

Cygnus - online

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

The course lasts for seven 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 seven sessions to get the most out of the course.

New Dates and sessions	Pre-course session Tuesday 19 October, 5.30pm - 6.30pm
	Main course sessions Tuesday 2 November, 5.30pm - 7.30pm. Then every Tuesday for 6 weeks
Venue	Contact us for your Zoom invite

For more information or to book your place, please contact: **Jannine Dowling** on **0113 85 57951** or email **PDCarers.lypft@nhs.net**