

The Edge Café – Zoom and F2F Groups 21st September – 4th October 2020

A link to CGL website for their Zoom Groups <https://www.cambsrecovery.service.co.uk/groups/>

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
21st Sept – 27 th Sept 2020	pm	12.00 -12.40 Edge Recovery Support Group ID 160 596 836 Password: 007707	9.30 – 10.30 Yoga with Iir ID: 885 7538 1927 Passcode:701808 12.00 -12.40 Edge Support Group ID 160 596 836 Password: 007707 13.00-14.30 Edge Recovery Writing ID 892 5883 6870 Password: writing	7.30 – 8.30am AA @ The Edge 12.30 -13.10 Edge Recovery Support Group ID 160 596 836 Password: 007707 14.00- 15.00 Voiceability Advocacy Service @ The Edge 19.00 – 20.30 NA meeting @ The Edge	12.00 -12.40 Edge Recovery Support Group ID 160 596 836 Password: 007707 19.00 – 20.45 Places – Sober social @ The Edge	9.00-10.00 Wellbeing with Lisa Cambs Recovery Service ID: 723 551 1005 13.00 -14.00 Tai Chi ID 840 0843 5061 18.30 – 20.00 Edge Recovery Group @ The Edge			19.30- 20.30 SAA meeting @ The Edge
28 th Sept – 4 th Oct 2020	pm	12.30 -13.10 Edge Recovery Support Group ID 160 596 836 Password: 007707	9.30 – 10.30 Yoga with Iir ID: 885 7538 1927 Passcode:701808 12.30 -13.10 Edge Support Group ID 160 596 836 Password: 007707 13.00-14.30 Edge Recovery Writing ID 892 5883 6870 Password: writing	7.30 – 8.30am AA @ The Edge 12.30 -13.10 Edge Recovery Support Group ID 160 596 836 Password: 007707 14.00- 15.00 Voiceability Advocacy Service @ The Edge 19.00 – 20.30 NA meeting @ The Edge	10.30 – 11.30 The Edge Family Group ID 837 1673 4199 Password: family 12.30 -13.10 Edge Recovery Support Group ID 160 596 836 Password: 007707 19.00 – 20.45 Places – Sober social @ The Edge	9.00-10.00 Wellbeing with Lisa Cambs Recovery Service ID: 723 551 1005 13.00 -14.00 Tai Chi ID 840 0843 5061 18.30 – 20.00 Edge Recovery Group @ The Edge			19.30- 20.30 SAA meeting @ The Edge

All Edge Café workshops are free of charge