

The EDGE Café – Zoom and F2F Groups 15 – 28 July 2024

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15- 21 July	<p>12.00 -13.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</p>	<p>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>13.00-14.00 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p>14.00 – 15.00 Mens Friendship Group</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>11.00 -13.00 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 @ Fulbourn</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>10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p>10.00 – 12.00 EDGY Women on tour @ March Community Centre -Room 3</p> <p>13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061</p>	<p>11 – 1 (2 x sessions) Yoga with Vicky</p> <p>yogawithvicky@gmail.com to book your place</p> <p>13.15 – 16.00 Crochet – Laura is leading this months group – making cute fruit and veg with a teddy take home pattern – email me to book a place gail@theedgecafecambidge.com</p> <p>17.00 -18.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</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>
22-28 July	<p>12.00 -13.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</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>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>13.00-14.00 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p>14.00 – 15.00 Mens Friendship Group</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>11.00 -13.00 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 –@ Fulbourn</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>10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p>10.00 – 12.00 EDGY Women on tour @ March Community Centre -Room 3</p> <p>13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061</p>	<p>13.00- 16.00 Third of 3 Creative Writing Workshops Words – their spaces and places Participants can stencil, spray paint words onto bags (provided) t-shirts (byo) or boards (to be displayed)!!</p> <p>contact - gail@theedgecafecambidge.com</p> <p>17.00 -18.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</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@theedgecafecambidge.com for more information*