

NEW MUM'S SUPPORT GROUP

Are you struggling with feelings of worry or low mood? Are you finding things difficult to manage during this time of social distancing?

We are launching a brand new, online support group for mums. It will be a place to meet other new parents and get support around your emotional wellbeing through compassionate conversation and friendship.

Start Date: Tuesday 28th April 2020

Duration: Weekly

Times: 2pm - 3pm



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,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk

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