

♀ ON OUR WAY

Newsletter of the Women's Center
46 Pleasant Street, Cambridge, Massachusetts 02139

December '92

(617) 354-8807
TTY and VOICE

Printed on Recycled Paper



STRUCTURED INCEST SURVIVORS GROUP

I have attended the Structured Incest Survivors group for 10 months. It is inspiring. I find strength in others and I have grown stronger. To overcome the overwhelming rush of emotions that arise from sexual abuse trauma is difficult. These emotions include: guilt, shame, confusion, anger, fear. In the group, people help each other directly or indirectly. People speak, at last, from the depth of their silence.

I did not remember for many, many years. I was told to forget and I did. Now that I remember, I want to talk about it. This breaks the system of the abuse and the abuser is scared.

The environment of the group is safe, and I like being with women, and no males are present. There is no crosstalk, there is no time limit on speaking, there are no 12 steps or higher power. There is just us together, in a safe place, for the first and maybe the last time that week.

PARENTING SUPPORT GROUP

This is an ongoing therapy group seeking new members. We talk about such parenting issues as: feeling lonely and overwhelmed, exhaustion, discipline, changing relationships with other family members, hostility between siblings, adjustment problems of our children, and identity problems in ourselves.

We will discuss any problem, whether it is serious, or not such a big deal. Women with children of any age are welcome: such a mixture is very useful! All mothers are encouraged to join this small, enthusiastic group.

The group meets from 11am-12:30pm on Tuesdays. For more information or to register call Diane at (617)876-2139.

WEDNESDAY NIGHT BATTERED WOMEN'S SUPPORT GROUP

A Wednesday night battered women's support group on Valentine's Day in 1991 was the day my life started back belonging to me. I needed a different type of support than I was receiving from therapy. My batterer was putting me through the court system as a new form of punishment and torture.

Each week I arrived at the group not really knowing if what I was saying was understood by other group members, because I thought my story was so extreme. I listened to other women's stories and I finally knew I wasn't alone anymore. I found a place where I was safe. A lot of hard work happens every Wednesday evening for myself and for every other woman that enters that room. -P.H.

The Wednesday night Battered Women's Support Group has given me the understanding, support and insight that I need to go on with my life in a productive and positive manner, despite the personal circumstances which make it sometimes difficult. I am also able to give support to other women. The interaction makes for a caring and non-judgmental group.

Betsy, the facilitator, has the ability to address each woman's situation lovingly and with respect in a manner in which a woman feels truly supported. During the course of the 2 years which I have been part of the group I have witnessed a lot of healing and growth, and seen women change their lives in profound ways. -J.B.



TAKING BACK OUR POWER AND OVERCOMING OUR ADDICTIONS

This new open discussion group is for women who want to end their addictions and reconnect with their strengths and creativity to focus their lives in more meaningful directions. We will offer each other nurturance, support and affirmation of each other's value as unique individuals.

The primary purpose of this group is to provide a safe place for women who do not find 12-step programs helpful, and who want to find their inner, rather than higher, power. All women are welcome, but we ask that if you do participate in a 12-step program that you do not pressure others to do so.

The group meets every Friday evening from 6-8pm.



THE BIPOLAR EXPERIENCE

The goal of this group is to increase hope through exploring coping alternatives for women at all levels of acceptance, treatment, and daily living with Bipolar (Manic-Depressive) Illness. The intention is to increase awareness and prevention of symptomatology, share experiences and resources, and empower women to take active advocacy for their own treatment and informed responsibility for their recovery. This is a self-help support group, not a therapy group, for women in active treatment with a medical professional. A drop-in group, it will meet weekly on Thursdays from 1-3pm beginning January 7, and will be facilitated by Joan Borowitz.



R2N2

The Reproductive Rights Network of Boston (R2N2) is a grassroots organization committed to educating and activating women and men around reproductive rights issues. Our group's organizing has focused on issues of access to abortion both because of the immediate threat to these rights and because of the centrality of abortion rights to women's lives. In so far as abortion rights have also become synonymous with a woman's right to self-determination, we must preserve and strengthen these rights for all women.

Since the 1973 Supreme Court decision, public attention on the struggle for abortion rights has focused on attempts to restrict women's choices through legislation and agency regulations. A less noticed but potentially more lethal trend is threatening abortion rights. Through pressure on individual providers, medical schools, and organizations, anti-choice forces have discouraged both the teaching and provision of abortions, thereby eliminating critically needed abortion services in large areas of the country. As a result, the "right" to choose abortion has become a hollow promise for many women; unless they live in the right location and belong to the right socio-economic class, women are unable to obtain abortions.

At present, 83% of the counties in the United States have no abortion providers. Only 12% of the obstetrics and gynecology residency programs in the U.S. require training in first trimester abortions; only 7% require training in second-trimester procedures. A critical shortage of doctors trained and willing to provide abortion services has developed. As always, this lack of services has the greatest impact on low-income, rural, and young women.

To address this health care crisis and threat to abortion rights, R2N2 began forming a coalition of activists and health care providers in June, 1992. The goal of the coalition is to develop a proactive, multi-faceted state strategy, coordinated with a national strategy, to increase the number of abortion providers (including non-MD providers such as nurse practitioners and midwives), increase the availability of abortion services, and demand accountability from health care institutions. To meet these goals the coalition has planned a campaign which can be used as a model in other states and that will form part of a broader national strategy to increase the availability of abortion training and services.

We are planning to publicly kick off our campaign on the 20th anniversary of Roe v. Wade (the Supreme Court decision which legalized abortion), with a media event which will highlight our strategy and demands. Join us Thursday, January 21, at 7pm at Fanueil Hall! If you are interested in the Access Project or in planning the January event, please call R2N2 at 738-9479.

INCEST SURVIVORS THINKTANK

Dear Women's Center,

Here's some words on why I think the Incest Survivors' Thinktank is important, and what it means to me.

Political action has always been an important part of my healing from sexual assault. It took me four years after teenage boys raped me in high school to use the word rape to describe my experience, and another three years to finally get into therapy about it. A couple years later I started organizing against violence against women, and discovered the power of angry women united for political change.

The Incest Survivors Thinktank is playing a similar role in my recovery from incest. I joined it about a year and a half after my first incest memories surfaced. There are now, thankfully, many therapeutic options for incest survivors, and state social service agencies are at least aware of the problem. However, there is very little political discussion or action about incest as a social phenomenon -- what causes incest, what societal and familial power dynamics perpetuate it, how can people organize to stop it?

The Thinktank has given me a safe place to begin talking about the politics of incest. We're not a political organizing group, so we don't organize actions, but for me the group is functioning as my first step toward my eventual goal of political action. Thousands of women and some men around the country have been doing incredible healing work in recent years. I suspect many of us are ready to organize and educate people about child sexual abuse, but finding a place to begin is tough. The Thinktank is one of a very small number of places where future incest activities can get started.

Thanks for running this. Please feel free to use my full name.

In Solidarity,
Debbie Dover



WOMEN'S CENTER: PERFUME FREE ZONE?

Your cooperation in refraining from wearing perfumes and other strong scents makes it possible for women who become ill from exposure to perfume and other chemicals to use the Women's Center. This means a lot to us. Thanks so much!

SURVIVAL IN THE WORKPLACE: A RETROSPECTIVE VIEW

In May, 1991, I noticed a sign on the door of the Women's Center advertising the group "Survival in the Workplace." How many of us have not been underpaid underemployed, or overworked, I thought. I was happy to attend the group and perhaps address a chronic problem of mine.

Perhaps I hadn't succeeded in business because I can't type or proof read and am an English major, or because of the schizo-affective disorder I was diagnosed with in 1988, which certainly screwed up my job-life for awhile. But I have noticed that I've had problems with work since I started working.

It was a great relief to talk with other women who felt that they were out of the (main) loop, being taken advantage of, not seeing what was "really going on" or seemed to be getting into conflicts that were "all in your head." Or, like myself, felt they had a history of failure. As I think about the outcomes of some of the women in the group, I know it's a compliment to the group's (and the individual women's) honesty and interest that they afterward succeeded so well. One went on to start a group about sexual harassment, one got a job at a prestigious computer company, and another negotiated a raise and better working conditions.

Passionate interest was the consistent tone of the meetings. The facilitator, Manjusree Sen, kept careful track of the themes that came up in our initial freewheeling discussion, and then brought back outlines with concrete issues, ideas and concerns to fuel our discussions. When I left each meeting I felt proud of my interest in work, and felt that my interest in my career was professional, real, and committed.

I am grateful for the opportunity to have been in the group, and continue honing my career at the Women's Educational and Industrial Union's Employee Advising and Referral Service. It costs (\$2-\$40/mo.) and is an individually tailored job search. I feel that it's part of an ongoing interest in surviving in the workplace.

-Susan Landy

P.S. The group is now called 'Finding and Surviving the Workplace' and will next meet on Saturday, January 9 at 11am. Drop in or call Manjusree at 576-2153.

**ONGOING GROUPS
AT THE WOMEN'S CENTER
SUNDAY**

- Aging Well, for Older Women.....3-5pm
(1st Sun/potluck; 3rd Sun/discussion)
- Birthmothers (Women who have surrendered children to adoption)(1st Sun)...1:30pm

MONDAY

- Support for Battered Women.....7:30-9pm
- Women's NA 12-step.....7:30-9pm
- Lesbian Rap.....7:30-9pm
- Reproductive Rights Network
R2N2 (2nd & 4th Mondays)....6:45-9:30pm
- Lesbian Partners & Ex-Partners of Incest Survivors (1st & 3rd Mon.)....7-8:30pm
- Women with Disabilities (3rd Monday)
(wheelchair accessible).....7:30-9pm

TUESDAY

- Bisexual Women's Rap.....7:30-9:30pm
- 30+ Lesbian Rap.....7-8:30pm
- Eating Awareness and Body Image.....7-9pm

WEDNESDAY

- Lesbian Al-Anon (wheelchair accessible).....6:30-8pm
- Battered Women's Support Group (Weekly except 3rd Wed. of month).....7-8:30pm
- Incest Survivors' Thinktank
(1st Wed. of the month)....7:15-9:15pm

THURSDAY

- Incest Survivors Open Discussion Groups (weekly).....7:30-9:30pm
- Facilitated Open Discussion for Incest Survivors (3rd Thursday)....7:30-9:15pm
- Women's Community Cancer Project (wheelchair accessible) (1st Thurs.)....7-9pm
- Cancer Support Group (wheelchair accessible) (2nd & 4th Thursday).....7-9pm
- Lesbians Choosing Children Network
(one Thursday monthly).....7:30pm
- Women's Writing Group
(2nd & 4th Thursdays).....7-9pm
- Multicultural Women's Group (some Thursdays).....7-9pm
- The Bipolar Experience (weekly, beginning January 7, 1993).....1-3pm

FRIDAY

- Incest Survivors Anonymous
(wheelchair accessible).....6:30-8pm
- Taking Back Our Power and
Overcoming Our Addictions.....6-8pm

SATURDAY

- Women's Writing Group
(biweekly).....12:30-2:30pm
- Open discussion on Coming Out for Women of All Ages (and lunch out afterwards, all participants welcome.)
(1st Sat, except holiday weekends), usually ASL Interpreted.....11am-1pm
- Lesbian and Bisexual Parents of Adolescents (2nd Sat.)....11am-12:30pm
- Finding and Surviving the Workplace
(2nd Saturday).....11am

TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm

- December 21 Holiday Potluck - Bring Food.
- 28 On the Frontlines: Becoming a Lesbian Role Model.



BISEXUAL WOMEN'S RAP

Tuesdays, 7:30-9:30pm

- December 22 Families and the Holidays.
- 29 Bi Women's Rap/the Year in Review.

30+ LESBIAN RAP

Tuesdays, 7-8:30pm

- December 22 Coming Out Stories.
- 29 Women and Sports.



**FACILITATED OPEN DISCUSSION
FOR INCEST SURVIVORS**

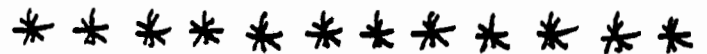
3rd Thursday, 7:30-9:15pm

- December 17 Boundaries.
- January 21 Revictimization.
- February 18 Bioenergetics - with Dr. Susan Gottlieb.
- March 18 Primary Partners: Burnout.
- April 15 Sexuality.

INCEST SURVIVORS THINKTANK

First Wednesday 7:15-9:15pm

- January 6' Strength from Trauma: Taking Back Power.

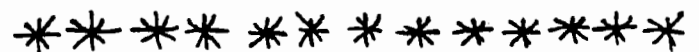


**HEALING AFTER
ABORTION - CHANGES**

The group will meet at a new time, 5-6:30pm, on designated Mondays. The next 2 meetings, December 21 and January 11 are open. After that, the group will meet every 3 weeks and will be closed.

**SEXUAL HARASSMENT
SUPPORT GROUP**

The monthly Sexual Harassment Support Group will meet on Wednesday, December 16 from 7-9pm for anyone needing to clarify their rights or share their story in a supportive setting. The facilitator, Louise Bonar, has been active in public policy around sexual harassment in the workplace for more than a decade. For more info, or if you can't make the meeting, call her at (617)254-1729.



WOMEN'S CENTER HOURS

Monday - Thursday 10am - 10pm
Friday 10am - 8pm
Saturday 11am - 2pm



COMING OUT GROUP

The Coming Out Group meets from 11am to 1pm the first Saturday of every month (except holiday weekends). We are women of many ages and come from many backgrounds. In our circle we share stories, impressions, jokes and hopes. Through these exchanges, we help each other grow; we realize we are not alone. We go out to eat after 1pm and form friendships and organize activities, remembering our facilitator Marcia's advice, "stay connected" and "find the community and see if you fit". The Coming Out Group assists us in our coming into our own lesbian sexuality as well as our total womanly selves.

We sit in a circle. No one is forced to speak, but we all listen with respect and support. Some of us have been out for years and share experiences and reflections. Some of us are at the beginning stages, just questioning our sexuality in general and in need of a place to wonder aloud. Some of us are married or divorced and want to meet other women who have been through similar experiences. Some of us are mothers and bring this very special role to our circle. Some of us have just moved to the Boston area and are curious as to what is happening in the women's community here. Some of us are coming out of relationships and need to talk about it. Some of us have coming out issues based around our families and our work. Some of us struggle with societal and religious rigidities and want to discover a way of celebrating our lives, creativity and spirituality. All of us find something for ourselves at the group.

For me, the Coming Out Group means growing. I look back after more than a year of attending and mark the leaps and bounds within myself and realize what a steady force this group has been in my life. To have so many people on my side, rooting for me, ready to offer a kleenex or a shoulder or a wise suggestion, is a gift. My coming out has sometimes been a frightening and exhausting process, and the comfort of having a safe harbor on the third floor of the Women's Center gives me the courage and ability to believe in all aspects of me. In fact, my lesbian essence (which the group has assisted me in extracting) has led me ever so subtly to come out onto all the spokes of who I am and be alive as a whole woman. I am affirmed not to stagnate but to reach out and be dynamic.

I am a proud member of this monthly group, proud to say I am following the path of self discovery every day of my life, and proud to have such strong support, sisterhood and friendship at the Coming Out Group.

Note: The Coming Out Group is usually ASL interpreted & next meeting is 1/9/93.

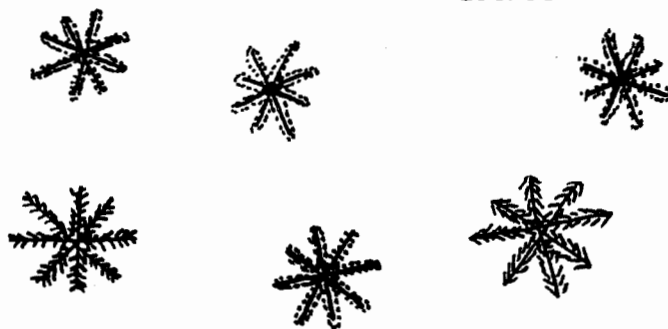


30+ LESBIAN RAP

It initially seemed that putting thoughts down in regards to what the 30+ Lesbian Rap means to me would be fairly easy and would flow nicely. Yet somehow trying to convey those ideas seems somewhat difficult. I suppose because the feelings are so personal. And yet, as I talk with others, I realize how shared they are.

Perhaps more than anything, the validation of who I am and how I've chosen to live my life, are forefront in terms of what I've received from being a member of the group. Each week, I eagerly look forward to the camaraderie of the other women, and count on its being an evening of exchange, sharing, support, growth, unity, and education. Above all, I am safe and I am free. I have met a variety of lesbians from all walks of life, coming from many backgrounds, and heading in a multitude of directions. To say the group and the Center have enriched my life does not begin to describe how important they both have become to me. I am grateful for their existence.

-Valerie



LESBIAN AND BISEXUAL PARENTS OF ADOLESCENTS

An open-ended discussion, support, and social group for lesbians and bisexual women who are parents or co-parents of adolescents. We meet on the 2nd Saturday of the month from 11am-12:30pm. Drop in to the group, or call Donna at 484-5982.

AGING WELL, FOR OLDER WOMEN

This group has been meeting weekly since September 13 on Sunday afternoons, 3 to 5pm. We have a core group of five founding members, ranging in age from 50 to 65. Topics of discussion have included Ageism, Menopause and the use of Estrogen, and Breast Cancer, and many discussions about the structure of the group. Aging Well is very much in its formative stages, open to what women want it to be. It was decided at our November 15th meeting to meet bi-monthly, on the first and third Sundays, 3 to 5. The first Sunday of the month will be a potluck, this tradition to begin on December 6th. Women interested in meeting us and exploring their interests are welcome. We'll spend some time during the potluck choosing the topic for discussion for the third Sunday of the month meeting.



Suggested topics for upcoming meetings include: Daughters of Copper Women by Anne Cameron; Acupuncture with Beth Sommers, acupuncturist; Osteoporosis; Weighty Issues and Eating Well from Ourselves, Growing Older, which is used as a resource book by this group; and Our Mothers, Our Grandmothers.

One of our active members, age 50, has become active in the Mass. Breast Cancer Coalition since joining our group. A woman of 73 has expressed a need for a support group for "old" women. Any out there interested?

A new member offered: "I'm concerned with new directions, with exploring self-esteem. I don't know whether a group on aging is what I want."

Said Barb, age 50, some weeks back: "This is a home away from home. I like it." And closed a recent meeting with the words: "And we're just fine."

Carol, age 59, spoke eloquently during a discussion around format for Aging Well: "It is important for us to get together. We need to take control of our lives, to see how our personal health issues become political issues."

From another member, a suggested change in name from "Aging Well for Older Women" to "Aging Well for Women". Everything about this struggling and evolving group is open to change and changing. We have yet to define "older" with any age boundary and seem inclined to allowing women to define themselves.

Barbara, age 65, looks toward "a strong and bonded group of women engaged in the issues affecting our lives and engaged with each other in supportive and strengthening ways. It's my fervent hope we can create a safe, stress-free place for women to gather around health and aging issues. That we can encompass all the differing experiences and views that bring to the group a unique contribution from each of us."

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HELP OUT

Typing, doing errands, making calls to update and expand referral info, adding places you know of to our listings, giving someone a ride, accompanying someone to court or to a doctor, getting supplies, recycling paper, caring for plants... Lots of behind the scenes help is needed. Call Judy or Jen at 354-8807 if you'd like to pitch in.

And/or you can help informally: smile, say hi, and talk with newcomers to the Women's Center or your group; make sure trash isn't left in your room after meetings; make sure you and other group members leave promptly when a staffer is trying to close up; rinse out soda cans/bottles you use, wash any stray dishes; do anything that takes care of our space or shows consideration of others. It is very much appreciated!

A NEW FUNDRAISER

We are pleased to welcome Robyn Michaels to the staff as our new Fundraiser/Administrator. Robyn will be a welcome addition, bringing excellent skills and experience, and lots of energy and enthusiasm to the position. We all look forward to working with Robyn.

CITY YEAR

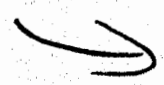
On October 24th, City Year sent teams of volunteers to help organizations with whatever was needed. We were very lucky that an energetic and efficient group from Hill Holiday, an advertising agency, worked at the Women's Center, painting the floor of the Children's Room, organizing materials, doing yardwork, and spending a lot of time cleaning windows, woodwork, floors, rugs, etc. A lot of work that needed doing got done in a very short time. Great job, much appreciated!

PEACE AND JOY FOR ALL SISTERS... WELCOME 1993

CHRONOLOGICAL CALENDAR

DECEMBER EVENTS AT THE WOMEN'S CENTER

46 Pleasant Street, Cambridge, MA. 02139
(617) 354-8807 TTY AND VOICE
ALL EVENTS ARE FREE AND ARE OPEN TO WOMEN.

- Tuesday 1 30+ Lesbian Rap 7-8:30pm. Topic: Lesbians in Literature, Movies, and Music.
Bisexual Women's Rap 7:30-9:30pm. Topic: Erotic Holiday Potluck.
Eating Awareness and Body Image Group 7-9pm.
- 2 Lesbian Al-Anon 6:30-8pm.
Battered Women's Support Group 7-8:30pm.
Incest Survivors' Thinktank 7:15-9:15pm. Topic: Therapy and its Alternatives.
- 3 Women's Community Cancer Project Open General Meeting 7-9pm.
Open Discussion for Incest Survivors 7:30-9:30pm.
- 4 Taking Back our Power and Overcoming our Addictions 6-8pm.
Incest Survivors Anonymous 6:30-8pm.
- 5 Coming Out Discussion for Women of All Ages 11am-1pm.
- Sunday 6 Aging Well, for Older Women 3-5pm. Potluck.
Birthmothers 1:30pm
- 7 Women's NA 12-step 7:30-9pm.
Lesbian Rap 7:30-9pm. Topic: Families and Holidays.
Battered Women's Support Group 7:30-9pm.
Lesbian Partners and Ex-partners of Incest Survivors 7-8:30pm
Healing After Abortion 5-6:30pm.
- 8 30+ Lesbian Rap 7-8:30pm. Topic: Erotic Interludes.
Bisexual Women's Rap 7:30-9:30pm. Topic: Open Rap - Bring a Friend.
Eating Awareness and Body Image Group 7-9pm.
Finding and Surviving the Workplace 7-9pm.
- 9 Lesbian Al-Anon 6:30-8pm.
Battered Women's Support Group 7-8:30pm.
Growing Up: Shaking Off Lessons You Never Should Have Learned 7-9pm.
- 10 Cancer Support Group 7-9pm.
Multicultural Women's Group 7-9pm.
Open Discussion for Incest Survivors 7:30-9:30pm.
Women's Writing Group 7-9pm.
Lesbians Choosing Children Network 7:30pm.
- 11 Taking Back our Power and Overcoming our Addictions 6-8pm.
Incest Survivors Anonymous 6:30-8pm.
- 12 Women's Writing Group 12:30-2:30pm.
Lesbian and Bisexual Parents of Adolescents 11am-12:30pm.
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- Monday 14 Women's NA 12-step 7:30-9pm.
 Lesbian Rap 7:30-9pm. Topic: Call me Butch, Call me Femme.
 Battered Women's Support Group 7:30-9pm.
 Reproductive Rights Network (R2N2) 6:45-9:30pm
- 15 30+ Lesbian Rap 7-8:30pm. Topic: Heroes and Role Models.
 Bisexual Women's Rap 7:30-9:30pm. Topic: Chasing Straight Girls
 and Gay Boys.
 Eating Awareness and Body Image Group 7-9pm.
- 16 Sexual Harassment Support Group 7-9pm. Topic: Your Legal Rights.
 Lesbian Al-Anon 6:30-8pm.
 Growing Up: Shaking Off Lessons You Never Should Have Learned 7-9pm.
- 17 Open Discussion for Incest Survivors 7:30-9:30pm.
 Facilitated Open Discussion for Incest Survivors 7:30-9:15pm.
 Topic: Boundaries.
- 18 Taking Back our Power and Overcoming our Addictions 6-8pm.
 Incest Survivors Anonymous 6:30-8pm.
- Sunday 20 Aging Well, for Older Women 3-5pm.
 21 Women with Disabilities 7:30-9pm.
 Women's NA 12-step 7:30-9pm.
 Lesbian Rap 7:30-9pm. Topic: Holiday Potluck - Bring Food.
 Battered Women's Support Group 7:30-9pm.
 Lesbian Partners and Ex-partners of Incest Survivors 7-8:30pm
 Healing After Abortion 5-6:30pm.
- 22 30+ Lesbian Rap 7-8:30pm. Topic: Coming Out Stories.
 Bisexual Women's Rap 7:30-9:30pm. Topic: Families and the Holidays.
 Eating Awareness & Body Image Group 7-9pm.
- 23 Lesbian Al-Anon 6:30-8pm.
 Battered Women's Support Group 7-8:30pm.
- 24,25 Holidays - No meetings.
- 26 Women's Writing Group 12:30-2:30pm.
- Monday 28 Women's NA 12-step 7:30-9pm.
 Lesbian Rap 7:30-9pm. Topic: On the Frontlines: Becoming a
 Lesbian Role Model.
 Battered Women's Support Group 7:30-9pm.
 Reproductive Rights Network (R2N2) 6:45-9:30pm.
- 29 30+ Lesbian Rap 7-8:30pm. Topic: Women and Sports.
 Bisexual Women's Rap 7:30-9:30pm. Topic: Bi Women's Rap - the Year
 in Review.
 Eating Awareness and Body Image Group 7-9pm.
- 30 Lesbian Al-Anon 6:30-8pm.
 Battered Women's Support Group 7-8:30pm.
- 31 New Year's Eve - no groups.

**WOMEN'S CENTER CALENDAR
DECEMBER 1992**

46 PLEASANT STREET, CAMBRIDGE, MA 02139

(617) 354-8807 (TTY/VOICE)

ALL EVENTS ARE FREE AND OPEN TO WOMEN

WEEKLY OPEN SUPPORT GROUPS

BATTERED WOMEN'S SUPPORT GROUP	Mondays 7:30-9pm
WOMEN'S NA 12-STEP	Mondays 7:30-9pm
EATING AWARENESS & BODY IMAGE GROUP	Tuesdays 7-9pm
LESBIAN ALANON (wheelchair accessible)	Wednesdays 6:30-8pm
*INCEST SURVIVORS OPEN DISCUSSIONS	Thursdays 7:30-9:30pm
*INCEST SURVIVORS ANONYMOUS - ISA (wheelchair accessible)	Fridays 6:30-8pm

*These groups will not meet on December 24, 25 or 31 - Holidays.

WEEKLY DISCUSSION GROUPS WITH TOPICS

LESBIAN RAP Mondays 7:30-9pm

December 7 Families and Holidays.
14 Call me Butch, Call me Femme.
21 Holiday Potluck - Bring Food.
28 On the Frontlines: Becoming a Lesbian Role Model.

BISEXUAL WOMAN'S RAP Tuesdays 7:30-9:30pm	30+ LESBIAN RAP Tuesdays 7-8:30pm
December 1 Erotic Holiday Potluck.	December 1 Lesbians in Literature, Movies, and Music.
8 Open Rap - Bring a Friend.	8 Erotic Interludes.
15 Chasing Straight Girls and Gay Boys.	15 Heroes and Role Models.
22 Families and the Holidays.	22 Coming Out Stories.
29 Bi Women's Rap/the Year in Review	29 Women and Sports.

NONWEEKLY OPEN SUPPORT/DISCUSSION GROUPS

AGING WELL, FOR OLDER WOMEN, Sun. Dec. 6, potluck & Sun. Dec. 20, discussion. 3-5pm

BATTERED WOMEN'S SUPPORT, Wednesdays, December 2, 9, 23 & 30 7-8:30pm.

BIRTHMOTHERS, Sunday, December 6, 1:30pm.

CANCER SUPPORT GROUP, Thursday, December 10, 7-9pm.

FACILITATED OPEN DISCUSSION FOR INCEST SURVIVORS, Thursday, December 17,
7:30-9:15pm. Topic: Boundaries.

FINDING AND SURVIVING THE WORKPLACE, Tuesday, December 8, 7-9pm.

HEALING AFTER ABORTION, Mondays, December 7 & 21, 5-6:30pm.

INCEST SURVIVORS' THINKTANK, Wednesday, December 2, 7:15-9:15pm. Topic:
Therapy and its Alternatives.

LESBIANS CHOOSING CHILDREN NETWORK, Thursday, December 10, 7:30pm.

LESBIAN PARTNERS & EX-PARTNERS OF INCEST SURVIVORS, Mondays, Dec. 7 & 21, 7-8:30pm.

MULTICULTURAL WOMEN'S GROUP, Thursday, December 10, 7-9pm.

OPEN DISCUSSION ON COMING OUT FOR WOMEN OF ALL AGES, Saturday, December 5,
11am-1pm. (Lunch out afterwards, for all who wish).

REPRODUCTIVE RIGHTS NETWORK (R2N2), Mondays, December 14 & 28, 6:45-9:30pm.

SEXUAL HARASSMENT SUPPORT GROUP, Wednesday, December 16, 7-9pm.
Topic: Your Legal Rights.

WOMEN WITH DISABILITIES, Monday, December 21, 7:30-9pm (wheelchair accessible).
(Please don't wear perfumes or strong scents. Thanks!)

WOMEN'S COMMUNITY CANCER PROJECT, Open General Meeting, Thursday, December 3, 7-9pm.

WOMEN'S WRITING GROUP, Thursday, December 10, 7-9pm.

WOMEN'S WRITING GROUP, Saturdays, December 12 & 26, 12:30-2:30pm.

NEW GROUPS AND SPECIAL EVENTS

GROWING UP: SHAKING OFF LESSONS YOU NEVER SHOULD HAVE LEARNED Weds, Dec. 9 & 16,
7-9pm. A 2-session group led by Vera S. Cohen, psychotherapist. Bring a
favorite hated lesson from your childhood to work on.

LESBIAN/BISEXUAL PARENTS OF ADOLESCENTS Saturday, December 12, 11am-12:30pm. An
open-ended support/discussion group for parents of adolescents. Donna, 484-5982.

TAKING BACK OUR POWER AND OVERCOMING OUR ADDICTIONS Fridays, 6-8pm. The purpose of
this group is to maintain sobriety by affirming our strengths and creating a
support system. An alternative, very different from a 12-step program.