

**Fancy a chat and a  
coffee?**

# Pop up café

*Time: 11am*

*Date: Wed 28 Nov & 12 Dec*

*Where: Costa Coffee, Banstead*

*Who: Y&U! Anyone can come!*

**Mary Frances Trust is a local emotional wellbeing charity, come along to find out about us, our courses or just for a natter.**

**We're super polite!**

For more information visit [maryfrancestrust.co.uk](http://maryfrancestrust.co.uk) or email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) or call 01372 375400