

P3

Every Monday at Ely Cafe

Free for all to pop in and talk with Jeni about housing related issues



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 P3: every week</p>	<p>10:00 - 13:00 Wisbech Recovery Café St. Peter's Hall, PE13 1BW</p>	<p>13:30 - 15:30 Cambridge Garden Gate Recovery Café</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</p>
<p>10:00-13:00 St Neots Free Flow Monday Eaton Socon Community Centre</p>	<p>10:30 - 12:30 Creative Instinct</p> 	<p>13:30 - 15:30 Creative Instinct</p> <p>Access through the blue gate on Mill Road.</p> 	<p>18:30 - 19:30 Road to Recovery Recovery Group ID: 723 551 1005</p> 	<p>11:00 - 13:00 Creative Instinct</p> 
<p>10:00 - 12:00 Cafe</p> <p>12:00 - 13:00 Acupuncture</p>	<p>13:00 - 14:00 Huntingdon 60 + Group CGL Huntingdon</p>	<p>13:00- 14:00 Women's group ID: 723 551 1005</p> 	<p>WATERCOLOUR BIRDS</p> <p>Create simple vibrant watercolour birds with Sonia</p> 	<p>12:00 (Most Fridays) Marks Games Hour Quiz, games and shenanigans</p> <p>13:00 - 14:00 Auricular Acupuncture</p>
<p>Building Bridges Friends & Family</p> <p>Huntingdon: 2nd Mon of Month 17:30 - 18:30</p> <p>Wisbech: 4th Mon of Month 18:15 - 19:15</p> 	<p>MARK'S GAMES HOUR 12:00 FFF (most weeks)</p> <p>Quiz, games and shenanigans</p> 	<p>15:00-16:00 Building Bridges Friends & Family Mutual Aid ID: 723 551 1005</p> 		<p>CAMBS: 11th MARCH 13:30 - 15:30</p>
<p>CREATIVE INSTINCT PODCAST PRODUCTIONS</p> <p>NEW PODCAST</p> <p>AN INTRODUCTION TO THE CREATIVE INSTINCT PODCASTS MADE FOR THE CAMBRIDGESHIRE RECOVERY SERVICE.</p>  <p>LISTEN NOW AT:</p>	<p>CREATIVE INSTINCT</p> <p>WEEKLY AT: HUNTINGDON, WISBECH & CAMBRIDGE</p> <p>OPEN ART SPACE - FREE TO JOIN. MATERIALS PROVIDED. WEEKLY SESSIONS.</p> <p>For anyone in recovery — come create, connect, and express.</p>		<p>AR(T)EA ART Create art using tea stains with Caroline & Jenna</p> <p>WISBECH: 3rd MARCH 10:30 - 12:30</p> 	<p>14.15 - 15:45 Cambridge & Online EDGE Recovery Writing The EDGE Cafe</p>  <p>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 / 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).

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.

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:
CRS@cgl.org.uk



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