

The EDGE Café – Zoom and F2F Groups 10th-23rd Feb 2025

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 – 16 Feb	<p>12.00 -13.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p>13.30 – 15.00 Womens Create and chat,</p> <p>18.30 – 20.00 EDGE Family and Friends Group – for people who have someone they love experiencing addiction issues</p>	<p>13.15 – 15.15 Oblique Arts beginners guitar and songwriting workshop – FREE. Book your place at: mail@obliquearts.co.uk or phone 07950656799</p> <p>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>14.00 – 15.00 Mens Friendship Group</p>	<p>Cheap Wednesday – lunch for £4.50</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 @ Fulborn</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 – 11 Online Womens coffee morning with Gail ID: 860 3591 0273 NEW</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>14.15-15.15 EDGE Recovery Writing - Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p>	<p>1.15 – 4 Crochet with Gail Bring along your WIP or learn something new – great fun and free. Over 16's Book @ gail@theedgecafecambridge.com</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>
17 – 23 Feb	<p>12.00 -13.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p>13.30 – 15.00 Womens Create and chat, Weekly safe space for women</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>13.15 – 15.15 Oblique Arts beginners guitar and songwriting workshop – FREE. Book your place at: mail@obliquearts.co.uk or phone 07950656799</p> <p>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>14.00 – 15.00 Mens Friendship Group</p>	<p>Cheap Wednesday – lunch for £4.50</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 @ Fulborn</p> <p>12.00– 15.00 PoHwer Session – drop in and find out more about advocacy</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 – 11 Online Womens coffee morning with Gail ID: 860 3591 0273 NEW</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>14.15-15.15 EDGE Recovery Writing - Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</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