

The EDGE Café – Zoom and F2F Groups 13th November - 26 November 2023

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 – 19 Nov	<p>12.00 -13.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p>13.15 – 14.45 EDGY Women – Cafe space for women to connect and chat – in the Hayman Room</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>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>13.00-14.30 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p>14.00 – 15.00 Mens Friendship Group</p> <p>18.30 -20.00 Drumming – Djembe and Agogo rhythm - Best fun and all welcome!!</p>	<p>19.00 – 20.30 NA meeting @ The EDGE</p>	<p>11.00 -13.00 Oblique Arts beginners guitar and songwriting workshop – FREE. Book your place at: mail@obliquearts.co.uk or phone 07950656799</p> <p>13.00 -15.00 Art Wellbeing Group, All welcome, all abilities! Today the theme is Smoky and The Kittens – mixed media still life – awesome!!</p> <p>19:15 -20.15 Cambridge Primary Purpose Meditation meeting of Alcoholics Anonymous</p>	<p>10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p>13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061</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>
20 – 26 Nov	<p>12.00 -13.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p>13.15 – 14.45 EDGY Women – Cafe space for women to connect and chat – in the Hayman Room</p>	<p>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>13.00-14.30 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p>14.00 – 15.00 Mens Friendship Group</p>	<p>19.00 – 20.30 NA meeting @ The EDGE</p>	<p>11.00 -13.00 Oblique Arts beginners guitar and songwriting workshop – FREE. Book your place at: mail@obliquearts.co.uk or phone 07950656799</p> <p>13.00 – 15.00 Art Wellbeing Group All welcome, all abilities! This week we are creating Love Bunting – collage work</p> <p>19:15 -20.15 Cambridge Primary Purpose Meditation meeting of Alcoholics Anonymous</p>	<p>10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p>13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061</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*