

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.

The course will run twice more this year at different times and venues.

Summer 2019	Tuesday evenings 6-8pm, 18 June - 23 July The Vale Circles, Beeston, Leeds
Autumn 2019	Tuesday afternoons 1-3pm, 8 Oct - 12 Nov Stocks Hill Centre, Armley, Leeds

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