

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 three times a year at various times and venues.

Spring 2019	Thursday afternoons 1-3pm, 7 Feb - 14 March Lovell Park Centre
Summer 2019	Tuesday evenings 6-8pm, 7 May - 11 June The Vale Circle, 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