

The Edge Café – Events and Workshops 11th – 24th June 2018

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 th – 17 th June	am		10.00 – 12.00 Total Voice Advocacy Drop- in		12.00 – 14.00 Knit & Natter	10.00 – 11.00 Mindfulness & Meditation		
	pm	12.00 -13.00 The Edge Recovery 19.00 – 21.00 Death Cafe	18.00 – 19.30 Drumming at The Edge Djembe Workshop	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		13.00-14.30 NA meeting
18 th – 24 th June	am		10.00 – 12.00 Total Voice Advocacy Drop- in		12.00 – 14.00 Knit and Natter			
	pm	12.00 -13.00 The Edge Recovery Support Group 19.00 – 21.00 Changing Conversations	19.00 – 21.00 BPD Carer's 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	12.00 – 14.00 The Edge Great Clothes Swap 8	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***