



NORTH CARMARTHENSHIRE
MENTAL HEALTH FORUM



SOUTH CARMARTHENSHIRE
MENTAL HEALTH FORUM

Date for your diary

World Mental Health Day
“ The Arts and Mental Health ”
Celebrating our unique creativity and
Individuality
Friday 10th October 2008
St Peters Civic Hall, Carmarthen



A range of things to do and see:



Arts workshops
Natural therapies
Art and Poetry Exhibition
Information Stalls
Speakers

Lunch and refreshments will be provided

For more information or if you would like a stall in the market place
please contact Angie on 01267 238367, or Jill on 01554 776149

***“With Mental Health problems, you can get lost. With Art you
can find out who you are” Quote from a service user***