

# BIPOLAR SUPPORT GROUP

Our Bipolar Support Group is restarting for 2026!

Anyone with symptoms of bipolar or cyclothymia, with or without a diagnosis, are invited to join us. Family members, friends and supporters are very welcome too.

Our monthly sessions include:

- facilitated peer support
- guest speakers
- and a variety of related topics.



**Every first Thursday of the month, 7pm-8.30pm  
(face-to-face in Leatherhead  
and on Zoom every month)**

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



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