

The EDGE Café – Zoom and F2F Groups 17 – 30 June 2024

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>17 – 23 June</b>	<p><b>12.00 -13.00</b> EDGE Recovery Support Group Peer led support group for addiction recovery.</p>	<p><b>13.00 – 14.30 –</b> Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p><b>13.00-14.00</b> EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 <b>Password: writing</b></p> <p><b>14.00 – 15.00</b> Mens Friendship Group</p>	<p><b>13.00 – 15.00 –</b> Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.</p> <p><b>18.30 – 20.00</b> NA meeting @ The EDGE</p>	<p><b>11.00 -13.00</b> Oblique Arts beginners guitar and songwriting workshop – <b>FREE</b>. Book your place at: <a href="mailto:mail@obliquearts.co.uk">mail@obliquearts.co.uk</a> or phone 07950656799</p> <p><b>13.00 – 14.30 Woolly Wonders @ Fulbourn</b></p> <p><b>13.15 -15.00</b> Art Wellbeing Group, All welcome (over 16) all abilities! Today we are looking at Artist identity – what makes an artist? - also booking for next weeks trip to Kettles Yard</p> <p><b>19:15 -20.15</b> Cambridge Primary Purpose Meditation meeting of A A</p>	<p><b>10.00 – 12.00</b> Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p><b>10.00 – 12.00 EDGY Women on tour @ March Community Centre -Room 3</b></p> <p><b>13.00 -14.00</b> Seated Tai Chi with Sam, on Zoom <b>ID 840 0843 5061</b></p>	<p><b>13.00- 16.00</b> <b><u>Second of 3 Creative Writing Workshops</u></b> <b>Memories</b> Participants can bring in objects that evoke special memories, and use this as inspiration</p> <p><b>To book your place on this AMAZING workshop – email:</b></p> <p><a href="mailto:gail@theedgecafecambidge.com">gail@theedgecafecambidge.com</a></p> <p><b>17.00 -18.00</b> EDGE Recovery Support Group Peer led support group for addiction recovery.</p>	<p><b>13.00 – 14.00</b> Seated Tai Chi with Sam at The EDGE</p> <p><b>16.00 –17.00</b> NA meeting @ The EDGE</p> <p><b>19.30- 20.30</b> SAA meeting @ The EDGE</p>
<b>24 -30 June</b>	<p><b>12.00 -13.00</b> EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p><b>18.30 – 20.00</b> EDGE Family and Friends Group – for people who have someone they love experiencing addiction issues – a safe space</p>	<p><b>13.00 – 14.30 –</b> Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p><b>13.00-14.00</b> EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p><b>14.00 – 15.00</b> Mens Friendship Group</p> <p><b>18.30 – 20.00</b> Drumming Circle</p>	<p><b>13.00 – 15.00 –</b> Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.</p> <p><b>18.30– 20.00</b> NA meeting @ The EDGE</p>	<p><b>11.00 -13.00</b> Oblique Arts beginners guitar and songwriting workshop – <b>FREE</b>. Book your place at: <a href="mailto:mail@obliquearts.co.uk">mail@obliquearts.co.uk</a> or phone 07950656799</p> <p><b>13.00 – 14.30 Woolly Wonders –@ Fulbourn</b></p> <p><b>13.15 – 15.00</b> Art Wellbeing Group All welcome (over 16), all abilities! Today is our Kettles Yard Trip – Megan Rooney – Echoes &amp; Hours</p> <p><b>19:15 -20.15</b> Cambridge Primary Purpose Meditation meeting of A A</p>	<p><b>10.00 – 12.00</b> Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p><b>10.00 – 12.00 EDGY Women on tour @ March Community Centre -Room 3</b></p> <p><b>13.00 -14.00</b> Seated Tai Chi with Sam, on Zoom <b>ID 840 0843 5061</b></p>	<p><b><u>Clothes Swap</u></b> <b>1- 3pm</b> <b>Only £1 entry - bring your clean, good condition clothing and swap to your hearts content</b></p> <p><b>*best to arrive @ 15 minutes prior to hand your clothes in – fortify yourself with tea and cake!</b></p> <p><b>17.00 -18.00</b> EDGE Recovery Support Group Peer led support group for addiction recovery.</p>	<p><b>13.00 – 14.00</b> Seated Tai Chi with Sam at The EDGE</p> <p><b>16.00-17.00</b> NA meeting @ The EDGE</p> <p><b>19.30- 20.30</b> SAA meeting @ The EDGE</p>

All EDGE Café groups and workshops are free of charge.  
Contact [Gail@theedgecafecambridge.com](mailto:Gail@theedgecafecambridge.com) for more information