

# COFFEE AND SOCIAL

## EPSOM

Start your day with a friendly chat over tea and coffee

Coffee, cake and company...what's not to like! Our coffee mornings are a relaxed and non-judgemental environment to meet with others and enjoy light-hearted conversation face-to-face .



**Weekly on Fridays  
11am-1pm  
Epsom**

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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Inspiring Mental Wellbeing