

The EDGE Café – Zoom and F2F Groups 30 December 2024 – 12 Jan 2025

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Dec – 5 Jan			HAPPY NEW YEAR!!	19:15 -20.15 Cambridge Primary Purpose Meditation meeting of A A	13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061 14.15-15.15 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing		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
6 – 12 Jan	12.00 -13.00 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 – a safe space	13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE 14.00 – 15.00 Mens Friendship Group	Cheap Wednesday – lunch for £3 13.00 – 15.00 – Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink. 18.30– 20.00 NA meeting @ The EDGE	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	10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat 13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061 14.00-15.00 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing	1- 4pm DnD Are you interested? Contact Sky: 07918 991 352 to find out more	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

All EDGE Café groups and workshops are free of charge.
 Contact Gail@theedgecafecambridge.com for more information