

Introduction to De-Cluttering



This short workshop will give you some ideas about how to start to organise your work and home space as well as deal with your emotional clutter.

Date: Thursday 15th October 2019
Venue: Leatherhead Institute Room G5
67 High Street Leatherhead KT22 8AH
Time: 1pm-4pm

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

