

The Edge Café – Events and Workshops 25th Feb - 10th March 2019

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25 th Feb – 3rd March 2019	am		10.00 – 12.00 Total Voice Support Session					
	pm	12.00 -13.00 The Edge Recovery Support Group Welcome Music Jam – 7 – 9pm	Drumming at The Edge 6 – 7 pm	19.00 – 20.30 NA meeting		13.00 -14.00 Tai Chi 14.15 – 15.15 Mindfulness Meditation 19.00 – 20.45 The Edge Recovery Support Group		13.00-14.30 NA meeting 19.30 – 21.00 SAA meeting
4 th – 10 th March 2019	am		10.00 – 12.00 Total Voice Support Session	10 – 12 noon Woolly Goodness - name tbc (comp time??)				
	pm	12.00 -13.00 The Edge Recovery Support Group	7 – 9 – BPD Carers Group	19.00 – 20.30 NA meeting		13.00 -14.00 Tai Chi 14.15 – 15.15 Mindfulness Meditation 19.00 – 20.45 The Edge Recovery Support Group		13.00-14.30 NA meeting 3.30 – 6 - Cambridge Storytellers 19.30 – 21.00 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