

# PEER SUPPORT

## HERSHAM

This weekly peer support is an informal space for a group of people to meet on a regular basis to support each other.

It is facilitated by a trained psychotherapist.

There will be some time spent exploring a common theme that has present in the group.



**Fridays at 11.15am-1.15pm**  
**Hersham**

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)



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