

## The Edge Café – Events and Workshops 16th – 29th October 2017

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16th – 22nd October	am				10.00 – 12.00 Knit and Natter	10.00 – 11.00 Meditation & Mindfulness 11.30 – 12.30 Tai Chi at The Edge	10.00 – 11.00 Pilates at The Edge	
	pm		13.00 – 15.30 Haircuts at The Edge 19.00 – 21.00 Borderline Personality Disorder Carer's Support Group	19.00 – 20.30 NA meeting	12.00 - 15.00 Sun Sessions with Russ 19.15 – 20.45 The Edge Recovery Support Group	14.00 – 16.00 Creative Writing at The Edge	12.30 - 13.30 OA meeting	13.00-14.30 NA meeting
23 <sup>rd</sup> – 29th October	am				10.00 – 12.00 Knit and Natter	10.00 – 11.00 Meditation & Mindfulness 11.30 – 12.30 Tai Chi at The Edge		
	pm	13.00 – 14.00 Music Club	13.00 – 15.30 Haircuts at The Edge	19.00 – 20.30 NA meeting	12.00 - 15.00 Sun Sessions with Russ 13.00 – 15.00 DJAM with Kate & Pippa 19.15 – 20.45 The Edge Recovery Support Group	14.00 – 16.00 Creative Writing at The Edge	10.00 – 11.00 -YOGA at The Edge (Please book a place) 12.30 - 13.30 OA meeting 13.00 – 15.00 Pumpkin Carving at The Edge	13.00-14.30 NA meeting

**Haircuts at The Edge: £10 a professional cut with 50% being donated to The Edge**

**DJAM: Dance, Journaling, Art and Meditation with Katie and Pippa**

**Sun Sessions with Russ: Drop in from midday for good conversation about recovery and a free cup of coffee or tea**

To find out more about events and volunteering, pop in to the Edge, email: [andy@thedgecafecambridge.com](mailto:andy@thedgecafecambridge.com) or tel: 07848871323

**All Edge Café workshops are free of charge.**