

# Tuesday Group (drop in)



A daytime drop-in session providing a safe, fun, and inclusive environment to relax and connect.

Share experiences and worries, celebrate achievements, and grow support for your family in a non-judgemental, understanding group. Children and young people attending can choose from board games and puzzles or enjoy our sensory play area.

- Tuesday termtime 10:00am - 11:30am
- JIGSAW Thornbury's home
- For the whole family



**Children, Young  
People and  
Families**




# Tuesday Group Led by Sarah with volunteers Mike and Jo

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Tuesday Group can help by....

**giving you a safe space to be yourself, helping you to feel understood and heard, reminding you that you are not alone.**



**" A gentle haven  
where voices meet  
and every heart finds  
room to breathe."**

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