



Groups & Workshops: F2F & Online

Dates: 7- 13th April

All EDGE Café groups and workshops are free of charge.

Contact Gail for more information:

Gail@theedgecafecambridge.com

MONDAY

12.00 -13.00

EDGE Recovery Support Group
Peer led support group for addiction recovery.

13.30 – 15.00

Womens Create and chat – free, friendly women only group

18.30 – 20.00

EDGE Family and Friends Group – for people who have someone they love experiencing addiction issues

TUESDAY

13.15 -15.15

Oblique Arts beginner's guitar and songwriting workshop – FREE. Book your place at:
mail@obliquearts.co.uk or phone 07950656799

13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE

14.00 – 15.00 Mens Friendship Group

WEDNESDAY

Cheap Wednesday – lunch for **£4.50**

9.30 – 10.45 Cambridge Online, supporting with access to the Internet

13.00 – 15.00 – Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.

18.30– 20.00 NA meeting @ The EDGE

THURSDAY

13.00 – 14.30 Woolly Wonders @ Fulbourn

13.15 -15.00 Art Wellbeing Group, All welcome (over 16) all abilities!

19:15 -20.15 Cambridge Primary Purpose Meditation meeting of A A

FRIDAY

10 – 11 Coffee morning with Gail
Meeting ID: 860 3591 0273

10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat

13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061

14.15-15.15 EDGE Recovery Writing -Hybrid f2f @ The EDGE
ID 892 5883 6870
Password: writing

19.00 – 20.15 SMART Recovery NEW

SATURDAY

13.00 -16.00 DnD with Sky
Role playing at The EDGE
Open to all (over 16)
Contact Sky: 07918 991 352 to find out more

SUNDAY

13.00 – 14.00 Seated Tai Chi with Sam at The EDGE

16.00 - 17.00 NA meeting @ The EDGE

19.30- 20.30 SAA meeting @ The EDGE



Groups & Workshops: F2F & Online

Dates: 14 – 20th April

All EDGE Café groups and workshops are free of charge.

Contact Gail for more information:

Gail@theedgecafecambridge.com

MONDAY

12 – 1pm EDGE Recovery Support Group
Peer led support group for addiction recovery.

13.30 – 15.00 Womens Create and chat – free, friendly women only group

18.30 – 20.00 EDGE Family and Friends Group – for people who have someone they love experiencing addiction issues

TUESDAY

13.15 -15.15 Oblique Arts beginner's guitar and songwriting workshop – FREE.
Book your place at:
mail@obliquearts.co.uk or phone 07950656799

13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE

14.00 – 15.00 Mens Friendship Group

WEDNESDAY

Cheap Wednesday – lunch for £4.50

9.30 – 10.45 Cambridge Online, supporting with access to the Internet

13.00 – 15.00 – Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.

18.30– 20.00 NA meeting @ The EDGE

THURSDAY

13.00 – 14.30 Woolly Wonders @ Fulborn

12.00– 15.00 PoHwer Session – drop in and find out more about advocacy

13.15 -15.00 Art Wellbeing Group, All welcome (over 16) all abilities!

19:15 -20.15 Cambridge Primary Purpose Meditation meeting of A A

FRIDAY

Cafe Closed
Good Friday

19.00 – 20.15 SMART Recovery NEW

SATURDAY

Cafe Closed

SUNDAY

Cafe Closed
Easter Sunday

16.00 - 17.00
NA meeting @ The EDGE

19.30- 20.30
SAA meeting @ The EDGE