

# MEN'S SOCIAL GROUP

A group providing a safe space for men to share experiences and to support each other.

This is a friendly session with the opportunity to connect, chat and join together online.



**First Tuesday of the month,  
at 7pm - 8.30pm, on Zoom**

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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