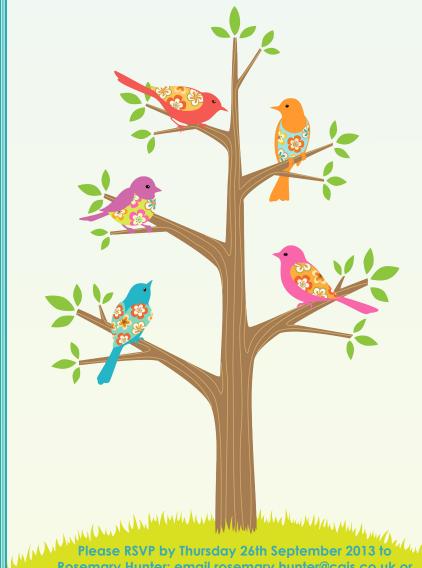
## Invitation to the launch of **Parabl Talking Therapies service**

Thursday 10th October 2013 at 9.30am Conwy Business Centre, Junction Way, Llandudno Junction, LL31 9XX



**Talking Therapies Partnership** 

You are cordially invited to the launch of the new Parabl Talking Therapies service also marking World Mental Health Day on 10th October 2013.

Parabl Talking Therapies service is commissioned by Betsi Cadwaladr University Health Board and provided by a consortium of charities which includes Aberconwy Mind, Advance Brighter Futures, CAIS, Flintshire Mind, Tan-y-Maen and Ynvs Môn and Gwynedd Mind. The service provides short term therapeutic interventions, including CCBT, therapeutic and mindfulness groups as well as individual counselling, for those with common mental health difficulties or challenging life events which may be impacting on their emotional well being. The service is for adults gaed 18 and over who are living in Wrexham, Flintshire, Denbighshire, Conwy, Gwynedd or Anglesey.

The event will provide an opportunity to gain an overview of the Parabl Talking Therapies service, to learn more about how the service fits in with existing services and the development of a new Integrated Care Pathway. You will also have the chance to hear from the partners who are delivering the programme and from clients who have already received a service from Parabl.

> 9.30 – Assemble and refreshments 10.00 – Presentations and launch of Parabl Talking Therapies service, with guest speakers 12.00 - Lunch and depart

> > We hope you will be able to join us, and look forward to seeing you there.





Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board

Please RSVP by Thursday 26th September 201 Rosemary Hunter: email rosemary.hunter@cais.co.uk or tel: 01492 863 007