

ONLINE CARERS PEER SUPPORT GROUP

Our monthly wellbeing group is specifically designed to support unpaid adult carers (16+) who need a safe environment to talk and are looking after people with long-term conditions (physical or mental).

Together we look at developing strategies to help our own mental health while having a caring responsibility.



**First Tuesday of the month
7.30pm to 8.30pm 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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