

The EDGE Café – Zoom and F2F Groups 18 Nov – 1Dec 2024

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18 -24 Nov	Makeover	<p>10.15 – 12.15 Music for Wellbeing Book a place Mail@obliquearts.co.uk 07950656799</p> <p>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>14.00 – 15.00 Mens Friendship Group</p>	<p>9.30 – 10.45 Cambridge Online, supporting with access to the internet</p> <p>Cheap Wednesday – lunch for £3</p> <p>13.00 – 15.00 – Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.</p> <p>18.30 – 20.00 NA meeting @ The EDGE</p>	<p>13.00 – 14.30 Woolly Wonders @ Fulbourn</p> <p>13.15 -15.00 Art Wellbeing Group, All welcome (over 16) all abilities!</p> <p>2 -3.30pm CAB Digital Inclusion drop-in</p> <p>19:15 -20.15 Cambridge Primary Purpose Meditation meeting of A A</p>	<p>10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p>10.00 – 12.00 EDGY Women on tour @ March Community Centre -Room 3</p> <p>13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061</p> <p>14.00-15.00 EDGE Recovery Writing - Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p>	<p>11 – 1 Colourful Christmas Card making Group – mixed media, everything provided All welcome (16+) Please book by email: createandconnectgroup@hotmail.com</p>	<p>13.00 – 14.00 Seated Tai Chi with Sam at The EDGE</p> <p>16.00 – 17.00 NA meeting @ The EDGE</p> <p>19.30-20.30 SAA meeting @ The EDGE</p>
25 Nov – 1 Dec	<p>12.00 -13.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p>18.30 – 20.00 EDGE Family and Friends Group – for people who have someone they love experiencing addiction issues – a safe space</p>	<p>10.15 – 12.15 Music for Wellbeing Book a place Mail@obliquearts.co.uk 07950656799</p> <p>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>14.00 – 15.00 Mens Friendship Group</p> <p>18.30 – 20.00 Drumming Circle – all welcome.</p>	<p>9.30 – 10.45 Cambridge Online, supporting with access to the internet</p> <p>Cheap Wednesday – lunch for £3</p> <p>13.00 – 15.00 – Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.</p> <p>18.30– 20.00 NA meeting @ The EDGE</p>	<p>13.00 – 14.30 Woolly Wonders @ Fulbourn</p> <p>13.15 – 15.00 Art Wellbeing Group All welcome (over 16), all abilities!</p> <p>2 -3.30pm CAB Digital Inclusion drop-in</p> <p>19:15 -20.15 Cambridge Primary Purpose Meditation meeting of A A</p>	<p>10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p>10.00 – 12.00 EDGY Women on tour @ March Community Centre -Room 3</p> <p>13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061</p> <p>14.00-15.00 EDGE Recovery Writing - Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p>	<p>11 – 1 Colourful Christmas Card making Group – mixed media, everything provided All welcome (16+) Please book by email: createandconnectgroup@hotmail.com</p>	<p>13.00 – 14.00 Seated Tai Chi with Sam at The EDGE</p> <p>16.00-17.00 NA meeting @ The EDGE</p> <p>19.30-20.30 SAA meeting @ The EDGE</p>

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