



Groups & Workshops: F2F & Online

Dates: 15 – 21 June

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 – 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, here at The EDGE NOT a teaching group – more a craft together

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 – 14.30 Games Club, open to all (over 16's) board games, cards, 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, 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
Password: writing

Saturday

12 – 2 JUMBLE SALE

Donations gratefully received!! Drop off to the cafe anytime this week in cafe hours

Sunday

16.00 - 17.00 NA meeting @ The EDGE

19.30- 20.30 SAA meeting @ The EDGE

Groups & Workshops: F2F & Online

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Password: writing

Saturday

1 -4 Mixed Media Montage with Natasha

Booking essential for this

gail@theedgecafecambridge.com to reserve your comfy chair

7-9pm Spoken Word open mic
Free Entry!!

Sunday

16.00 - 17.00 NA meeting @ The EDGE

19.30- 20.30 SAA meeting @ The EDGE