SIGN UP!

18th November
Fitzwilliam Museum Trip

CAMBRIDGESHIRE RECOVERY SERVICE

LED BY THOSE IN RECOVERY

November Timetable

MON

10:00-13:00
Ely
Recovery Café
Countess Free Church
P3: every week

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

Building Bridges
Friends & Family

Huntingdon:
2nd Mon of Month
9th November
17:30 - 18:30
Evening Zoom:
4th Mon of Month
23rd November
18:15 - 19:15

CREATIVE INSTINCT PODCAST PRODUCTIONS
PODCASTS!
Check the website for our back catalogue
LISTEN NOW AT:

TUE

10:00 - 13:00
Wisbech
Recovery Café
St. Peter's Hall, PE13 1BW
10:30 - 12:30
Creative Instinct

This months Creative Theme:
Autumn Ink

13.00 -14.00
Huntingdon
60 + Group
CGL Huntingdon

WED

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

13:00- 14:00
Women's group
ID: 723 551 1005
zoom
Link on website

15:00-16:30
Building Bridges Friends & Family
Mutual Aid
ID: 723 551 1005
zoom

THU

10:00 - 13:00
March
Recovery Café
March Community Centre
Room 1 & 2
Breakfast & Chats

18:30 - 19:30
Road to Recovery
Recovery Group
ID: 723 551 1005
zoom
Link on website

FRI

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

11:00-12:30
SMART Recovery
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

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 CRS@CGL.org.uk
or go to changegrowlive.org for more information

Provided by Change Grow Live

www.CambsRecoveryService.co.uk/podcasts

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@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 – A safe place for Women 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.

Direct contact:
CRS@cgl.org.uk

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

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