



Jamila's Legacy CIC

Mental Health

Awareness | Resilience | Training

WOMEN'S MENTAL HEALTH WELLBEING SESSIONS & ACTIVITIES

**Tuesdays from 10-12
@ African Caribbean Centre**

**Thursdays from 10-12
@ Highfields Library**

www.jamilaslegacy.co.uk

**Starting from
week
commencing
9th January
2023**

