

Changing Futures
"Counting Every Voice"



LED BY THOSE IN RECOVERY

August Timetable

www.CambsRecoveryService.co.uk/podcasts



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

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.

Intro to the Edge – A chance to meet with Gail from The Edge Recovery Cafe to see everything The Edge has to offer and build your confidence in becoming part of an established recovery community.

Co-Pro – with Marie Ludlum from Changing Futures. Improving outcomes for people with multiple disadvantage.

Direct contact:

CRSecgl.org.uk



www.Facebook.com/CambsRecovery

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

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