

MFT SUPPORT NETWORK FOR UNPAID ADULT CARERS OF PEOPLE WITH LONG TERM MENTAL AND OR PHYSICAL CONDITIONS

This monthly wellbeing group is specifically to support unpaid carers who need a safe environment to talk and are looking after individuals with mental health issues and or long term medical conditions.

We will look at developing strategies to help our own mental health while having a caring responsibility.



**First Tuesday of the month
7.30pm to 8.30pm on Zoom**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722 (SMS service only), email
info@maryfrancestrust.org.uk or visit
www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing