

The EDGE Café – Zoom and F2F Groups 9 - 22 Sept 2024

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 15 Sept	<p>12.00 -13.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</p>	<p>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>13.00-14.00 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p>14.00 – 15.00 Mens Friendship Group</p>	<p>9.30 – 10.45 Cambridge Online, supporting with access to the internet</p> <p>13.00 – 15.00 – Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.</p> <p>18.30 – 20.00 NA meeting @ The EDGE</p>	<p>13.00 – 14.30 Woolly Wonders @ Fulbourn</p> <p>13.15 -15.00 Art Wellbeing Group, All welcome (over 16) all abilities!</p> <p>19:15 -20.15 Cambridge Primary Purpose Meditation meeting of A A</p>	<p>10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p>10.00 – 12.00 EDGY Women on tour @ March Community Centre -Room 3</p> <p>13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061</p>	<p>17.00 -18.00 EDGE Recovery Support Group Peer led support group for addiction recovery</p>	<p>13.00 – 14.00 Seated Tai Chi with Sam at The EDGE</p> <p>16.00 – 17.00 NA meeting @ The EDGE</p> <p>19.30-20.30 SAA meeting @ The EDGE</p>
16 -22 Sept	<p>12.00 -13.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p>18.30 – 20.00 EDGE Family and Friends Group – for people who have someone they love experiencing addiction issues – a safe space</p>	<p>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>13.00-14.00 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p>14.00 – 15.00 Mens Friendship Group</p>	<p>9.30 – 10.45 Cambridge Online, supporting with access to the internet</p> <p>13.00 – 15.00 – Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.</p> <p>18.30– 20.00 NA meeting @ The EDGE</p>	<p>13.15 – 15.00 Art Wellbeing Group All welcome (over 16), all abilities!</p> <p>NEW – 2 -3.30pm CAB-Digital Inclusion dropin</p> <p>19:15 -20.15 Cambridge Primary Purpose Meditation meeting of A A</p>	<p>10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p>10.00 – 12.00 EDGY Women on tour @ March Community Centre -Room 3</p> <p>13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061</p>	<p>11 – 1 (2 x sessions) Yoga with Vicky yogawithvicky@gmail.com to book your place</p> <p>1-4pm The last of our Creative Writing workshops – The Shapes and Places of Words To book your place on this AMAZING workshop – email: gail@theedgecafecambridge.com</p> <p>17.00 -18.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</p>	<p>13.00 – 14.00 Seated Tai Chi with Sam 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 for more information