

What's on at the Edge – Workshops/Groups/Events

The Edge Recovery Support Group – We are an independent Peer Support Group for people in recovery from alcohol/substance misuse and/or mental health issues. This group runs three times a week , (Monday and Wednesday 12-1 & Friday 630 – pm) Monday and Friday are both at The EDGE and online – Zoom ID 863 4437 0062, Wednesday is only online - Zoom ID 863 4437 0062.

The Edge Family/Carers Support Group - We are an independent peer support group for family members & carers of people with substance misuse and/or mental health issues. Every other Thursday 10.30-12.00. Please see timetable for dates/times. Currently online – Zoom ID: 837 1673 4199 p/w - family

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. Most are at The EDGE and online.

Tai Chi – Tai Chi is an ancient Chinese system of physical exercises and breathing control. Every Friday 1-2. Currently Zoom only – Zoom ID: 840 0843 5061

Yoga – Gentle yoga – suitable for beginners Tuesday 10.30 – 11.30 Zoom ID: 841 4144 2074 p/w 8gyuqx

The Slow Down – Yoga and mindfulness, focusing on breath. Every Monday 15.30 – 16.30 – Zoom ID: 853 0004 1594

Recovery Writing Group – This session is for all kinds of writing, designed to aid recovery from substance misuse and mental health issues. Journaling, 12 Step work, SMART recovery work, life story writing, creative writing, whatever works for you. Every Tuesday 1-2.30, at The EDGE and online – Zoom ID 892 5883 6870

Edgy Women – Supportive, safe space for women to talk about what's occurring.

Walking from The Edge – 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. See our timetable for dates/times.

Other Events: Open Mic & Drumming at The Edge. These are therapeutic music sessions, all abilities welcome. **Death Café. Changing Conversations. Clothes Swap.** Please see notice board and timetable for details, dates/times.

Please contact Gail@theedgecafecambridge.com for more information or [07848 871323](tel:07848871323)

All groups and workshops are FREE. For further details of our programme see our notice boards or speak to a Peer Mentor