



Jamila's Legacy CIC
Mental Health
Awareness | Resilience | Training

**YOUNG
PEOPLE'S
PROJECT
(14+)**

**Fun activities
Managing Stress
Mental Health Awareness
Coping strategies**

Facilitated by
Rehana Sidat
**BSc Hons Cognitive
Behavioural Therapeutic
Approaches**
&
Sheereen Sidat
**BSc Counselling &
Psychotherapy**

**Saturdays
2pm - 4pm
14 Jan 2023
11 Feb 2023
11 Mar 2023**

**For further details or bookings
contact Rehana Sidat
email : jamilaslegacy786@gmail.com
or call/text 07821 849336**

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