



Jamila's Legacy CIC

Mental Health

Awareness | Resilience | Training



Mental Wellbeing Mondays

For Men & Women

in partnership with John Lewis

Everyone Welcome

Starting in August, every first & third Monday

Excluding 15th August and bank holidays

Join Rehana Sidat - BSc (Hons) Cognitive Behavioural
Therapeutic Approaches

Monday 1st August from 10am - 12pm

John Lewis Leicester : Place To Eat - 3rd Floor

Booking is essential due to limited places



**JOHN
LEWIS**
& PARTNERS



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Instagram : [@jamilas_legacy](https://www.instagram.com/jamilas_legacy)

Twitter: [@jamilaslegacy](https://twitter.com/jamilaslegacy)

Book via Eventbrite or text/email