

Epsom Wellbeing Workshops



Come and meet like-minded people and improve your own emotional wellbeing. You will be able to develop your knowledge and skills and explore ways to identify how you can help yourself towards a brighter recovery!

The 5week course will include both theory and practical work.

Our course will start on Monday 8th of April 2019

At: Job Centre Plus
50 East Street
Epsom
Surrey
KT17 1HQ

The sessions will start at 10.30am and
will end at 1.00pm

To join, you are required to register and book a place
with

Mary Frances Trust

You can contact MFT by:

Tel: 01372 375400, Text: 07929 024722

email: info@maryfrancestrust.org.uk

Mary Frances Trust supports people to improve their emotional wellbeing through one to one support, courses, groups and activities designed to aid recovery

