



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



Leicester, Leicestershire  
and Rutland

# Highfields Mental Health Café

Drop in support for when you're struggling  
to cope

**Opening Wednesday 19 July 2023**

Wednesdays, 2pm - 6pm  
Merlyn Vaz Centre  
1 Spinney Hill Road  
Leicester  
LE5 3GH

Fridays, 2pm - 6pm  
African Caribbean Centre  
Maidstone Road  
Leicester  
LE2 0UA

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