

Groups & Workshops: F2F & Online

Dates: 26 January – 1 February

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

15.30 – 16.30 Lego Club, open to all – under 16's can leave their adult in the cafe!

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 craft together

14.00 – 15.00 Mens Friendship Group

18.30 - 20.00 Drumming Circle – just turn up!!

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, and Mindful Colouring 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

10.00 – 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

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: 2 – 8 February

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SATURDAY

Patchwork with Molly 1 -4pm

Patchwork and quilting tuition. Hand sewing. This week we will be looking at Kawandi Kantha Quilting

All free – although donations gratefully received

Email Gail to reserve your chair

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