

# PHOTOGRAPHY GROUP

Photography gives us something to focus on. It is a good mindfulness tool to distract us from the busy world and offers a true sense of perspective.

With a different theme each month, this group will share photo's, stories and techniques.

All you need is a camera or camera phone!



**Mondays on Zoom, 12pm-1pm**

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](mailto:info@maryfrancestrust.org.uk)  
or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)  
or scan our QR code →



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