

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.

Day	Every Monday morning, 10am - 12pm
2020 Dates	Starting Monday 2 November
Venue	Contact us for your Zoom invite

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