

MFT WELLBEING COFFEE MORNING

Every Weekday - 10.30am - 11am

Having trouble connecting with people due to social isolation?

Mary Frances Trust have set up a daily virtual Coffee Morning so you can still connect with others in a safe and fun environment.

To access the Coffee Morning you will need an internet connection, a smart phone or tablet (iPad or Android) or a laptop or desktop.

You will also need to download the video conference application 'Zoom'

www.zoom.us/signup

Once registered, please contact MFT on the number below to obtain a Meeting ID



Social Isolation can have a negative impact on your emotional health and wellbeing, so stay connected by dropping in for a chat and enjoy a nice cuppa at the same time.

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 obtain a course ID by either calling
01372 375400, text **07929 024722**,
or email info@maryfrancestrust.org.uk

visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing