

Monday	Ease into the Week.11-11.45 Wellbeing group to start the week,breathwork,self massage etc.	Cuppa Connections.12-2pm Social drop-in. Free cuppas and Wi-Fi.
Tuesday	Women's Support Group 10.30-11.30. Open to anyone identifying as female. Cuppa Connections.12-2pm Social drop-in. Free cuppas and Wi-Fi.	Art 1.30-4pm. Just bring your inspiration. Yoga 4.30-5.30. Gentle stretching and breathwork. Check for availability.
Wednesday	CGL (contact CGL for groups timetable.)	Chi Gong. 5-6pm. Outside in Brighthelm Garden.
Thursday	Cuppa Connections.12-2pm Social drop-in. Connect and chat.	Mindfulness. 2.30-3.30.
Friday	Cuppa Connections.12-2pm. Social drop-in. Come and check us out.	Peer Support Group.2-3.30. Check in before the weekend. Creative Writing 4-6pm
Saturday	Cascade Recovery Choir. 11am-1pm. Come and sing, enthusiasm the only requirement.	

Last Friday of the month *Sun Lotus* group 6-7.30 sunlotusrecovery@gmail.com

Last Saturday of the month our famous *Open Mic* Night 6.30-10pm. We often have one off events, workshops and happenings.

Cascade Creative Recovery

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Contact cascadecrgroups@gmail.com Txt/WhatsApp 0751263758.

