

# 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](mailto:Info@maryfrancestrust.org.uk).

**When:** Thursday 12<sup>th</sup> September (and every Tuesday for 4 weeks)

**Where:** Mary Frances Trust, 23 The Crescent, Leatherhead

**Time:** 10.00am-12:30pm

**Facilitator:** Angie Muscio

**After** gaining a pin number from the Mary Frances Trust please book your place online at [www.wea.org.uk](http://www.wea.org.uk)



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

**WEA**  
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