

The Edge Café – Events and Workshops 19th February – 4th March 2018

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19th – 25th February	am		10.00 – 12.00 Total Voice Advocacy Drop-in		10.00 – 12.00 Knit & Natter	13.00 -14.00 Tai Chi		
	pm	12.00 -13.00 The Edge Recovery Support Group		19.00 – 20.30 NA meeting	12.00 - 14.00 Sun Sessions with Russ 14.00 – 16.00 Mindful Moving with DJAM 19.15 – 20.45 The Edge Recovery Support Group			13.00-14.30 NA meeting
26th Feb – 4 th March	am		10.00 – 12.00 Total Voice Advocacy Drop-in		10.00 – 12.00 Knit and Natter	10.00 – 11.00 Meditation & Mindfulness 13.00 -14.00 Tai Chi		
	pm	12.00 -13.00 The Edge Recovery Support Group	19.00 – 21.00 BPD Carers' Support Group	19.00 – 20.30 NA meeting	12.00 - 14.00 Sun Sessions with Russ 14.00 – 16.00 Art with DJAM 19.15 – 20.45 The Edge Recovery Support Group	18.30 – 21.00 Cambridge Sustainable Food Community Meal	18.30 – 21.00 The Edge Sober Social	13.00-14.30 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

All Edge Café workshops are free of charge.