

Groups & Workshops: F2F & Online

Dates: 20 - 26 October

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

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 issue

#### **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 NOT a teaching group – more a

**14.00 – 15.00**Mens Friendship
Group

craft together

### **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**

13.30 – 15.00 Mindful Colouring and Woolly Wonders at Fulbourn Resource Centre

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 Womens 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

14.15-15.45 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing

## SATURDAY

1 -4 Mixed Media Montage with Natasha

Booking essential for this

gail@theedgecaf ecambridge.com to reserve your comfy chair

### SUNDAY

13.00 – 14.00 Seated Tai Chi with Sam at The FDGF

**16.00 - 17.00**NA meeting @

The EDGE

19.30- 20.30 SAA meeting @ The EDGE



Groups & Workshops: F2F & Online

Dates: 27 October - 2<sup>nd</sup> November

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14.00 – 15.00 Mens Friendship Group

18.30 – 20.00 Drumming Circle Great fun and free! – just turn up

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Woolly Wonders, and Creative Writing at Fulbourn Resource Centre

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# **SATURDAY**

11 – 12

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

yogawithvicky@g mail.com

1 -4 Patchwork and Quilting with Molly

This weeks theme is Applique Needle Turn

Please book

gail@theedgecaf ecambridge.com

#### SUNDAY

13.00 – 14.00

Seated Tai Chi with Sam at The EDGE

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The EDGE

19.30- 20.30 SAA meeting @ The EDGE