

The EDGE Café – Zoom and F2F Groups 26th July – 8th August 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
26 th July- 1 st Aug 2021	<p>07.45 – 08.45. AA Womens Big Book mtg - Zoom ID: 839 8291 7196</p> <p>12.00 -13.00 EDGE Recovery Support Group Hybrid f2f + ID 863 4437 0062</p> <p>1.30 – 15.30 Inking your Thinking – f2f @ The EDGE 10 week performance writing group</p> <p>15.00 –16.00 The Slow Down, yoga and mindfulness with Naomi ID: 853 0004 1594</p>	<p>10.30 – 11.30 Fundamental Yoga with Iir ID: 841 4144 2074 Password: 8gyuqx</p> <p>13.00-14.30 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p>6.30 – 8 Drumming Workshop</p>	<p>7.30 – 8.30am AA Hybrid f2f @ The EDGE Zoom ID: 839 8291 7196</p> <p>12.00 -13.00 EDGE Recovery Support Group ID 863 4437 0062</p> <p>19.00 – 20.30 NA meeting @ The EDGE</p>		<p>11.00 – 12.00 Edgy Women- ID 829 56196653</p> <p>13.00 -14.00 Tai Chi ID 840 0843 5061</p> <p>18.30 – 20.00 Recovery Works –Hybrid f2f @ The EDGE ID 863 4437 0062</p>		<p>11 – 12.30? Ramblin at The EDGE</p> <p>16.00 –17.00 NA meeting @ The EDGE</p> <p>19.30- 20.30 SAA meeting @ The EDGE</p>
2 nd Aug – 8 th Aug 2021	<p>07.45 – 08.45. AA Womens Big Book mtg - Zoom ID: 839 8291 7196</p> <p>12.00 -13.00 EDGE Recovery Support Group Hybrid f2f + ID 863 4437 0062</p> <p>1.30 – 15.30 Inking your Thinking – f2f @ The EDGE 10 week performance writing group</p> <p>15.00 –16.00 The Slow Down, yoga and mindfulness with Naomi ID: 853 0004 1594</p>	<p>10.30 – 11.30 Fundamental Yoga with Iir ID: 841 4144 2074 Password: 8gyuqx</p> <p>13.00-14.30 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p>	<p>7.30 – 8.30am AA Hybrid f2f@ The EDGE ID: 839 8291 7196</p> <p>12.00 -13.00 EDGE Recovery Support Group ID 863 4437 0062</p> <p>19.00 – 20.30 NA meeting @ The EDGE</p>		<p>11.00 – 12.00 Edgy Women- ID 829 56196653</p> <p>13.00 -14.00 Tai Chi ID 840 0843 5061</p> <p>18.30 – 20.00 Recovery Works –Hybrid f2f @ The EDGE ID 863 4437 0062</p>		<p>11 – 12.30? Ramblin at The EDGE</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*