.00pm
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 →



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Inspiring Mental Wellbeing