

ONLINE WOMENS PEER SUPPORT GROUP

Our weekly Womens Peer Support Group meets every Tuesday morning on zoom.

This is a caring and safe space for women to come together and share and support each other on the journey to feeling better with mental health and with life in general.

The group is led by an experienced peer support professional.



**Tuesdays at 10am
on Zoom**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through individual 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



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