

The EDGE Café Groups & Workshops Descriptions.

EDGE RECOVERY MEETINGS	All wanting support from addiction are very welcome. An independently run safe and supportive space for relapse prevention. Non-judgemental support and advice. Welcoming beverage. Peer led. Please see our timetable for days and times.
THE EDGE FAMILY AND FRIENDS SUPPORT GROUP	We are an independent peer support group for family members & friends of people with substance misuse / mental health issues. Please see our timetable for days and times.
WOMENS CAFÉ	Open to all women. Safe space for a cuppa and a chat. #GOODTOTALK #COMBATINGLONELINESS #STAYCONNECTED #ASKITBASKET. Please see our timetable for days and times.
PEER MENTORING	1-1 peer support for mental health & recovery from drug/alcohol misuse. Find support on your journey. Support from volunteers with lived experience. In partnership with CGL (the statutory drug & alcohol service).
12 STEP FELLOWSHIPS	12 Step Fellowships – AA (Alcoholics Anonymous). NA (Narcotics Anonymous). SAA (Sex Addicts Anonymous) – 12 Step Fellowships have been around for 80 years and offer a structured programme of recovery. These are spiritual, not religious programmes. Please see our timetable for days and times.
RECOVERY WRITING	Safe and supportive group. No writing experience needed. Reduce stress. Build confidence. Can help with anxiety & depression. Online and in person. (ZOOM ID: 892 5883 6870 - PASSWORD: writing). Please see our timetable for days and times.
WOOLLY WONDERS	All things woolly. Create and chat. Bring your own work or start something new. All welcome. No experience needed. **Not a teaching class – more a ‘craft together’. Please see our timetable for days and times.

ART FOR WELLBEING GROUP	Arts and crafts for all. All welcome. No experience needed. New themes each week. Free and fun. Please see our timetable for days and times.
DJEMBE DRUMMING CIRCLE	Djembe drumming workshop. All welcome. No experience needed. Free and fun. Bring a friend. Please see our timetable for days and times.
SEATED TAI CHI	Sam's classes focus on alignment, connection to the ground, centring and deep, relaxed breathing. She offers plenty of gentle guidance to help students remain aligned, focused and mindfully aware. Online and in person. (ZOOM ID: 841 4144 2074 – PASSWORD: 8gyuqx). Please see our timetable for days and times.
WELLBEING WALK	Walking is great physical exercise and beneficial for positive mental health and general wellbeing. Walking with others has the added bonus of providing company, support and nature combined. Please see our timetable for days and times.
FREEDOM PROGRAMME	To help women who have experienced domestic violence make sense of and understand what has happened to them. To recognise potential future abusers. To help women gain self-esteem and the confidence to improve their lives, instead of the whole experience just feeling like a horrible mess. This is a rolling, women only, programme running for 12 weeks. Please see our timetable for days and times.
YOGA	Ease into the weekend with a blend of meditation, pranayama and yoga. No previous yoga experience needed. Booking is essential. Please see our timetable for days and times.

We also have other Groups & Workshops and Events taking place.

Please contact Gail@theedgecafecambridge.com for more information or **07848 871323**.

All groups and workshops are FREE. **(Age 16+)**.

For further details of our timetable, see our notice boards, website or speak to a Peer Mentor.,

The Edge Café @ Brookfields, 351 Mill Road, Cambridge, CB1 3DF.