

Mental Health Resilience, Music, The Commonwealth and Windrush

Hosted by The Association of Jamaican Nationals, MCW and Birmingham and Solihull Mental Health NHS Foundation Trust

# Black Resilience And Wellbeing

What Does Resilience  
Look Like To You?

Join our panel with our specialist Angela Kumah as she talks about the ability to bounce back and carry on and how culture, music, and a sense of community have set a solid foundation for the black community

WORLD COMMONWEALTH DAY  
8TH MARCH 2021, 6PM - 8PM GMT  
ZOOM MEETING ID: 337 945 0386  
PASSCODE: 259706

FOR ENQUIRIES CONTACT:  
BERESFORD.DAWKINS@NHS.NET

