

# **MEN'S PITSTOP**

## **MEN'S PEER SUPPORT GROUP**

### **LEATHERHEAD**

A confidential space to share, listen and connect.

Don't carry the weight of what is keeping you down. Drop in and chat about it at Men's Pitstop.

Not ready to talk? Just show up and listen- no pressure, just support.



**Weekly on Thursdays 7:30pm- 8:30pm**  
**Leatherhead**

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@maryfrancetrust.org.uk](mailto:info@maryfrancetrust.org.uk)  
or visit [www.maryfrancetrust.org.uk](http://www.maryfrancetrust.org.uk)



Inspiring Mental Wellbeing