

## The Edge Café – Events and Workshops 5<sup>th</sup> – 18<sup>th</sup> February 2018

| Week  |    | Monday                                    | Tuesday  | Wednesday                   | Thursday   | Friday  | Saturday | Sunday                    |
|---|----|---|--|-----------------------------|--|---|----------|---------------------------|
| 5 <sup>th</sup> – 11 <sup>th</sup><br>February  | am | 10.00 – 15.00<br>Cutting Edge<br>Haircuts | 10.00 – 12.00<br>Total Voice<br>Advocacy Drop-in |                             | 10.00 – 12.00<br>Knit & Natter   | 12.00 -13.00<br>Tai Chi   |          |                           |
|   | pm |   |  | 19.00 – 20.30<br>NA meeting | 12.00 - 14.00<br>Sun Sessions with<br>Russ<br>14.00 – 16.00 <b>NEW</b><br>Mindful Moving<br>with DJAM<br>19.15 – 20.45<br>The Edge Recovery<br>Support Group | 18.30 – 21.00<br>Cambridge<br>Sustainable Food<br>Film Screening        |          | 13.00-14.30<br>NA meeting |
| 12 <sup>th</sup> – 18 <sup>th</sup><br>February | am |   | 10.00 – 12.00<br>Total Voice<br>Advocacy Drop-in |                             | 10.00 – 12.00<br>Knit and Natter   | 10.00 – 11.00<br>Meditation &<br>Mindfulness<br>12.00 -13.00<br>Tai Chi |          |                           |
|   | pm |   |  | 19.00 – 20.30<br>NA meeting | 12.00 - 14.00<br>Sun Sessions with<br>Russ<br>14.00 – 16.00<br>Art with DJAM<br>19.15 – 20.45<br>The Edge Recovery<br>Support Group                          |   |          | 13.00-14.30<br>NA meeting |

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

**The Edge Recovery Support Group – every Thursday 19.15 – 20.45 – anyone in recovery from addiction is welcome**

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

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