

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 Margaret and Mike



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."

With support from

