## The EDGE Café – Zoom and F2F Groups 22 April – 5 May 2024

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22 - 28 April	12.00 -13.00 EDGE	13.00 - 14.30 - Woolly	<b>10 – 12</b> Cambridge	11.00 -13.00 Oblique Arts	<b>10.00 – 12.00</b> Good		13.00 - 14.00
	Recovery Support Group	Wonders – Crochet,	Online, supporting	beginners guitar and	Mood Cafe @ The		Seated Tai Chi
	Peer led support group for	knit, pompoms	with access to the	songwriting workshop –	EDGE, drop in for a		with Sam at The
	addiction recovery.	here at The EDGE	internet	FREE. Book your place at:	friendly chat		EDGE
				mail@obliquearts.co.uk or			
	<b>13.15 – 14.45</b> EDGY	13.00-14.00	13.00 - 15.00 -	phone 07950656799	10.00 - 12.00		16.00 -17.00
	Women – Cafe space for	EDGE Recovery Writing	Games Club,	13.00 – 14.30 Woolly	EDGY Women on		NA meeting @
	women to connect and chat	-Hybrid f2f @ The EDGE	open to all (over	Wonders @ Fulbourn	tour @ March		The EDGE
	– in the Hayman Room	ID 892 5883 6870	16's) board games,		Community Centre		
		Password: writing	cards, Scrabble + hot	13.15 -15.00 Art Wellbeing	-Room 11		19.30- 20.30 SAA
	<b>18.30 – 17.30</b> EDGE		drink.	Group, All welcome (over			meeting @ The
	Support Group -Do you	14.00 – 15.00 Mens		16) all abilities! Today we	13.00 -14.00		EDGE
	have a healthy	Friendship Group		are looking at artist	Seated Tai Chi with		
	relationship with food??		18.30 - 20.00	Vanessa Cooper	Sam, on Zoom		
	Peer led sharing meeting,		NA meeting @ The	<b>19:15 -20.15</b> Cambridge	ID 840 0843 5061		
	No shame, No stigma		EDGE	Primary Purpose			
				Meditation meeting of			
				Alcoholics Anonymous			
29 April – 5	12.00 -13.00 EDGE	13.00 – 14.30 – Woolly	9.30 – 10.45	11.00 -13.00 Oblique Arts	<b>10.00 – 12.00</b> Good	<b>11 – 1</b> (2 x sessions) Yoga	13.00 - 14.00
May	Recovery Support Group	Wonders – Crochet,	Cambridge Online,	beginners guitar and	Mood Cafe @ The	with Vicky	Seated Tai Chi
	Peer led support group for	knit, pompoms	supporting with	songwriting workshop –	EDGE, drop in for a	<u>yogawithvicky@gmail.com</u>	with Sam at The
	addiction recovery.	here at The EDGE	access to the	FREE. Book your place at:	friendly chat	to book your place	EDGE
			internet	mail@obliquearts.co.uk or			
	<b>13.15 – 14.45</b> EDGY	13.00-14.00		phone 07950656799	10.00 - 12.00		16.00-17.00
	Women – Cafe space for	EDGE Recovery Writing	13.00 - 15.00 -	13.00 – 14.30 Woolly	EDGY Women on		NA meeting @
	women to connect and chat	-Hybrid f2f @ The EDGE	Games Club,	Wonders –@ Fulbourn	tour @ March		The EDGE
	– in the Hayman Room	ID 892 5883 6870	open to all (over		Community Centre		
		Password: writing	16's) board games,	<b>13.15 – 15.00</b> Art Wellbeing	-Room 11		<b>19.30- 20.30</b> SAA
	18.30 - 20.00		cards, Scrabble + hot	Group			meeting
	EDGE Family and Friends	14.00 – 15.00 Mens	drink.	All welcome (over 16), all	13.00 -14.00		@ The EDGE
	Group – for people who	Friendship Group		abilities! Today we are	Seated Tai Chi with		
	have someone they love	18 20 20 00	18 20 20 00	looking at artist Frida Kahlo	Sam, on Zoom		
	experiencing addiction	<b>18.30 – 20.00</b> Drumming Circle – all	<b>18.30– 20.00</b> NA meeting @ The	19:15 -20.15 Cambridge	ID 840 0843 5061		
	issues – a safe space	welcome.	EDGE	Primary Purpose			
				Meditation meeting of			
				Alcoholics Anonymous			

All EDGE Café groups and workshops are free of charge. Contact <u>Gail@theedgecafecambridge.com</u> for more information