

Epsom Women's craft Group



Every Wednesdays from 9th January 2019
10am-12.30pm
(Term time only)

At
Kings Church
Off Gibraltar Crescent,
Longmead Road.
Epsom
KT19 9UB

New year, new you! Our Sewing Group in Epsom has developed into a Craft and Support Group. Why not join us to develop therapeutic skills and emotional strength?

A weekly Women's group undertaking many different activities including sewing, card and jewellery making and other educational courses. Learn how to manage your emotional wellbeing through peer support.

To book a place on this course or find out more, please contact MFT on:

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.

Mary Frances Trust