

**FREE EVENT  
FOR MEN & WOMEN**



**Jit will talk about his  
experiences of alcohol  
& substance abuse**

**Jamila's Legacy CIC**  
**Mental Health**

Awareness | Resilience | Training

**'Educating & supporting communities and organisations  
in mental health wellbeing'**



Rehana Sidat  
CEO/Founder  
Jamila's Legacy



Jit Chauhan  
Creator & Star of documentary film  
'Im Jit, and I'm an alcoholic'



Ismail Sidat  
Mental Health Advocate  
Jamila's Legacy

**A FOCUS ON MEN'S MENTAL HEALTH**  
**Online Event**

**FRIDAY | 17 MARCH 2023 | 8.15PM - 9.15PM**

**07821849336**

[www.jamilaslegacy.co.uk](http://www.jamilaslegacy.co.uk)

**REGISTER NOW  
VIA EVENTBRITE**

