

## The Edge Café – Events and Workshops 29<sup>th</sup> October – 11<sup>th</sup> November 2018

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 <sup>th</sup> Oct – 4 <sup>th</sup> Nov	am		10.00 – 12.00 Total Voice Advocacy Drop-in					
	pm	12.00 -13.00 The Edge Recovery Support Group	19.00 – 21.00 Save Montreal Square	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 Great Clothes Swap	13.00-14.30 NA meeting  19.30 – 21.00 SAA meeting
5 <sup>th</sup> – 11 <sup>th</sup> Nov	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 18.45 – 21.00 Changing Conversations		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 Music & Poetry Performance Group every other Friday.***

***To find out more about events and volunteering, pop in to the Edge or email: [recovery@theedgecafecambridge.com](mailto:recovery@theedgecafecambridge.com)***