



Jamila's Legacy CIC

Mental Health

Awareness | Resilience | Training

**NHS**

Leicester, Leicestershire  
and Rutland

# Highfields Mental Health Café

Drop in support for when you're struggling  
to cope

Tuesdays, 9.30am - 12.30pm (last drop in: 12pm)

Merlyn Vaz Centre, 1 Spinney Hill Road, Leicester, LE5 3GH

Thursdays, 3pm - 6pm (last drop in: 5.30pm)

Highfields Library, 98 Melbourne Road, Leicester, LE2 0DS

Email: [info@jamilaslegacy.co.uk](mailto:info@jamilaslegacy.co.uk)

Phone: 07821 849 336

[www.jamilaslegacy.co.uk](http://www.jamilaslegacy.co.uk)



For up to date times/dates, scan the QR Code

Neighbourhood  
Mental Health  
Cafés

