

An Introduction to Mindfulness

This short workshop will introduce you to mindfulness techniques to help relieve anxiety and stress

This course is Free of Charge and is for clients registered with Mary Frances Trust.

Book today:

Contact Mary Frances Trust- 01372 375400, text 07929 024722, or email: Info@maryfrancestrust.org.uk

When: Tuesday 12th February

Where: Mary Frances Trust Office
23 The Crescent, Leatherhead,
KT22 8DY

Time: 12:30pm – 3:30pm

Facilitator: Angie Muscio



Education & Skills
Funding Agency



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

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