



CAMBRIDGESHIRE RECOVERY SERVICE

LED BY THOSE IN RECOVERY

March Timetable

MON	TUE	WED	THU	FRI
<p>10:00-13:00 Ely Recovery Café Countess Free Church</p>	<p>10.00 - 12:30 Huntingdon Recovery Drop In </p>	<p>13:30 - 15:30 Cambridge Garden Gate Recovery Café 351 Mill Road, Cambridge, CB1 3DF</p>	<p>10:00 - 13:00 March Recovery Café March Community Centre Breakfast & Chats</p>	<p>10:00 - 15:00 Huntingdon Free Flow Friday Café St Mary's Parish Hall 11:00 - 13:00 Creative Instinct </p>
<p>10:00-13:00 St Neots Free Flow Monday Eaton Socon Community Centre 10:00 - 12:00 Cafe 12:00 - 13:00 Acupuncture</p>	<p>11:00 - 12:00 Cambridge Intro to The Edge With Gail The Edge Cafe</p>	<p>Access through the blue gate on Mill Road. 13:30 - 15:30 Creative Instinct </p>	<p>12.30 -14.00 Cambridge EDGE Art Group The Edge Cafe</p>	<p>13:00 - 14:00 Auricular Acupuncture Mark's Quiz!</p>
<p>12.00 -13.00 Cambridge EDGE Recovery Support Group The Edge Cafe</p>	<p>13:00 - 15:00 Huntingdon "The Modern Man" Men's group </p>	<p>14:00-15:00 Friends & Family Group ID: 723 551 1005 10:30 - 12:00 SMART Friends & Family <i>Saturday 8th March</i> </p>	<p>12:45- 14:00 Women's group ID: 723 551 1005 </p>	<p>11:00-12:30 SMART Recovery ID: 723 551 1005 Link on website</p>
<p>13.30 - 15:00 Cambridge EDGY Womens Wellbeing The Edge Cafe Cafe space for women to chat</p>	<p>UNLOCKING WELLBEING Friday 4th April Huntingdon 11:00 - 14:00 St Marys Parish Hall Huntingdon </p>	<p>LIGHT UP THE TOWN View the artwork created by our community, projected onto Wisbech Museum in an artistic light show! 3rd March 18:00 - 20:00 Wisbech Museum Partnered with: SDNA & CPP Market Place</p>	<p>18:30 - 19:30 Road to Recovery Recovery Group ID: 723 551 1005 </p>	<p>10:00 - 12:00 March Edgy Women Women's Group Community Centre <i>With Gail</i></p>
<p>18:30 - 20:00 Cambridge Friends & Family The Edge Cafe</p>	<p>CREATIVE INSTINCT PODCAST PRODUCTIONS PODCAST #12 Coming 15th March:</p>	<p>JUNK JOURNALING Wisbech: Starts 4th March Huntingdon: Starts 7th March Cambridge: Starts 12th March</p>	<p>14.15 - 15:45 Cambridge & Online EDGE Recovery Writing The EDGE Cafe ID 892 5883 6870 Password: writing</p>	

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/ 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

Direct contact:
CRS@cgl.org.uk



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