

## The Edge Café – Events and Workshops 25th March- 7<sup>th</sup> April 2019

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25th March – 31 <sup>st</sup> March 2019	am		10.00 – 12.00 Total Voice Support Session	7.30 -8.30 AA  10 – 12 noon Woolly Wonders				
	pm	12.00 -13.00 The Edge Recovery Support 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  19.30- 20.30 SAA meeting
1 <sup>st</sup> April – 7 <sup>th</sup> April 2019	am		10.00 – 12.00 Total Voice Support Session	7.30 -8.30 AA  10 – 12 noon Woolly Wonders				
	pm	12.00 -13.00 The Edge Recovery Support Group	19.00 – 21.00 BPD Support 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  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](mailto:recovery@theedgecafecambridge.com)