

## The Edge Café – Zoom and F2F Groups 22<sup>nd</sup> Feb – 7<sup>th</sup> March 2021

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

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
22 <sup>nd</sup> Feb - 28 <sup>th</sup> Feb 2021	pm	<p><b>12.30 -13.10</b> Edge Recovery Support Group ID 863 4437 0062</p> <p><b>13.30 – 15.00</b> Crafty Corner (AKA Woolly Wonders) ID 828 0013 6031</p>	<p><b>10.30 – 11.30</b> Fundamental Yoga with Iir ID: 827 2260 2868 Password: 031071</p> <p><b>12.00 -13.00</b> Edge Support Group ID 863 4437 0062</p> <p><b>13.00-14.30</b> Edge Recovery Writing ID 892 5883 6870 Password: writing</p>	<p><b>7.30 – 8.30am</b> AA Hybrid f2f @ The Edge ID: 861 337 182 p/w – 020719</p> <p><b>12.00 -13.00</b> Edge Recovery Support Group ID 863 4437 0062</p> <p><b>15.00 –16.00</b> The Slow Down, yoga and mindfulness with Naomi ID: 853 0004 1594</p> <p><b>19.00 – 20.30</b> NA meeting @ The Edge</p>	<p><b>12.00 -13.00</b> Edge Recovery Support Group ID 863 4437 0062</p> <p><b>19.30 – 20.45</b> Places – Sober social. For information contact <a href="mailto:places.cambridge@gmail.com">places.cambridge@gmail.com</a>"</p>	<p><b>11.00 – 12.00</b> Edgy Women- ID 829 56196653</p> <p><b>13.00 -14.00</b> Tai Chi ID 840 0843 5061</p> <p><b>18.30 – 20.00</b> Edge Recovery Group – ID – 863 4437 0062</p>			<p><b>19.30- 20.30</b> SAA meeting @ The Edge</p>
1 <sup>st</sup> Mar – 7 <sup>th</sup> Mar 2021	pm	<p><b>12.00 -13.00</b> Edge Recovery Support Group ID 863 4437 0062</p> <p><b>13.30 – 15.00</b> Crafty Corner (AKA Woolly Wonders) ID 828 0013 6031</p>	<p><b>10.30 – 11.30</b> Fundamental Yoga with Iir ID: 827 2260 2868 Password: 031071</p> <p><b>12.00 -13.00</b> Edge Support Group ID 863 4437 0062</p> <p><b>13.00-14.30</b> Edge Recovery Writing ID 892 5883 6870 Password: writing</p>	<p><b>7.30 – 8.30am</b> AA Hybrid f2f@ The Edge ID: 861 337 182 p/w - 020719</p> <p><b>12.00 -13.00</b> Edge Recovery Support Group ID 863 4437 0062</p> <p><b>15.00 –16.00</b> The Slow Down, yoga and mindfulness with Naomi ID: 853 0004 1594</p> <p><b>19.00 – 20.30</b> NA meeting @ The Edge</p>	<p><b>10.30 – 11.30</b> The Edge Family Group ID 837 1673 4199 Password: family</p> <p><b>12.00 -13.00</b> Edge Recovery Support Group ID 863 4437 0062</p> <p><b>19.30 – 20.45</b> Places – Sober social. F2f @ The Edge</p>	<p><b>11.00 – 12.00</b> Edgy Women- ID 829 56196653</p> <p><b>13.00 -14.00</b> Tai Chi ID 840 0843 5061</p> <p><b>18.30 – 20.00</b> Edge Recovery Group – ID – 863 4437 0062</p>		<p><b>19.30- 20.30</b> SAA meeting @ The Edge</p>	

**All Edge Café groups and workshops are free of charge**