

COFFEE AND MINDFULNESS

ONLINE

Start your day with a friendly chat over tea and coffee and some time for mindfulness activities.

Our coffee mornings are a relaxed and welcoming space.

We meet weekly online, where you can end the week connecting with others ahead of the weekend.



Weekly on Fridays
9.30 -10.30am
Online

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