James Support Group. Meeting Dates 2026

	January	February	March	April	May	June	July	August	September	October	November	December
Location												
Thurso (Tuesday) **Library**	13	10	10	14	12	16	**X**	11	15	13	10	1
Elgin (Thursday) **Ex-Services Club**	15	12	12	16	14	18	**X**	13	17	15	12	3
Invergordon (Tuesday) **Ross Sutherland Rugby**	20	17	17	21	19	23	**X**	18	22	20	17	8
Fort William (Thursday) **Library**	22	19	19	23	21	25	**X**	20	24	22	19	10
Dingwall (Tuesday) **Community Centre**	27	24	24	28	26	30	**X**	25	29	27	24	15
Inverness (Sunday) **Tattoo Hut Studio**	25	22	29	26	31	28	**X**	30	27	25	29	20
Nairn (Tuesday) First week in month **Community Centre**	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	**X**	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment
Ullapool (Thursday) First week in month. **Village Hall**	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	**X**	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment
Aviemore (Wednesday) First week in month. **Community Centre**	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	**X**	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment
Grantown on Spey (Thursday) **Garth Hotel**	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	**X**	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment