

## The EDGE Café – Zoom and F2F Groups 30 October - 12 November 2023

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30 Oct – 5 Nov</b>	<p><b>12.00 -13.00</b> EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p><b>13.15 – 14.45</b> EDGY Women – Cafe space for women to connect and chat – in the Hayman Room</p> <p><b>18.30 – 20.00</b> EDGE Family and Friends Group – for people who have someone they love experiencing addiction issues – a safe space.</p>	<p><b>13.00 – 14.30</b> – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p><b>13.00-14.30</b> EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 <b>Password: writing</b></p> <p><b>14.00 – 15.00</b> Mens Friendship Group</p> <p><b>18.30 -20.00</b> Drumming – Djembe and Agogo rhythm - Best fun and all welcome!!</p>	<p><b>19.00 – 20.30</b> NA meeting @ The EDGE</p>	<p><b>11.00 -13.00</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 -15.00</b> Art Wellbeing Group, All welcome, all abilities! Today the theme is Portraits</p> <p><b>14.00 – 15.00</b> Wellbeing Walk with Maria, starting at The EDGE</p> <p><b>19:15 -20.15</b> Cambridge Primary Purpose Meditation meeting of Alcoholics Anonymous</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>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>6 – 12 Nov</b>	<p><b>12.00 -13.00</b> EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p><b>13.15 – 14.45</b> EDGY Women – Cafe space for women to connect and chat – in the Hayman Room</p>	<p><b>13.00 – 14.30</b> – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p><b>13.00-14.30</b> EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p><b>14.00 – 15.00</b> Mens Friendship Group</p>	<p><b>19.00 – 20.30</b> NA meeting @ The EDGE</p>	<p><b>11.00 -13.00</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 – 15.00</b> Art Wellbeing Group All welcome, all abilities! This weeks we are card making with Kathy</p> <p><b>19:15 -20.15</b> Cambridge Primary Purpose Meditation meeting of Alcoholics Anonymous</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>16.00-17.00</b> NA meeting @ The EDGE</p> <p><b>19.30- 20.30</b> SAA meeting @ The EDGE</p>

*All EDGE Café groups and workshops are free of charge  
contact [Gail@theedgecafecambridge.com](mailto:Gail@theedgecafecambridge.com)*