

# NEW MUMS COFFEE MORNING

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

Come and join our online coffee morning for new mums. We provide a safe space to meet other new parents and get support around your emotional wellbeing through compassionate conversation and friendship.

Bring your own coffee and see you there!



**Every Tuesday from 11.00-11.45am**

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](mailto:info@maryfrancestrust.org.uk)  
or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)

**MFT** MARY  
FRANCES  
TRUST  
Inspiring Mental Wellbeing