



Groups & Workshops: F2F & Online

Dates: 2 – 8 June

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 @ Fulbourn

13.00 – 14.00
Join Maria at The Fulbourn Resource Centre for conversational French, Spanish and Italian

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 online
Zoom ID 840 0843 5061

13.30– 15.00
PoHwer Session – drop in and find out more about advocacy

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

SATURDAY

Yoga with Vicky is back

As before there will be 2 class times **11-11.50** and **12-12.50**, this time with 2 different class options.

Contact Vicky for more information and to book – as places are limited

yogawithvicky@gmail.com

13.00 – 16.00
Patchwork with Molly
Email to book.
gail@theedgecafecambridge.com
All welcome (over 16's)

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: 9 - 15 June

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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.

14.00 – 15.30 The Strays, live music at The EDGE

18.30– 20.00 NA meeting @ The EDGE

THURSDAY

13.00 – 14.30 Woolly Wonders @ Fulbourn

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ID 892 5883 6870
Password: writing

SATURDAY

11 – 12 Meditation with Arlette. Wear comfortable clothing, bring a mat if you have one – contact meditationwitharlette@pm.me to book a place

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