

Emotional Health & Wellbeing

wea.org.uk

This 4-week course will help you to discover how to achieve greater confidence, a more balanced life and improved emotional health & wellbeing and resilience.

This course is **Free of Charge** and is for clients registered with the Mary Frances Trust. To book please **first contact** The Mary Frances Trust- 01372 375400, mob: 07929 024722, or **email:** Info@maryfrancestrust.org.uk.

When: Tuesday 30th April (and every Tuesday for 4 weeks)

Where: Mary Frances Trust, 23 The Crescent, Leatherhead

Time: 12.30pm- 3pm

Facilitator: Angie Muscio

After gaining a pin number from the Mary Frances Trust please book your place online at www.wea.org.uk

Course reference C3743990 or phone 0300 303 3464



Education & Skills Funding Agency



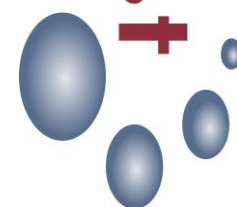
European Union European Social Fund

The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).



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



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