

## The Edge Café – Zoom Groups 27<sup>th</sup> July – 9<sup>th</sup> August 2020

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27 <sup>th</sup> July – 2 <sup>nd</sup> Aug 2020	pm	<b>12.30 -13.10</b> Edge Recovery Support Group ID 160 596 836 Password: 007707	<b>9.30 – 10.30 Yoga with lir</b> ID: 885 7538 1927 Passcode:701808  <b>12.00 -12.40</b> Edge Support Group ID 160 596 836 Password: 007707  <b>13.00-14.30</b> Edge Recovery Writing ID 892 5883 6870 Password: writing	<b>12.30 -13.10</b> Edge Recovery Support Group ID 160 596 836 Password: 007707	<b>10.30 – 11.30</b> The Edge Family Group ID 837 1673 4199 Password: family  <b>12.30 -13.10</b> Edge Recovery Support Group ID 160 596 836 Password: 007707	<b>9.00-10.00</b> Wellbeing with Lisa Cambs Recovery Service ID: 723 551 1005  <b>12.00 -12.40</b> Edge Recovery Support Group ID 160 596 836 Password: 007707  <b>13.00 -14.00</b> Tai Chi ID 840 0843 5061	<b>12.30 -13.10</b> Edge Recovery Support Group ID 160 596 836 Password: 007707	
3 <sup>rd</sup> Aug - 9 <sup>th</sup> Aug 2020	pm	<b>12.30 -13.10</b> Edge Recovery Support Group ID 160 596 836 Password: 007707	<b>9.30 – 10.30 Yoga with lir</b> ID: 885 7538 1927 Passcode:701808  <b>12.30 -13.10</b> Edge Support Group ID 160 596 836 Password: 007707  <b>13.00-14.30</b> Edge Recovery Writing ID 892 5883 6870 Password: writing	<b>12.30 -13.10</b> Edge Recovery Support Group ID 160 596 836 Password: 007707	<b>10.30 – 11.30</b> The Edge Family Group ID 837 1673 4199 Password: family  <b>12.30 -13.10</b> Edge Recovery Support Group ID 160 596 836 Password: 007707	<b>9.00-10.00</b> Wellbeing with Lisa Cambs Recovery Service ID: 723 551 1005  <b>12.00 -12.40</b> Edge Recovery Support Group ID 160 596 836 Password: 007707  <b>13.00 -14.00</b> Tai Chi ID 840 0843 5061	<b>12.30 -13.10</b> Edge Recovery Support Group ID 160 596 836 Password: 007707	

***All Edge Café workshops are free of charge.***