

The Edge Café – Events and Workshops 3rd – 16th September 2018

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 rd – 9 th Sept	am		10.00 – 12.00 Total Voice Advocacy Drop- in					
	pm	12.00 -13.00 The Edge Recovery	19.00 – 21.00 BPD Carer’s Support Group	14.00 – 16.00 Heal the System (Recovery Journey Support) 19.00 – 20.30 NA meeting	19.00 – 20.45 The Edge Recovery Support Group	13.00 -14.00 Tai Chi 14.15 – 15.15 Meditation & Mindfulness 19.00 – 21.00 Open Mic Night		13.00-14.30 NA meeting
10 th – 16 th Sept	am		10.00 – 12.00 Total Voice Advocacy Drop- in					
	pm	12.00 -13.00 The Edge Recovery Support Group 18.30 – 21.00 Death Café	18.00 – 19.30 Drumming at The Edge	19.00 – 20.30 NA meeting	19.00 – 20.45 The Edge Recovery Support Group	13.00 -14.00 Tai Chi 14.15 – 15.15 Meditation & Mindfulness	12.00 – 14.00 The Edge Great Clothes Swap 9	13.00-14.30 NA meeting

All Edge Café workshops are free of charge.

***Don't miss our new Mental Health support group: Heal the System 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***