



Jamila's Legacy CIC

Mental Health

Awareness | Resilience | Training

THE WOMEN'S MENTAL HEALTH WELLBEING PROJECT

Thursdays - 10AM-12PM @ Highfields Library.

Peer support

Health & Wellbeing info

Confidence & Resilience building

Fun activities & much more!

Coffees, teas, juice & biscuits



www.jamilaslegacy.co.uk

Call/WhatsApp/Text 07821849336

