



MFT are beginning a Social Cafe which will be a place to meet with friends and new people. There will be regular workshops alongside the café which will provide you with the tools to improve your emotional wellbeing.

Date: Every Thursday

**The Café will be held at: 1:00pm-3:00pm
St Peters Church,
Laleham Road,
Staines-upon-Thames
TW18 2DX.**

The workshops will focus on different aspects of wellbeing including: healthy eating, depression, anxiety and other topics.

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

Social

Café

with workshops

**Every Thursday at
1pm till 3pm**

**Please book before
attending**

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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@maryfrancestrst