

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

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22 - 28 April	<p>12.00 -13.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p>13.15 – 14.45 EDGY Women – Cafe space for women to connect and chat – in the Hayman Room</p> <p>18.30 – 17.30 EDGE Support Group -Do you have a healthy relationship with food?? Peer led sharing meeting, No shame, No stigma</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>10 – 12 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! Today we are looking at artist Vanessa Cooper</p> <p>19:15 -20.15 Cambridge Primary Purpose Meditation meeting of Alcoholics Anonymous</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 11</p> <p>13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061</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>
29 April – 5 May	<p>12.00 -13.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p>13.15 – 14.45 EDGY Women – Cafe space for women to connect and chat – in the Hayman Room</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>18.30 – 20.00 Drumming Circle – all welcome.</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! Today we are looking at artist Frida Kahlo</p> <p>19:15 -20.15 Cambridge Primary Purpose Meditation meeting of Alcoholics Anonymous</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 11</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 yogawithvicky@gmail.com to book your place</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@theedgecafecambridge.com for more information