

The Edge Café – Zoom and F2F Groups 3rd May – 16th May 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
3 rd May - 9 th May 2021	pm	<p>12.00 -13.00 Edge Recovery Support Group ID 863 4437 0062</p> <p>13.30 – 15.00 Crafty Corner ID 828 0013 6031</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 ID 892 5883 6870 Password: writing</p>	<p>7.30 – 8.30am AA Hybrid f2f @ The Edge ID: 861 337 182 p/w – 020719</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>12.00 -13.00 Edge Recovery Support Group ID 863 4437 0062</p> <p>19.30 – 20.45 Places – Sober social. F2f @ 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>14.10-15.10 Edge your Hedge – gardening group Zoom ID: 828 0013 6031</p> <p>18.30 – 20.00 Edge Recovery Group – LIVE @ The Edge</p>		<p>11 – 12.30? Ramblin at The Edge – meeting point The Edge Cafe</p> <p>19.30-20.30 SAA meeting @ The Edge</p>
10 th May – 16 th May 2021	pm	<p>12.00 -13.00 Edge Recovery Support Group ID 863 4437 0062</p> <p>13.30 – 15.00 Crafty Corner ID 828 0013 6031</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 ID 892 5883 6870 Password: writing</p>	<p>7.30 – 8.30am AA Hybrid f2f@ The Edge ID: 861 337 182 p/w - 020719</p> <p>12.00 -13.00 Edge Recovery Support Group ID 863 4437 0062</p> <p>15.00 –16.00 The Slow Down, yoga and mindfulness with Naomi ID: 853 0004 1594</p> <p>19.00 – 20.30 NA meeting @ The Edge</p>	<p>10.30 – 11.30 The Edge Family Group ID 837 1673 4199 Password: family</p> <p>19.30 – 20.45 Places – Sober social. F2f @ 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>14.10-15.10 Edge your Hedge – gardening group Zoom ID: 828 0013 6031</p> <p>18.30 – 20.00 Edge Recovery Group – LIVE @ The Edge</p>		<p>11 – 12.30? Ramblin at The Edge – meeting point The Edge Cafe</p> <p>19.30-20.30 SAA meeting @ The Edge</p>

All Edge Café groups and workshops are free of charge