

## The Edge Café – Events and Workshops 21st October – 3<sup>rd</sup> November 2019

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21st October– 27 <sup>th</sup> October 2019	am		<b>10.00 – 12.00</b> Total Voice Support Session	<b>7.30 -8.30</b> AA				
	pm	<b>12.00 -13.00</b> Edge Recovery Support Group	<b>1- 2.30</b> Recovery Writing at The Edge  <b>1-2</b> Edge Recovery Meeting Arbury (COGS)	<b>2-3.30</b> Good Mood Café  <b>19.00 – 20.30</b> NA meeting	<b>NO ART GROUP TODAY</b>	<b>13.00 -14.00</b> Tai Chi  <b>14.15 – 15.15</b> Mindfulness Meditation  <b>19.00 – 20.45</b> The Edge Recovery Support Group	<b>2-4 – Ghoulish</b> Pumpkin Carving - £1 Entry	<b>13.00-14.30</b> NA meeting  <b>19.30- 20.30</b> SAA meeting
28th Oct – 3 <sup>rd</sup> November 2019	am		<b>10.00 – 12.00</b> Total Voice Support Session	<b>10.30 – 12</b> Family/Carers of people with Substance issues Support Group				
	pm	<b>12.00 -13.00</b> Edge Recovery Support Group	<b>1 – 2.30</b> Recovery Writing at The Edge  <b>1-2</b> Edge Recovery Meeting Arbury (COGS)  <b>6-7.30 –</b> Drumming Circle	<b>2-3.30</b> Good Mood Café  <b>19.00 – 20.30</b> NA meeting	<b>1-3.30</b> Art Group with Dawn	<b>13.00 -14.00</b> Tai Chi <b>14.15 – 15.15</b> Mindfulness Meditation <b>19.00 – 20.45</b> The Edge Recovery Support Group		<b>13.00-14.30</b> NA meeting  <b>19.30 – 20.30</b> SAA meeting

**All Edge Café workshops are free of charge.**

To find out more about events and volunteering, pop in to the Edge or email: [recovery@theedgecafecambridge.com](mailto:recovery@theedgecafecambridge.com)

## What's on at the Edge – Workshops/Groups/Events

**The Edge Recovery Support Group** – We are an independent Peer Support Group for people in recovery from alcohol/substance misuse and/or mental health issues. This group runs twice weekly (Monday 12-1 & Thursday 7-8.45pm)

**The Edge Family/Carers Support Group** - We are an independent peer support group for family members & carers of people with substance misuse and/or mental health issues. Every other Thursday 10.30-12.00. Please see timetable for dates/times.

**12 Step Fellowships – AA (Alcoholics Anonymous). NA (Narcotics Anonymous). SAA (Sex Addicts Anonymous)** – 12 Step Fellowships have been around for 80 years and offer a structured programme of recovery. These are spiritual, not religious programmes. Please see our timetable for days and times.

**Total Voice** – If you need support finding solutions to issues such as benefits/housing/health etc, Total Voice Peer Mentors can help you by providing advice, making calls and accessing the services you need. Every Tuesday 10-1.

**Borderline Personality Disorder Carers Support** – This group is run by carers for carers and meets once a month. See poster and our timetable for dates/times.

**Woolly Wonders** – Unwind, be creative and have a chat at our knitting and crochet group Every Wednesday 10-12.

**Art Group** – Self-expression through painting, drawing or modelling A creative, therapeutic aid in recovery. Every Thursday 1-3.

**Tai Chi** – Tai Chi is an ancient Chinese system of physical exercises and breathing control. Every Friday 1-2.

**Mindfulness Meditation** – Mindfulness is a great way to calm the mind and focus on living in the moment, while calmly accepting the feelings and thoughts that come. Meditating with a group can help concentration and improve personal practise. Every Friday 2.15-3.15

**Recovery Writing Group** – This session is for all kinds of writing, designed to aid recovery from substance misuse and mental health issues. Journaling, 12 Step work, SMART recovery work, life story writing, creative writing, whatever works for you. Every Tuesday 1-2.30 (from June 25<sup>th</sup>)

**Walking from The Edge** – Walking is great physical exercise and beneficial for positive mental health and general wellbeing. Walking with others has the added bonus of providing company, support and nature combined. See our timetable for dates/times.

### **Other Events:**

**Open Mic & Drumming at The Edge.** These are therapeutic music sessions, all abilities welcome. **Death Café. Changing Conversations. Clothes Swap.** Please see notice board and timetable for details, dates/times.