

The Edge Café – Events and Workshops 2nd December – 15th December 2019

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 nd December – 8 th December 2019	am		10.00 – 12.00 Total Voice Support Session	7.30 -8.30 AA 10 – 12 noon Woolly Wonders				11 -12.30 NA meeting
	pm	12.00 -13.00 Edge Recovery Support Group	1-2 Edge Recovery Meeting Arbury (COGS) 7-9 BPD Carers Group	2-3.30 Good Mood Café 19.00 – 20.30 NA meeting	1-3.30 Art Group with Dawn	13.00 -14.00 Tai Chi 19.00 – 20.45 The Edge Recovery Support Group		19.30- 20.30 SAA meeting
9 th December – 15 th December 2019	am		10.00 – 12.00 Total Voice Support Session	7.30 -8.30 AA 11 – 1 Woolly Wonders	10.30 – 12 Family/Carers of people with Substance issues Support Group			11 -12.30 NA meeting
	pm	12.00 -13.00 Edge Recovery Support Group 7-9 Welcome Jam – no experience necessary, come and join in the fun!!	1-2 Edge Recovery Meeting Arbury (COGS)	2-3.30 Good Mood Café 19.00 – 20.30 NA meeting	1-3.30 Art Group with Dawn 19.15 – 21.00 - PLACES Sober Social **NEW GROUP ***	13.00 -14.00 Tai Chi 19.00 – 20.45 The Edge Recovery Support Group	2-5pm The Edge Christmas Craft Fair 	19.30 – 20.30 SAA meeting

All Edge Café workshops are free of charge.

To find out more about events and volunteering, pop in to the Edge or email: recovery@theedgecafecambridge.com

What's on at the Edge – Workshops/Groups/Events

The Edge Recovery Support Group – We are an independent Peer Support Group for people in recovery from alcohol/substance misuse and/or mental health issues. This group runs twice weekly (Monday 12-1 & Thursday 7-8.45pm)

The Edge Family/Carers Support Group - We are an independent peer support group for family members & carers of people with substance misuse and/or mental health issues. Every other Thursday 10.30-12.00. Please see timetable for dates/times.

12 Step Fellowships – AA (Alcoholics Anonymous). NA (Narcotics Anonymous). SAA (Sex Addicts Anonymous) – 12 Step Fellowships have been around for 80 years and offer a structured programme of recovery. These are spiritual, not religious programmes. Please see our timetable for days and times.

Total Voice – If you need support finding solutions to issues such as benefits/housing/health etc, Total Voice Peer Mentors can help you by providing advice, making calls and accessing the services you need. Every Tuesday 10-1.

Borderline Personality Disorder Carers Support – This group is run by carers for carers and meets once a month. See poster and our timetable for dates/times.

Woolly Wonders – Unwind, be creative and have a chat at our knitting and crochet group Every Wednesday 10-12.

Art Group – Self-expression through painting, drawing or modelling A creative, therapeutic aid in recovery. Every Thursday 1-3.

Tai Chi – Tai Chi is an ancient Chinese system of physical exercises and breathing control. Every Friday 1-2.

Mindfulness Meditation – Mindfulness is a great way to calm the mind and focus on living in the moment, while calmly accepting the feelings and thoughts that come. Meditating with a group can help concentration and improve personal practise. Every Friday 2.15-3.15

Recovery Writing Group – This session is for all kinds of writing, designed to aid recovery from substance misuse and mental health issues. Journaling, 12 Step work, SMART recovery work, life story writing, creative writing, whatever works for you. Every Tuesday 1-2.30 (from June 25th)

Walking from The Edge – Walking is great physical exercise and beneficial for positive mental health and general wellbeing. Walking with others has the added bonus of providing company, support and nature combined. See our timetable for dates/times.

Other Events:

Open Mic & Drumming at The Edge. These are therapeutic music sessions, all abilities welcome. **Death Café. Changing Conversations. Clothes Swap.** Please see notice board and timetable for details, dates/times.