

ART WITH TARYN ONLINE

This 4-week course encourages you to connect with others, relax your mind and experiment with your creativity.

From painting and drawing to origami, take part in a range of different activities - all skill levels welcome.



**4-week course
Starts Monday 2 February
6-7pm**

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



MFT MARY
FRANCES
TRUST
Inspiring Mental Wellbeing