P3

Every Monday at Ely Cafe

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



December Timetable

THU

TUE MON

10:00-13:00 Ely

Recovery Café Countess Free Church P3: every week Homeless Support

11:00 - 12:00 Cambridge

Intro to The Edge With Gail The Edge Cafe

13:30 - 15:30 Cambridge

WED

Garden Gate Recovery Café

351 Mill Road, Cambridge, CB1 3DF

Access through the blue

gate on Mill Road.

Centre

12.30 -14.00

Cambridge

EDGE Art Group

The Edge Cafe

10:00 - 13:00 March

Recovery Café March Community

Breakfast & Chats

10:00 - 15:00 Huntingdon

Free Flow Friday Café St Mary's Parish Hall

> 11:00 - 13:00 Creative Instinct



(6th Dec) **Have Your Say**

12:00 (remaining Fridays) **Marks Games Hour** Quiz, games and shenanigans

13:00 - 14:00 Auricular Acupuncture

10:00-13:00 St Neots

Free Flow Monday Eaton Socon Community Centre

> 10:00 - 12:00 Cafe

> 12:00 - 13:00 Acupuncture

12.00 - 13.00

Cambridge

EDGE

Recovery Support

Group

The Edge Cafe

10:00 - 13:00 Wisbech

Recovery Café St. Peter's Hall, **PE13 1BW**



13.00 -14.00

Huntingdon

60 + Group

CGL Huntingdon

13:00-14:00

Women's group ID: 723 551 1005

zoom

15:00-16:00 Friends & Family **Mutual Aid Open Space**

ID: 723 551 1005

zoom

18:30 - 19:30 Road to Recovery

Recovery Group ID: 723 551 1005

zoom

11:00-12:30 **SMART Recovery**

ID: 723 551 1005

Zoom

Link on website

13.30 - 15:00 Cambridge

EDGY Womens Wellbeing The Edge Cafe

Cafe space for women to chat

Mon 15th ELY

XMAS

PARTIES

Tues 16th WISBECH

Wed 17th CAMBRIDGE

> Thus 18th **MARCH**

> > Fri 19th **HUNTS**

Mon 22nd ST NEOTS

CHRISTMAS CLOSURES

WED 24TH - WOMANS GROUP + F&F THURS 25TH - MARCH CAFE + ROAD TO **RECOVERY**

FRI 26TH - HUNTS FFF + SMART RECOVERY THURS 1ST - MARCH CAFE + ROAD TO **RECOVERY**

FESTIVE CREATIVE INSTINCT

WEEKLY AT: HUNTINGDON, WISBECH & CAMBRIDGE

Festive activities throughout December!

OPEN ART SPACE - FREE TO JOIN. MATERIALS PROVIDED. WEEKLY SESSIONS.

For anyone in recovery — come create, connect, and express.

14.15 - 15:45 Cambridge & Online

EDGE Recovery Writing The EDGE Cafe

Zoom

ID 892 5883 6870 Password: writing

Cambridge

18:30 - 20:00

Friends & Family The Edge Cafe

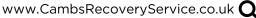


Meetings with Change Grow Live logo are exclusively for CGL or CRS members and not open to the community at this time.

All EDGE Café groups and workshops are free of charge contact:



(Cambs Recovery





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:

CRS@cgl.org.uk





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