

The EDGE Café – Zoom and F2F Groups 3 – 16 June 2024

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 – 9 June	<p>12.00 -13.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p>13.15 – 14.45 EDGY Women – Cafe space for women to connect and chat – in the Hayman Room</p> <p>18.30 – 17.30 EDGE Support Group -Do you have a healthy relationship with food?? Peer led sharing meeting, No shame, No stigma</p>	<p>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>13.00-14.00 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p>14.00 – 15.00 Mens Friendship Group</p>	<p>10 – 12 Cambridge Online, supporting with access to the internet</p> <p>13.00 – 15.00 – Games Club, open to all (over 16’s) board games, cards, Scrabble + hot drink.</p> <p>18.30 – 20.00 NA meeting @ The EDGE</p>	<p style="color: #4caf50;">13.00 – 14.30 Woolly Wonders @ Fulbourn</p> <p>13.15 -15.00 Art Wellbeing Group, All welcome (over 16) all abilities! Today we are focusing on local artists</p> <p>16.00 -17.00 – Mindfulness and Meditation on Zoom Meeting ID: 829 7971 8481 Passcode: 239460</p> <p>19:15 -20.15 Cambridge Primary Purpose Meditation meeting of A A</p>	<p>10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p style="color: #4caf50;">10.00 – 12.00 EDGY Women on tour @ March Community Centre -Room 3</p> <p>13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061</p>	<p style="color: #e91e63;">Saturday 8th June. Fantastic Cards - Felt.</p> <p>Explore the fun of creating designs with felt into bright and colourful greeting cards.</p> <p>Free to attend</p> <p>Suitable for beginners</p> <p>Group is for adults</p> <p>Limited spaces</p> <p>Please book a place by email fantasticcards@hotmail.com</p>	<p>13.00 – 14.00 Seated Tai Chi with Sam at The EDGE</p> <p>16.00 – 17.00 NA meeting @ The EDGE</p> <p>19.30-20.30 SAA meeting @ The EDGE</p>
10 -16 June	<p>12.00 -13.00 EDGE Recovery Support Group Peer led support group for addiction recovery.</p> <p>13.15 – 14.45 EDGY Women – Cafe space for women to connect and chat – in the Hayman Room</p> <p>18.30 – 20.00 EDGE Family and Friends Group – for people who have someone they love experiencing addiction issues – a safe space</p>	<p>13.00 – 14.30 – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p>13.00-14.00 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p>14.00 – 15.00 Mens Friendship Group</p>	<p>9.30 – 10.45 Cambridge Online, supporting with access to the internet</p> <p>13.00 – 15.00 – Games Club, open to all (over 16’s) board games, cards, Scrabble + hot drink.</p> <p>18.30– 20.00 NA meeting @ The EDGE</p>	<p style="color: #4caf50;">13.00 – 14.30 Woolly Wonders –@ Fulbourn</p> <p>13.15 – 15.00 Art Wellbeing Group All welcome (over 16), all abilities! Today we are looking at the Best Bits!!</p> <p>16.00 -17.00 – Mindfulness and Meditation on Zoom Meeting ID: 829 7971 8481 Passcode: 239460</p> <p>19:15 -20.15 Cambridge Primary Purpose Meditation meeting of A A</p>	<p>10.00 – 12.00 Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p style="color: #4caf50;">10.00 – 12.00 EDGY Women on tour @ March Community Centre -Room 3</p> <p>13.00 -14.00 Seated Tai Chi with Sam, on Zoom ID 840 0843 5061</p>	<p style="color: #e91e63;">11 – 1 (2 x sessions) Yoga with Vicky yogawithvicky@gmail.com to book your place</p> <p style="color: #e91e63;">1.15 – 4 Crochet with Gail Focus on Daisy Granny squares Bring along your WIP or learn something new – great fun and free. Over 16’s Book @ gail@theedgecafecambridge.com</p>	<p>13.00 – 14.00 Seated Tai Chi with Sam at The EDGE</p> <p>16.00-17.00 NA meeting @ The EDGE</p> <p>19.30-20.30 SAA meeting @ The EDGE</p>

All EDGE Café groups and workshops are free of charge.
Contact Gail@theedgecafecambridge.com for more information