

LGBTQ+

PEER SUPPORT GROUP

This is a relaxed, gentle and supportive group where you can:

- Meet people with shared experiences and identities
- Be supported and support others in a safe, confidential, friendly and non-judgmental environment
- Reduce loneliness and isolation and share coping strategies



**Every third Tuesday of the month,
7pm-8.30pm 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,
email info@maryfrancestrust.org.uk
visit www.maryfrancestrust.org.uk
or scan our QR code



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Inspiring Mental Wellbeing