

The Edge Café – Events and Workshops 14th – 27th May 2018

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14 th – 20 th May	am		10.00 – 12.00 Total Voice Advocacy Drop- in		10.00 – 12.00 Knit & Natter	10.00 – 11.00 Mindfulness & Meditation		
	pm	12.00 -13.00 The Edge Recovery Support Group		14.00 – 16.00 A Different Recovery (Art & wellbeing workshop) 19.00 – 20.30 NA meeting	14.00 – 16.00 Mindful Moving with DJAM 19.15 – 20.45 The Edge Recovery Support Group	13.00 -14.00 Tai Chi	17.00 – 20.00 “Frontier” Ian Rawlinson – Arbury History Talk	13.00-14.30 NA meeting
21 st – 27 th May	am		10.00 – 12.00 Total Voice Advocacy Drop- in		10.00 – 12.00 Knit and Natter			
	pm	12.00 -13.00 The Edge Recovery Support Group		19.00 – 20.30 NA meeting	14.00 – 16.00 DJAM Art Workshop 19.15 – 20.45 The Edge Recovery Support Group	13.00 -14.00 Tai Chi		13.00-14.30 NA meeting

All Edge Café workshops are free of charge.

***Don't miss our new art & wellbeing workshop: A Different Recovery 14.00 – 16.00 every other Wednesday
To find out more about events and volunteering, pop in to the Edge or email: andy@theedgecafecambridge.com***