

The EDGE Café – Zoom and F2F Groups 9th – 22nd January 2023

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 15th Jan	<p>12.00 -13.00 EDGE Recovery Support Group</p>	<p>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>13.00-14.30 EDGE Recovery Writing Hybrid -f2f @ The EDGE ID 892 5883 6870 Password: writing</p>	<p>12.00 – 13.00 - EDGE Recovery Support Group Church of The Good Shepherd, Arbury</p> <p>19.00 – 20.30 NA meeting @ The EDGE</p>	<p>12.30 -14.00 Art Wellbeing Group All welcome, all abilities!</p> <p>14.00 – 15.00 Wellbeing Walk with Maria – dress for the weather!</p> <p>19:15 -20.15 Cambridge Primary Purpose Meditation meeting of Alcoholics Anonymous</p>	<p>10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p>13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061</p>	<p>10.00 – 12.00 5asideCHESS. All levels and ages are very welcome</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 – 22nd Jan	<p>12.00 -13.00 EDGE Recovery Support Group</p> <p>13.15 – 14.45 EDGY Women – Cafe space for women to chat</p> <p>18.30 – 19.30 Mens Group – a safe space for men to chat</p>	<p>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>13.00-14.30 EDGE Recovery Writing - Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p>14.00 – 15.00 Mens Friendship Group</p>	<p>12.00 – 13.00 EDGE Recovery Support Group Church of The Good Shepherd, Arbury</p> <p>19.00 – 20.30 NA meeting @ The EDGE</p>	<p>12.30 -14.00 Art Wellbeing Group All welcome, all abilities!</p> <p>19:15 -20.15 Cambridge Primary Purpose Meditation meeting of Alcoholics Anonymous</p>	<p>10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p>13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061</p>	<p>10.00 – 12.00 5asideCHESS. All levels and ages are very welcome.</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*

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 & Wednesday 12 – 1)

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.

Woolly Wonders – Unwind, be creative and have a chat at our knitting and crochet group Every Tuesday 1 – 3.

Art Group – Self-expression through painting, drawing or modelling A creative, therapeutic aid in recovery. Every Thursday 12.30 -2.

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

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

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. **Clothes Swap.** Please see notice board and timetable for details, dates/times.

All groups and workshops are FREE. For further details of our programme see our notice boards and information table or ask our Recovery Coordinator:

Gail (seniorrecovery@theedgecafecambridge.com)