



## Weekly Activities

3rd Floor, Brighthelm  
Centre  
BN1 1YD

[info@cascadecr.org](mailto:info@cascadecr.org)

Text/WhatsApp  
07512 639 758

**Open Mic Night**  
1st Saturday 6.30-  
10.00pm

**Karaoke**  
3rd Saturday 6.30-  
9.30pm

## Monday

### Ease into the Week

10.30-11.30am  
Breathwork, self massage  
& wellbeing

### Cuppa Connections

12.00-2.00pm  
Free cuppas & WiFi

## Tuesday

### Women's Support Group

10.30-11.30am For anyone  
identifying as female

### Cuppa Connections

12.00-2.00pm

**Art** 1.30-4.00pm Just  
bring inspiration

**Yoga** 4.30-5.30pm Check  
for availability

## Wednesday

### CGL Groups

Contact CGL for timetable

## Thursday

**Acupuncture** 10.30-  
11.30am

### Cuppa Connections

12.00-2.00pm

## Friday

### Cuppa Connections

12.00-2.00pm

**Creative Writing** 4.00-  
6.00pm

## Weekend

### Cascade Recovery Choir

Saturday 10.30am-  
12.30pm

Enthusiasm the only  
requirement!

### Samba Drumming

Saturday 12.00-1.30pm