

# PEER SUPPORT

## ELMBRIDGE

This weekly group is a friendly, non-judgemental environment, where the focus is solely on learning from and supporting others.

These sessions will help you to improve your emotional health, wellbeing and resilience, as well as connect with others in your local community.



**Tuesdays, 12pm-2pm**  
**West Molesey**

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 on our website and then contact us to reserve your space on:  
call 01372 375400, text 07929 024722 (SMS service only), email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)  
Visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)



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Inspiring Mental Wellbeing