

# MAKING A STEP TO A HAPPIER YOU

**This weekly group will help you to discover how to achieve greater confidence, a more balanced life and improved emotional health, wellbeing and resilience.**

On this 5 week journey to a more positive you, we will focus on taking care of the body and mind with simple tools to start feeling well. We will look together at how we can start to feel better by connecting with others and our surroundings. Small steps each week to a more positive you.



**5 week course starting Saturday 7 Feb  
9.30am - 10.30am  
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 first and then contact:  
01372 375400, text 07929 024722 (SMS service only), email  
[info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) or visit  
[www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)



**MFT** MARY FRANCES TRUST  
Inspiring Mental Wellbeing