



**Rhwydwaith
Is inviting you to a Choices event:**

Monday 7th July 2008

11 - 2 pm @

The Mind Centre, Carmarthen

With guest speaker **Tim Bennet** from
Eiriol Mental Health Advocacy Project on:

**“Changes in the Mental Health Act
and how you can be heard”**

With Buffet lunch and refreshments provided.

And an opportunity to:

- Try a range of complementary therapies and arts workshops in the afternoon
- Meet other people with experience of mental health problems
- Say how you would like to be involved in the planning of current and new mental health services
- Ask and find out about mental health services across carmarthenshire
- Listen to people talk about their experiences, recovery and things which help them

For more Information contacts:

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Angie: 01267 238 367, wwamh_carmarthen@yahoo.co.uk

***Rhwydwaith;
“A network for Carmarthenshire for people with
experience of mental health problems”***