SIGN UP!

18th November
Fitzwilliam Museum Trip

CAMBRIDGESHIRE RECOVERY SERVICE

LED BY THOSE IN RECOVERY

November Timetable

MON	TUE	WED	THU	FRI
10:00-13:00 **Ely** Recovery Café Countess Free Church PS: every week	**10:00 - 13:00** **Wisebeh** Recovery Café St. Peter's Hall, PE13 1BW 10:30 - 12:30 Creative Instinct	**10:00 - 13:00** **Cambridge** Recovery Café St. Thomas Hall Ancaster Way, Cambridge, CB1 3TT 10:00 - 11:00 Acupuncture 11:00 - 13:00 Creative Space	**10:00 - 13:00** **March** Recovery Café March Community Centre **Room 1 & 2** Breakfast & Chats	**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
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	This month's Creative Theme: Autumn Ink		**18:30 - 19:30** Road to Recovery Recovery Group ID: 723 551 1005 zoom Link on website	**11:00-12:30** SMART Recovery ID: 723 551 1005 zoom Link on website
Building Bridges Friends & Family **Huntingdon:** 2nd Mon of Month **9th November** 17:30 - 18:30 **Evening Zoom:** 4th Mon of Month **November** 18:15 - 19:15		**13:00- 14:00** Women's group ID: 723 551 1005 zoom Link on website		**14.15 - 15:45** Cambridge & Online EDGE Recovery Writing The EDGE Cafe ID 892 5883 6870 Password: writing zoom
CREATIVE INSTINCT PODCAST PROJECT **13:00 - 14:00** Check the website for our back catalogue LISTEN NOW AT:	**13.00 -14.00** Huntingdon 60 + Group CGL Huntington	**15:00-16:30** Building Bridges Friends & Family Mutual Aid ID: 723 551 1005 zoom	BUILDING BRIDGES	

We're Recruiting for Volunteers!

Are you looking to get more involved with the community?
Learn new skills and be a part of the team?

Get in touch with us at CRSeCGL.org.uk
or go to changegrowlwe.org for more information

www.CambsRecoveryService.co.uk/podcasts

Provided by Change Grow Live

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@cg1.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

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

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