

# SINGING IN MIND ONLINE CHOIR

**It is proven that singing makes you feel great!  
We're bringing the choir experience to anyone who wants to sing, laugh and meet new people.**

**And don't worry, your voice won't be heard on its own!  
But you will be able to hear your Choir Leader.**



**Tuesday 13,20,27 January  
1-2pm on Zoom**

**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 contact: 01372 375400, text 07929 024722, email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk) or scan our QR code



**MFT** MARY FRANCES TRUST  
Inspiring Mental Wellbeing