



CONNECT – SHARE – SUPPORT – LEARN

MFT are running a Peer Support Group which will focus on giving and receiving support. Attendees will use their own experiences and knowledge to help each other.

Date: Every Tuesday

**The group will be held at: 1:30pm-3:00pm
Staines Community Centre,
Thames Road,
Staines-upon-Thames
TW18 4EA.**

A vital part of the peer support group is mutual respect and everyone's experiences are treated as equally important.

To join, you need to register with Mary Frances Trust
You can contact MFT by:

Tel: 01372 375400, Text: 07929 024 722

email: info@maryfrancestrust.org.uk

Peer Support Group

**Every Tuesday at
1:30pm till 3pm**

**Places are limited,
so please book
early**

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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www.maryfrancestrust.org.uk



@maryfrancestrst