

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



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 Ynys 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 aged 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.

Please RSVP by Thursday 26th September 2013 to
Rosemary Hunter: email rosemary.hunter@cais.co.uk or
tel: 01492 863 007



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