

Andromeda

A peer support group for family, friends and supporters of people with complex emotional needs and interpersonal difficulties

Our carers support group will offer you an opportunity to chat and share experiences with other carers, to get information and advice, and to focus on your wellbeing as carers.

The group runs alternately online and face-to-face, on the third Wednesday of each month. The dates and venues for **2023** are:

Do you support a friend/relative with a 'personality disorder'/complex emotional needs? This group may be for you!

	Venue	Time	Dates
Online	Via Microsoft Teams Link sent before the meeting	5:30pm-7pm	15th February 19th April 21st June 16th August 18th October
Face-to-Face	At Carers Leeds, 6-8 The Headrow, Leeds, LS1 6PT	5:30pm-7pm	18th January 15th March 17th May 19th July 20th September

“This group is helpful as you can talk freely over tea and biscuits about your experience as a carer with the likelihood that what you say will resonate with someone...Attending the carers group is a really positive and affirming experience and has allowed me to form meaningful friendships with people I wouldn't have otherwise met”

For more information or to book your place, please email PDcarers.lypft@nhs.net

Or check out our website:

www.leedsandyorkpft.nhs.uk/our-services/emerge-leeds



Carers Leeds in partnership with Leeds Personality Disorder Clinical Network

