

# HEALTHY BOUNDARIES

This supportive and practical 5-week course is created for anyone who finds it difficult to say no, feels overwhelmed by others' expectations, or wants to build stronger emotional resilience in everyday life. You'll learn what boundaries are, why they are important to your wellbeing and how to set and maintain them with clarity and confidence.



**Starts Tuesday 17 February 7pm-8pm**  
**Online - Zoom login sent on registration**

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)  
or scan our QR code →



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