

SIGN UP!



20th October
Come watch the
beautiful game
with us!
Get your ticket
now



CAMBRIDGESHIRE RECOVERY SERVICE

LED BY THOSE IN RECOVERY

October Timetable

MON

TUE

WED

THU

FRI

10:00-13:00

Ely

Recovery Café
Countess Free
Church
P3: every week



10:00-13:00

St Neots

Free Flow Monday
Eaton Socon
Community Centre

10:00 - 12:00

Cafe

12:00 - 13:00

Acupuncture

Soundbath

To be announced

Building Bridges

Friends & Family

Huntingdon:

2nd Mon of Month

12th October

17:30 - 18:30

Evening Zoom:

4th Mon of Month

26th October

18:15 - 19:15



**BUILDING
BRIDGES**
Friends and Family

CREATIVE INSTINCT PODCAST
PRODUCTIONS

PODCASTS!

Check the website
for our back
catalogue



LISTEN NOW AT:

10:00 - 13:00

Wisbech

Recovery Café

St. Peter's Hall,
PE13 1BW

10:30 - 12:30

Creative Instinct



Halloween Month
Wisbech & March

Quizzes, games &
crafts!

13:00 -14:00

Huntingdon

60 + Group

CGL Huntingdon



10:00 - 13:00

Cambridge

Recovery Café

St. Thomas Hall
Ancaster Way,
Cambridge,
CBI 3TT



14:00 - 15:00

Cambridge

Gardening

@ Mill House



13:00- 14:00

Women's group

ID: 723 551 1005



Link on website

15:00-16:30

Building Bridges

Friends & Family

Mutual Aid

ID: 723 551 1005



10:00 - 13:00

March

Recovery Café

March Community
Centre
Room 1 & 2

Breakfast & Chats

Halloween Month
Wisbech & March

Quizzes, games &
crafts!

18:30 - 19:30

Road to Recovery

Recovery Group

ID: 723 551 1005



Link on website



Community get
together 28th Oct
Talk with Arlene for
details

10:00 - 15:00

Huntingdon

Free Flow Friday
Café

St Mary's Parish
Hall

11:00 - 13:00

Creative Instinct



13:00 - 14:00

Auricular Acupuncture

11:00-12:30

SMART Recovery

ID: 723 551 1005



Link on website

14.15 - 15:45

**Cambridge &
Online**

EDGE Recovery

Writing

The EDGE Café

ID 892 5883 6870

Password: writing



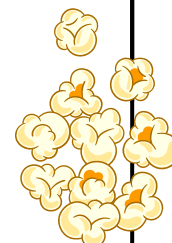
RSFF Tour Dates

Huntingdon - Fri 16th 11:30-12:30

St Neots - Mon 19th 11:00-12:00

Wisbech - Tues 20th 11:30-12:30

Cambridge - Weds 21st 11:30-12:30



www.CambsRecoveryService.co.uk/podcasts



Meetings with Change Grow Live logo are exclusively for CGL or CRS members and not open to the community at this time.

All EDGE Café groups and workshops are free of charge contact:
Gail@theedgecafecambridge.com
www.theedgecafecambridge.org



@CambsRecovery

www.CambsRecoveryService.co.uk

CRS@cgl.org.uk

What do our events look like?

Recovery cafes and Free Flow Groups – an open relaxed place to come and be social have a cup of coffee, check in and chat with the CRS team.

Women's Groups – A safe place for Women to discuss a range of topics, week to week, helping to provide support and strategies to cope with feelings (open).

Building Bridges Friends and Family Groups – Support groups for Family and Friends of those in active addiction (open to Friends and Family members only).

Road to Recovery – “A peer-based group supporting those in recovery.”

Smart recovery – SMART Recovery helps participants decide whether they have a problem, builds up their motivation to change and offers a set of proven tools and techniques to support recovery.

Creative Instinct – Some of our recovery cafes (Cambridge/ Wisbech/ Huntingdon) host the Creative Instinct – a space to bring out your more creative side. You do not need to be an artist to enjoy the therapeutic value of being creative. Sometimes these are structured workshops and other times they are an open art spaces for you to work on your own art / craft projects.

Direct contact:
CRSecgl.org.uk



www.Facebook.com/CambsRecovery
Follow us on Facebook to keep up to date!



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