



## Groups & Workshops: F2F & Online

Dates: 24 – 30 March

All EDGE Café groups and workshops are free of charge.

Contact Gail for more information:

[Gail@theedgecafecambridge.com](mailto:Gail@theedgecafecambridge.com)

### MONDAY

12.00 -13.00  
EDGE Recovery  
Support Group  
Peer led support  
group for  
addiction  
recovery.

13.30 – 15.00  
Womens Create  
and chat

17.30 – 18.30  
Online Create  
and chat  
ID: 842 6013 4715  
P/w: 406666

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

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,  
**Cancelled**

18.30– 20.00  
NA meeting @  
The EDGE

### THURSDAY

13.00 – 14.30  
Woolly Wonders  
@ Fulborn -  
**Cancelled**

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  
**Cancelled**

10.00 – 12.00  
Good  
Mood Cafe @ The  
EDGE, drop in for a  
friendly chat

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

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

19.15 – 20.15  
SMART  
Recovery NEW

### SATURDAY

11 – 12 Meditation  
with Arlette. Wear  
comfortable  
clothing, bring a  
mat if you have  
one – contact  
meditationwithar  
lette@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



## Groups & Workshops: F2F & Online

Dates: 31 March – 6 April

All EDGE Café groups and workshops are free of charge.

Contact Gail for more information:

[Gail@theedgecafecambridge.com](mailto:Gail@theedgecafecambridge.com)

### MONDAY

12 – 1pm  
Recovery group  
**cancelled**

13.30 – 15.00  
Womens Create  
and chat **cancelled**

17.30 – 18.30  
Online Create  
and chat  
ID: 842 6013 4715  
P/w: 406666

18.30 – 20.00  
EDGE Family  
and Friends  
Group – for  
people who  
have someone  
they love  
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Crochet, knit,  
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here at The EDGE

14.00 – 15.00  
Mens Friendship  
Group

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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

**EDGE @ Fulborn  
2 Today!!! Join us  
at the Resource  
Centre for a  
complimentary  
sweet treat!**

13.00 – 14.30  
Woolly Wonders  
@ Fulborn

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 – 11.00  
Online  
Womens coffee  
morning with Gail  
ID: 860 3591 0273

10.00 – 12.00  
Good  
Mood Cafe @ The  
EDGE, drop in for a  
friendly chat

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840 0843 5061

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SAA meeting @  
The EDGE