

The Edge Café – Events and Workshops 12th August - 25th August 2019

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 th August– 18 th August 2019	am		10.00 – 12.00 Total Voice Support Session	7.30 -8.30 AA 10 – 12 noon Woolly Wonders				
	pm	12.00 -13.00 The Edge Recovery Support Group 12.00 – 13.00 Chair Yoga	Recovery Writing Cancelled (HOLS) 1-2 Edge Recovery Meeting Arbury	19.00 – 20.30 NA meeting 6.15 – 8.30 Walking for Health with Sebastian		13.00 -14.00 Tai Chi 14.15 – 15.15 Mindfulness Meditation 19.00 – 20.45 The Edge Recovery Support Group		13.00-14.30 NA meeting 19.30- 20.30 SAA meeting
19 th August – 25 th August 2019	am		10.00 – 12.00 Total Voice Support Session	7.30 -8.30 AA 10 – 12 noon Woolly Wonders	10.30 – 12 Family/Carers of people with Substance issues Support Group			
	pm	12.00 -13.00 The Edge Recovery Support Group 12.00 – 13.00 Chair Yoga	1 – 2.30 Recovery Writing at The Edge 1-2 Edge Recovery Meeting Arbury	19.00 – 20.30 NA meeting 6.15 – 8.30 Walking for Health with Sebastian		13.00 -14.00 Tai Chi 14.15 – 15.15 Mindfulness Meditation 19.00 – 20.45 The Edge Recovery Support Group		13.00-14.30 NA meeting 19.30 – 20.30 SAA meeting

All Edge Café workshops are free of charge.

To find out more about events and volunteering, pop in to the Edge or email: recovery@theedgecafecambridge.com