



Jamila's Legacy CIC

Mental Health

Awareness | Resilience | Training

WOMEN'S MENTAL HEALTH & WELLBEING PROJECT

SUPPORTING WOMEN'S MENTAL HEALTH AND WELLBEING SINCE 2022

≡ *Everyone Welcome!* ≡



**EVERY
THURSDAY**



10AM – 12PM



HIGHFIELDS LIBRARY

98 Melbourne Road
Leicester LE2 0DS

FREE SESSIONS • REFRESHMENTS INCLUDED



A WELCOMING SPACE TO:

-  Connect with other women
-  Talk about mental health and wellbeing
-  Learn ways to look after your wellbeing
-  Take part in activities and workshops
-  Build confidence and resilience
-  Access information and support



**COME ALONG, CONNECT WITH OTHERS
AND MAKE TIME FOR YOUR WELLBEING.**



www.jamilaslegacy.co.uk



info@jamilaslegacy.co.uk



07821 849336

You are not alone. We are here for you.

