



STEPPS-down

Mary Frances Trust are running a 6-week group especially for those that have previously attended the STEPPS course.

This is an opportunity to re-visit some of the skills, materials and tools that you used during STEPPS and to talk about what you have tried and found helpful since then.

The next course will be held at

The Joseph Palmer Centre, 319 Walton Rd, Molesey, KT8 2QG

The course will start on Friday 2nd August 2019

Times: 12pm – 2pm

Each course is six weeks long with one session each week.

Please note that this course is specifically for those that have completed STEPPS in the last couple of years. If you have just finished a STEPPS course, we will need to book you onto a STEPPS -down course that starts at least 6 weeks after the end of your STEPPS course.

If you would like to find out a bit more about the course then please contact Michael Powell on michael@maryfrancestrust.org.uk or by text/phone 07961 478 625