

The Edge Café – Events and Workshops 1st – 14th October 2018

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 st – 7 th Oct	am		10.00 – 12.00 Total Voice Advocacy Drop- in					
	pm	12.00 -13.00 The Edge Recovery Support Group	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 17.00 – 20.00 Music & Poetry Performance Group		13.00-14.30 NA meeting 19.30 – 21.00 SAA meeting
8 th – 14 th Oct	am		10.00 – 12.00 Total Voice Advocacy Drop- in					
	pm	12.00 -13.00 The Edge Recovery Support Group 14.30 – 15.30 The Edge Book Group		14.00 – 16.00 Creative Expression (Art workshop) 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		13.00-14.30 NA meeting 19.30 – 21.00 SAA meeting

All Edge Café workshops are free of charge.

***Don't miss our new Book Group every other Monday and Music & Poetry Performance Group every other Friday.
To find out more about events and volunteering, pop in to the Edge or email: andy@theedgecafecambridge.com***