



Groups & Workshops: F2F & Online

Dates: 11 - 17 August

All EDGE Café groups and workshops are free of charge.

Contact Gail for more information:

Gail@theedgecafecambridge.com

MONDAY

10 – 12 am 5-a side Chess with James – your first move is HELLO!

12 – 1pm EDGE Recovery Support Group
Peer led support group for addiction recovery.

18.30 – 20.00
EDGE Family and Friends Group – for people who have someone they love experiencing addiction issues

TUESDAY

13.15 -15.15
Oblique Arts beginner's guitar and songwriting workshop – FREE.
Book your place at:
mail@obliquearts.co.uk or phone 07950656799

14.00 – 15.00
Mens Friendship Group

WEDNESDAY

Cheap Wednesday – lunch for **£4.50**

9.30 – 10.45
Cambridge Online, supporting with access to the Internet

18.30– 20.00
NA meeting @ The EDGE

THURSDAY

13.15 -15.00 Art Wellbeing Group, All welcome (over 16) all abilities!

19:15 -20.15
Cambridge Primary Purpose Meditation meeting of A A

FRIDAY

10.00 – 12.00
Good Mood Cafe @ The EDGE, drop in for a friendly chat

10.00 – 11.00
PoHwer Session – drop in and find out more about advocacy

13.00 -14.00
Seated Tai Chi with Sam online
Zoom ID 840 0843 5061

14.15-15.45
EDGE Recovery Writing -Hybrid f2f @ The EDGE
ID 892 5883 6870
Password: writing

SATURDAY

Crochet with Laura 1-4pm

Making strawberries and stress balls!!

All free – although donations gratefully received

SUNDAY

13.00 – 14.00
Seated Tai Chi with Sam at The EDGE

16.00 - 17.00
NA meeting @ The EDGE

19.30- 20.30
SAA meeting @ The EDGE



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SATURDAY

1- 4pm MIXED MEDIA MONTAGE with Natasha – fabulous free workshop.

Booking recommended

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SAA meeting @ The EDGE