

EATING DISORDERS SUPPORT GROUP

Make sense of your eating disorder

- Build self-compassion
- Take small meaningful steps forward
- Non-clinical and open to everyone with or without a diagnosis or existing support



An 8-week course
Saturdays 12, 26 September, 10, 24, 31 October
7, 14 and 21 November
10am-12pm
Leatherhead

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 on our website and then contact us to reserve your space on:
call 01372 375400, text 07929 024722 (SMS service only), email info@maryfrancestrust.org.uk
Visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing