

## The Edge Café – Events and Workshops 6<sup>th</sup> May – 19<sup>th</sup> May 2019

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 <sup>th</sup> May – 12 <sup>th</sup> May 2019	am	<b>Bank Holiday</b>	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	7 – 9 BPD Carers Support Group	19.00 – 20.30 NA meeting  6.45 - @ 8.30 Walking at The Edge with Sebastian	13.00 – 15.00 Art Group	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
13 <sup>th</sup> – 19 <sup>th</sup> May 2019	am		10.00 – 12.00 Total Voice Support Session	7.30 -8.30 AA  10 – 12 noon Woolly Wonders	10.30 – 12 Family/Carers of people with Substance issues Support Group			
	pm	12.00 -13.00 The Edge Recovery Support Group		19.00 – 20.30 NA meeting  6.45 - @ 8.30 Walking at The Edge with Sebastian	13.00 – 15.00 Art Group	13.00 -14.00 Tai Chi 14.15 – 15.15 Mindfulness Meditation 19.00 – 20.45 The Edge Recovery Support Group	12 – 2pm- Clothes Swap - £1 entrance	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)*