

# MANAGING YOUR EMOTIONAL HEALTH POST-COVID IN A LANGUAGE FAMILIAR TO YOU

বাংলা, اردو, हिन्दी

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 support workshop on Zoom to learn and share information in Bengali, Urdu and Hindi.**



**Monday 31 August at 2pm**

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)

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