

A NEUROSCIENCE PERSPECTIVE ON NEURODIVERSITY AND WELLBEING

This course will explore the neuroscience perspective on the brain, and communication.

Including:

- Neurodiversity
- Anxiety conditions
- Our belief system
- Sleep
- Motivation

The course aims to offer information, encourage unusual thinking and offer another insight into ourselves.



A 5-week course
Wednesday 2 September to 30 September
1.30pm-5.00pm
Epsom

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



MFT MARY FRANCES TRUST
Inspiring Mental Wellbeing