

## The EDGE Café – Zoom and F2F Groups 24<sup>th</sup> Feb – 9 Mar 2025

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>24 Feb – 2 Mar</b>	<p><b>12.00 -13.00</b> EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p><b>13.30 – 15.00</b> Womens Create and chat,</p> <p><b>18.30 – 20.00</b> EDGE Family and Friends Group – for people who have someone they love experiencing addiction issues</p>	<p><b>13.15 -15.15</b> Oblique Arts beginners guitar and songwriting workshop – <b>FREE</b>. Book your place at: <a href="mailto:mail@obliquearts.co.uk">mail@obliquearts.co.uk</a> or phone 07950656799</p> <p><b>13.00 – 14.30 –</b> Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p><b>14.00 – 15.00</b> Mens Friendship Group</p> <p><b>18.30 – 20.00</b> Drumming Circle</p>	<p><b>Cheap Wednesday – lunch for £4.50</b></p> <p><b>9.30 – 10.45</b> Cambridge Online, supporting with access to the internet</p> <p><b>13.00 – 15.00 –</b> Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.</p> <p><b>18.30– 20.00</b> NA meeting @ The EDGE</p>	<p style="color: red;"><b>13.00 – 14.30 Woolly Wonders @ Fulborn</b></p> <p><b>13.15 -15.00</b> Art Wellbeing Group, All welcome (over 16) all abilities!</p> <p><b>19:15 -20.15</b> Cambridge Primary Purpose Meditation meeting of A A</p>	<p><b>10 – 11</b> Online Womens coffee morning with Gail <b>ID: 860 3591 0273</b></p> <p><b>10.00 – 12.00</b> Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p><b>13.00 -14.00</b> Seated Tai Chi with Sam, on Zoom <b>ID 840 0843 5061</b></p> <p><b>14.15-15.15</b> EDGE Recovery Writing -Hybrid f2f @ The EDGE <b>ID 892 5883 6870</b> <b>Password: writing</b></p> <p><b>19.15 – 20.15</b> SMART Recovery <b>NEW</b></p>	<p style="color: magenta;"><b>1.15 – 4 Patchwork with Molly</b> Come and learn/practice this relaxing art with qualified teacher Molly Over 16's Book @ <a href="mailto:gail@theedgecafe.cambridge.com">gail@theedgecafe.cambridge.com</a></p>	<p><b>13.00 – 14.00</b> Seated Tai Chi with Sam at The EDGE</p> <p><b>16.00 –17.00</b> NA meeting @ The EDGE</p> <p><b>19.30- 20.30</b> SAA meeting @ The EDGE</p>
<b>3 – 9 March</b>	<p><b>12.00 -13.00</b> EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p><b>13.30 – 15.00</b> Womens Create and chat</p> <p><b>17.30 – 18.30</b> Online Create and chat <b>ID: 842 6013 4715</b> <b>P/w: 406666</b></p> <p><b>18.30 – 20.00</b> EDGE Family and Friends Group – for people who have someone they love experiencing addiction issues</p>	<p><b>13.15 – 15.15</b> Oblique Arts beginners guitar and songwriting workshop – <b>FREE</b>. Book your place at: <a href="mailto:mail@obliquearts.co.uk">mail@obliquearts.co.uk</a> or phone 07950656799</p> <p><b>13.00 – 14.30 –</b> Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p><b>14.00 – 15.00</b> Mens Friendship Group</p>	<p><b>Cheap Wednesday – lunch for £4.50</b></p> <p><b>9.30 – 10.45</b> Cambridge Online, supporting with access to the internet</p> <p><b>13.00 – 15.00 –</b> Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.</p> <p><b>18.30– 20.00</b> NA meeting @ The EDGE</p>	<p style="color: red;"><b>13.00 – 14.30 Woolly Wonders @ Fulborn</b></p> <p><b>12.00– 15.00</b> PoHwer Session – drop in and find out more about advocacy</p> <p><b>13.15 -15.00</b> Art Wellbeing Group, All welcome (over 16) all abilities!</p> <p><b>19:15 -20.15</b> Cambridge Primary Purpose Meditation meeting of A A</p>	<p><b>10 – 11</b> Online Womens coffee morning with Gail <b>ID: 860 3591 0273</b></p> <p><b>10.00 – 12.00</b> Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p><b>13.00 -14.00</b> Seated Tai Chi with Sam, on Zoom <b>ID 840 0843 5061</b></p> <p><b>14.15-15.45</b> EDGE Recovery Writing -Hybrid f2f @ The EDGE <b>ID 892 5883 6870</b> <b>Password: writing</b></p> <p><b>19.15 – 20.15</b> SMART Recovery <b>NEW</b></p>	<p style="color: green;"><b>11 – 12 Meditation with Arlette – wear comfortable clothing, bring a mat if you have one</b> <a href="https://www.instagram.com/meditationwitharlette">@pm.me</a></p> <p style="color: magenta;"><b>1- 4pm DnD</b> <b>Are you interested?</b> <b>Contact Sky: 07918 991 352</b> <b>to find out more</b></p>	<p><b>13.00 – 14.00</b> Seated Tai Chi with Sam at The EDGE</p> <p><b>16.00-17.00</b> NA meeting @ The EDGE</p> <p><b>19.30- 20.30</b> SAA meeting @ The EDGE</p>

