

FIVE WAYS TO WELLBEING COURSE

Connection and rest are closely linked.

When we feel connected to other people, we often feel safer, calmer, and less alone, which allows our bodies and minds to rest more deeply. Equally, when we are rested, we are usually more patient, emotionally available, and able to build healthier relationships.



5 week course starting Saturday 19 September
9.30am - 10.30am
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 (SMS service only), email
info@maryfrancestrust.org.uk or visit
www.maryfrancestrust.org.uk



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Inspiring Mental Wellbeing