



**Inverclyde Carers Centre has launched a
LGBT Carers group.**

**We meet on the last Tuesday of every month at
6.30pm in Inverclyde Carers Centre.**

Come and join us in our safe space.

**Our therapist Gillian will be offering
group stress management.**

**If you wish more information on this please contact the
Inverclyde Carers Centre on 01475 735180.**