

# Recharge and reset at our...



## Family Support 2026

Informal get-togethers led by our Family Support Practitioner, who is also a parent of a child with additional support needs. These groups are chance for for anyone in a caring role to meet others who “get it”!

Chat over a cuppa about topics important to you and your family and compare notes on what works (or doesn't!) in different situations.

**You are not alone. Come and join our community!**

Drop into a session – no need to book:

### Westhill groups

The Old Schoolhouse, Westhill  
**Wednesdays, 10-11.30am**

- 7<sup>th</sup> January
- 21<sup>st</sup> January
- 4<sup>th</sup> February
- 18<sup>th</sup> February
- 4<sup>th</sup> March
- 18<sup>th</sup> March

### Aberdeen groups

ALC, Tillydrone, Aberdeen, AB24 2XL  
**Tuesdays, 10-11.30am**

- 13<sup>th</sup> January
- 27<sup>th</sup> January
- 24<sup>th</sup> February
- 10<sup>th</sup> March
- 24<sup>th</sup> March



For more information contact Family Support Practitioner, Jo:

**[familysupport@sensationall.org.uk](mailto:familysupport@sensationall.org.uk)**

*Sessions are free but donations are appreciated.*

**[www.sensationall.org.uk](http://www.sensationall.org.uk)**  
**01224 476699**