



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

**Free Mental Health Awareness Session
For Men & Women
Part Two - Anxiety & Depression**

Facilitated by Rehana Sidat

**BSc Hons Cognitive Behavioural
Therapeutic Approaches**

Monday 25 July

10 - 11.30am

Highfields Library

Book your place via Eventbrite

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

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