

Cygnus

A course on understanding Personality Disorder for family, friends and supporters

The course lasts for six weeks and each week we will focus and build on a variety of topics, including:

- **What is personality disorder?**
- **Ways of offering support to someone who experiences personality disorder**
- **How to look after yourself**

We advise that you attend all six sessions to get the most out of the course.

We will be running the course three times over the year at a variety of times and locations

Spring 2020	Thursday evenings 6-8pm, 23 Jan - 27 Feb The Mount Hospital, 44 Hyde Terrace, Leeds
Summer 2020	Tuesday evenings 6-8pm, 9 June - 14 July The Mount Hospital, 44 Hyde Terrace, Leeds
Autumn 2020	Monday mornings 10am-12pm, 5 Oct - 9 Nov Art Room, Lovell Park, Leeds

For further information or to book your place, please contact:
Ruth Sutherland on **0113 8557951**
or email PDcarers.lypft@nhs.net