Groups & Workshops: F2F & Online

Dates: November 2 - 8

All EDGE Café groups and workshops are free of charge and based at The EDGE Café, Brookfields Hospital Site, 351 Mill Rd, Cambridge unless stated otherwise.
Contact Gail for more information: Gail@theedgecafecambridge.com

Monday

12 – 1pm EDGE Recovery Support Group Peer led support group

13.30 – 14.30 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 mail@obliqueart s.co.uk or phone 07950656799

14.00 – 15.00 Mens Friendship Group

18.00 – 19.30 ***NEW*** Hybrid Neurodiverse Recovery Group A community group for brains that process things differently. Zoom ID: 862 5753 8533 p/w764872

Wednesday

Cheap Wednesday – lunch for **£4.50**

9.30 – 10.45 Cambridge Online, supporting with access to the Internet

13.00 – 14.30 Scrabble Club, open to all (over 16's) Scrabble + hot drink.

18.30– 20.00 NA meeting @ The EDGE

Thursday

11 – 12.30pm Gardening with Cat – informal chat and advice at The EDGE, moving to the allotment supplies provided

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

12.00 – 13.15 CA meeting @ The EDGE

13.00 -14.00 Seated Tai Chi with Sam online Zoom ID 840 0843 5061

14.15-15.15 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 p/w writing

19.00-20.00 SLA meeting at The EDGE

Saturday

Patchwork with Molly 1 -4pm

Patchwork and quilting tuition. Hand sewing. This week we will be looking at making Balls

All free – although donations gratefully received

Sunday

16.00 - 17.00 NA meeting @ The EDGE

19.30- 20.30 SAA meeting @ The EDGE

Groups & Workshops: F2F & Online

Dates: November 9 - 15

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16.00 - 17.00
NA meeting @ The EDGE

19.30- 20.30
SAA meeting @ The EDGE

Recovery Hub

Scan QR code or search the web address for more information about the peer support groups, community groups and other things on offer.

https://www.theedgecafecambridge.com/recovery-hub/

Community Events

Scan QR code or search the web address for more information about our current and upcoming community events.

https://www.theedgecafecambridge.com/community-events/