

Building Emotional Resilience



Come along to this 3hour workshop to find out how you can build your personal resilience to enable you to cope and deal with difficult life situations

Date: Thursday 1st October 2019

Venue: The Marshall Room

Ashted Peace Memorial Hall

Woodfield Lane, Ashted KT21 2BE

Time: 2pm-5pm

To join, you need to register with Mary Frances Trust

You can contact MFT by:

Tel: 01372 375400, Text: 07929 024722

email: info@maryfrancestrust.org.uk

This workshop is part of a programme delivered in partnership with the AshLea Medical Practice and Assura Healthy Communities Scheme.



Assura



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

Mary Frances Trust