


♀ ON OUR WAY

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

(617) 354-8807
TTY and VOICE

 Recycled Paper

summer '93

WOMEN'S COMMUNITY CANCER PROJECT TAKES ON THE AMERICAN CANCER SOCIETY

On May 24, members of the Women's Community Cancer Project staged a demonstration at the American Cancer Society headquarters in Back Bay to raise public awareness about two crucial issues affecting millions of Americans and to demand that the American Cancer Society:

1) Change their guidelines on mammography screening for women under 50 and stop the advertising campaign that falsely promotes the benefits of mammography for younger women. (The American Cancer Society continues to recommend that women have mammograms every one to two years between ages 40-49 even though there is no medical evidence to prove it is beneficial to this age group.)

2) End the silence on the environmental causes of the cancer epidemic such as industrial pollution, pesticides, herbicides, hormones and radiation exposure. (The American Cancer Society claims to be "leading the fight against cancer," yet have consistently remained silent on the issue of carcinogens in the environment.)

Women with cancer were joined on the picket line by members of Greenpeace/Boston who were also there to protest the American Cancer Society's non-action on the carcinogen issue.

The next WCCP protest will take place at the American Cancer Society's National Conference on Breast Cancer, August 26 and 27 at the Sheraton Boston.

Join us! For further information, call Jeanmarie Marshall at 523-0444.

NEW NEWSLETTER

Survivor's Action Network and Exchange (SANE) is a new monthly newsletter for/about battered women. To receive a copy or for info call (617)482-9497.

RAPE CRISIS CENTER TURNS 20!

The Boston Area Rape Crisis Center is celebrating its 20th anniversary this year! All of us here at the Women's Center wish the Rape Crisis Center a very happy anniversary. We join with you in celebrating the important work you have done for women over the last 20 years, and wish you continued success in the years to come. Congratulations!

An Anniversary celebration is planned for this fall. For more information or to help, call BARCC at (617)492-8306.

NEW GROUP FOR RITUAL ABUSE SURVIVORS

A 6 or 8 session workshop for Ritual Abuse Survivors will be meeting at the Women's Center on Tuesdays beginning October 5th from 7:30-9pm and will be FREE. The goals of this group are to:

1. Learn what others know, and share what you know about coping with being a ritual abuse survivor.
2. Maximize your quality of life.
3. Identify and practice ways to incorporate the healing process into your everyday life.

The first session on October 5th will be open, the following sessions will be closed. The group is open to survivors of ritual abuse. It is recommended that members also be in individual therapy.

This group will be co-led by Jean LaTerz, MSW, Ed.D. and Vera S. Cohen, LICSW. For more information, call the Women's Center at (617)354-8807.

JOB SEARCH SUPPORT TEAM

This group for focused job hunters seeks new members. We meet weekly to share support and resources. Call Priscilla at (617)387-8562 for more information.

WEDNESDAY NIGHT BATTERED WOMEN'S SUPPORT GROUP

Some of you may remember that last year we had a column in the newsletter reporting on a visit to the Cambridge Police Department where about 10 members of our group were given a demonstration of the "panic alarm". The panic alarm is a device that can be used by a battered woman to immediately alert police when her abuser is within 200 feet of her residence and she feels she is in danger. The police have a limited number of these alarms, so subsequent to our meeting with them, some of us called the Cambridge City Council to ask that they appropriate a small additional amount for the police budget to purchase more. We also wrote to the Mass. Coalition of Battered Women's Service Groups and the Jane Doe Fund, asking them to call in their support for budgeting in more panic alarms. We also put up leaflets at the Women's Center with information and City Councilor's telephone numbers, urging women to call. A year has now passed, and we've had no response. Our earnest efforts haven't achieved the results we'd hoped for.

Unfortunately, in the interim, sufficient money wasn't allocated to the Police Department to enable them to purchase enough alarms for women who might need them. They still have only about half a dozen of the devices. While the alarm isn't a panacea to all the protection problems of battered women any more than restraining orders (although much more practical), we can use all the help we can get when it comes to seeking safety. Restraining orders in fact are often violated with impunity. At one of our recent meetings, several women reported with outrage how their restraining orders are being violated repeatedly and the police are refusing to take action - yet we read frequent news reports on how restraining orders are "being made more effective".

Recently, this was brought home to us when one of our regular group members, Ladine (not her real name), who had a panic alarm since last January to help protect herself and her toddler daughter, had to give up the device because another battered woman, also in grave danger, had need of it. This occurred during the same week Ladine was to appear before a grand jury to charge her husband with attempted murder - and as we all know, batterers become more incensed when they feel they may be brought to justice.

Group members immediately decided they wanted to buy a panic alarm for Ladine. Since the device costs \$200, plus \$15 a month for monitoring, one of our group members volunteered to collect returnable cans and bottles to help buy the alarm (call Pat at (617)566-0573) and others will try to collect money for this purpose. The alarm we purchase will belong to the group, to be used by any member who needs it. If you would like to help out, please send donations (checks payable to the Battered Women's Directory) to Betsy Warrior, c/o The Women's Center, 46 Pleasant Street, Cambridge, MA 02139.

ABORTION ACCESS PROJECT VICTORIES

The Abortion Access Project was formed by the Reproductive Rights Network (R2N2) in 1982 with the goal of increasing access to abortion (a decreasing number of hospitals and providers do abortions). During the winter we surveyed every hospital in Massachusetts that had ob/gyn clinics or staff. Our callers stated that they were 10 weeks pregnant and wanted an abortion. **Only 12 hospitals in the state told callers that they provided abortion services.** All non-providing hospitals were notified by letter that we would be doing informational leafletting around issues of access to abortion at selected facilities on June 9. On that day, we leafletted 3 hospitals in the Boston area, and groups across the state held visibility and press events. Since then, 4 hospitals have changed their intake procedures so that women can more easily schedule abortions, and we are negotiating with 3 others. The majority of hospitals are not providing abortions, or scheduling them only through private physicians, which means that many women cannot access their services.

Many women do not live near abortion clinics, and only 5 clinics in Massachusetts accept Medicaid. Hospitals have free care funds which women without health insurance may need. The Abortion Access Project will keep working until every woman who seeks an abortion in Massachusetts can get one, regardless of her income or location. Join us! Call (617)738-9479 for meeting information.

("Non-accessible" hospitals in the Greater Boston Area include Carney, Faulkner, NE Baptist, NE Deaconess, Quincy Hospital, St. Elizabeth's, St. Margaret's, University Hospital, Mt. Auburn, and Somerville Hospital.)

OLDER WOMEN AGING WELL

We're celebrating a year at the Women's Center and we're going to do it differently as our second year begins. The first year has been triumphant and despairing in turn. We've had great response, met many wonderful women from all over the area, and found an age span of 50 to 75 works and works well. On the despairing side we've seen attendance dwindle away.

We are a core group of five dedicated members, certain we have something to offer ourselves and other women who want to explore aging and all it means to mind and body and to the ways we perceive ourselves and live our lives.

In the beginning we tried focusing on study/discussion groups around Ourselves, Growing Older. This focus dwindled.

While we want to continue to incorporate the voices of the older women in this remarkable book, using it as a guide to inform, we want to begin our second year on a new note. We want to focus on building a support group, on getting to know one another, on sharing our life experiences. To do this, we need a committed group. We need women who want to come regularly, who want to create a safe space for trust and sharing and growth.

Our potlucks on the first Sunday of the month have worked well, a celebration around good food and good company, with open discussion following. We'll keep this tradition in place. This is a good time to welcome new women who want to meet us, and those women who like to return from time to time.

The second and third Sundays of the month will be devoted to building a support group for women who want to commit to meeting on a regular basis.

The fourth Sunday will be a facilitated discussion, again an open meeting. Group members will facilitate topics of particular interest. Three of us have chosen ongoing topics to present: ageism, nutrition, exercise, and congregate housing. On the agenda are hormone replacement therapy and osteoporosis. We've had two sessions on acupuncture by an acupuncturist who's willing to return from time to time. We look toward inviting other speakers on topics of interest.

The fifth Sunday, when it happens, will be given to rest. Unless someone wants to plan something.

Summing up: starting in September, Older Women Aging Well will meet (3-5pm) each month as follows: the 1st Sunday, an open potluck meeting; the 2nd & 3rd Sundays, a committed support group; and the 4th Sunday, a facilitated open discussion with a topic ("Congregate Housing" on September 26th). Join us!

WELCOME, PAM!

We are all very pleased to be welcoming Pam Goldstein to the Women's Center staff as our new Fundraiser. Pam brings excellent skills and experience, a solid commitment to women's issues, and much enthusiasm to this position. We look forward to working with Pam and are certain she will contribute a great deal (and, as fundraiser, will get others to do the same!) to the Women's Center.

INTERNATIONAL/ INTERCULTURAL WOMEN'S GROUP

The International/Intercultural Women's Group discusses issues affecting us locally and globally. We share experiences and ideas at informal gatherings every fourth Saturday of the month at 1pm. Some of the discussion topics we have chosen: women's body image in different cultures, religion and spirituality and violence against women.

The group provides a safe atmosphere to share our feelings, cope with isolation in our daily lives, increase our exposure to the lives of other women and learn about our similarities and differences. Our June meeting was a picnic where we discussed body image in different cultures. There we all got to taste each other's ethnic food and we talked about topics like skin color, body parts vs. body wholeness, clothing, family influence and body language. We talk about issues both on a personal and societal level.

Through these woman-to-woman connections, we show support and sisterhood for women who have come to Boston to work, study, live or visit. The group began to form last March, and already we have grown to include women from India, Pakistan, Jamaica, Germany and American women with different religious and ethnic backgrounds. We welcome involvement by any and all women who are interested.

The next meeting will be on Saturday, August 28 at 1pm at the Women's Center. The discussion topic will be: "Language and Acceptance: Experiences and Feelings about Communicating with People from Different Cultures/Countries". Join us!

FINDING & SURVIVING THE WORKPLACE

I have been out of work since November and began attending this workshop in the Spring. One of the immediate benefits of my attendance was that I quickly realized that I was a victim of job burnout. Job burnout is like walking pneumonia, you can have it and not realize that you do. Job burnout refers to the stressful changes that accompany the destruction of motivation and disrupt five areas of functioning: intellectual, emotional, social, physical and spiritual. The debilitating symptoms were seriously disrupting my life and interfering with my job search. Who knows how long this would have gone undetected or how much further damage it might have caused if I had not begun to attend this workshop. I now hope to start a monthly Job Burnout Workshop to help other women with undiagnosed and untreated job burnout.

Your state of mind and your morale is one more thing that can smooth your job-hunting path. Job hunting is stressful. And, safe to say, many workplaces are stressful because of health hazards, abuse, harassment, discrimination, preferential treatment, power politics, prejudice, pressure to produce more, more, more, almost constant change and/or demand for new skills and abilities. Yet there is no place to go to discuss these difficulties which are aggravated by isolation. For me, finding a place where I can talk about my pain and frustration is very healing. Psychological support is an important part of the problem-solving process. Yet when I was employed I did not dare discuss these things in the workplace. My superiors saw me as a troublemaker, and my peers thought I was a chronic complainer. Now, I have a place to come where others like myself understand and validate me. Instead of being made to feel bad and wrong, I see that I was merely trying to improve the quality of my working life. What a relief! Because of this group I now feel confident that my next workplace will be a healthy one. But if it is not, I feel confident that I will be able to cope in a more healthy way.

"Finding and Surviving the Workplace" workshops meet from 11am-1pm on the 2nd and 4th Saturdays of each month at the Women's Center. You are welcome to come to listen, talk about a current crisis, network, explore career objectives, ask advice, learn specific job hunting skills, etc. Join us!

Beverly Cooper



LIBRARY/ARCHIVES

The Women's Center Archives has been busy with researchers this summer. The heat hasn't slowed down the business of research. We have had researchers working on a variety of topics in the archives, including the Underground Railway Theater's "Washed-Up Middle-Aged Women" Show, a video on the History of the Boston Area Women's Movement, a theatrical production on Lesbian Herstory, rape consciousness in the Women's Liberation Movement, and Women and Smoking!

The library has been fortunate to have an intern from Simmons College working on our vertical files. As many of you know, the files range from Abortion Rights to Women and Work. The material includes flyers, clippings, pamphlets, etc. It's been difficult to maintain these files over the years, and Bea has been bringing some sense back to them. She has been photocopying newsclippings onto acid free paper, refolding, and changing some of the labels which have become outdated. This is a valuable research collection which will be much easier to use when Bea finishes her project.

If you notice that the library shelves are looking tidy lately, and the return box isn't overflowing, it's because Yvonne, our new library volunteer, has been keeping things in order. Thanks Yvonne, the time and effort you have devoted to the library are much appreciated!

Speaking of the shelves, they do have some bare spots! Early in the fall, we will be doing our annual shelf-cleaning and inventory, so now is the time to return all those long overdue library books! Please check your book cases, attics and car trunks for stray Women's Center books. You don't even have to bring them up to the 3rd floor - we'll have a box located conveniently on the 1st floor for a few weeks.

WOMEN WRITING LIFE STORIES

We are all fortunate to have stories to tell. In this workshop, drawing from experience to tell our stories, we will learn how to allow our writing to exist independent of our memories. We'll use writing exercises, group discussions, readings from our own work and occasional short pieces from other writers to encourage our and our writing's growth.

Starting Sept. 11, we will be meeting every other week (on the weeks the Sat. Women's Writing Group does not meet) from 12:30-2:30pm. All women are welcome.

STRUCTURED INCEST SUPPORT GROUP

The concept of "structured" or no "cross-talk" means no verbal or non-verbal, positive or negative communication occurs amongst the meeting participants. The reason for this boundary is multifaceted:

1. Each person may talk uncensored about her issues without any judgement (positive or negative) being communicated.
2. One is not placed in a care-giver role by feeling that one must solve another's problem.
3. We had no boundaries as children, thus it is important to institute a safe environment in which one can speak freely, won't feel attacked, judged, approved or disapproved of.
4. No one interrupts you.
5. If it is difficult for an individual to speak in a group setting, one doesn't have to compete for talking time/space. Each person can speak more than once for a time-limited period. You don't have to speak at all if you choose not to.
6. If one wants feedback, this can be requested during the meeting, BUT actual feedback will be exchanged after the meeting time to avoid interrupting the meeting process.

I've been participating in this type of group for some time. I have found it to be an excellent adjunct to my therapy. In this special space, I don't feel alone because the participants share feelings, perceptions and experiences that I have found surprisingly common to my life situations; we all have our pain, shame, strength, anecdotes/stories. I feel validated, supported, safe and respected in this type of format. Everything and anything can be expressed because one realizes that every facet of one's life is affected by incest. I learn something new each time from myself and/or from others. I had always felt I was different, I was pathologized, and I suffered from low self-esteem. I now realize these feelings are not my fault, but I have to deal with the results of the abuse.

The Unstructured Incest Survivors Support Group is small and welcomes newcomers. We meet from 7-9pm on Thursdays (except the 3rd Thursday of the month). If you would like to see how this format feels to you, give us a try.



FROM OUR INTERNS



As an intern this summer, I focused on compiling a resource book on low-cost and free health care for women. I hope this book will be informative and helpful for women using the Center. I've had a great experience at the Women's Center and am truly glad to have shared in this wonderful community of women.

Sabrina

The majority of my internship here at the Center has been focused on reorganizing the child sexual abuse resources. I have spent a lot of time updating information and listings concerning recovery from child sexual abuse (Child Sexual Abuse Book I). In addition, the Child Sexual Abuse Book II has been created to offer survivors current readings, newsletters, and articles. When not obsessing over these resources, I put together the Parenting Notebook and generally tidied up wall listings and notebook covers.

Gillian

As a German intern the Women's Center helps me a lot to learn more about American culture and the women's movement in Boston. Especially through updating the Lesbian resource book I got knowledge about different places and offerings for lesbians (and bisexuals) in this area. Now I am reorganizing the legal referral book so it will be easier to find out about legal aid for a specific case. I like working in the Women's Center because making information accessible to women is an important and satisfying goal of mine.

Sonja

My work at the Women's Center has provided me with an intense and educational summer. After completing revisions of a grant proposal, I am now updating the resource book for women with disabilities. There is so much here that after three months I feel like I've just broken the ice. The atmosphere here, the patience of other Women's Center staff and the power of so many women working so hard to improve our lives has given me a huge incentive to pursue this work further. Thank You!

Rachel



NEW GROUP FORMING
LESBIAN COUPLES AND PARENTING. Group forming to help parents become more supportive of each other and create a healthier environment for the children. 354-8807.

TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm

- August 2 Intimate Friendships Outside of Relationships.
- 9 Frisbee at the River (Leave Women's Center at 7:30pm).
- 16 The Lesbian "Community".
- 23 Women's Studies vs. Gender Studies.
- 30 Lack of Women's Space.

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30-9:30pm

- August 3 Coming Out Stories.
- 10 Family Issues.
- 17 Potluck/Open discussion.
- 24 Places to Meet Women.
- 31 Dealing with Ex's.

30+ LESBIAN RAP

Tuesdays, 7-8:30pm

- August 3 Internalized Homophobia.
- 10 Valuing Our Differences.
- 17 Game Night.
- 24 Finding a Compatible Partner.
- 31 Autonomy in Relationships.

FACILITATED OPEN DISCUSSION FOR INCEST SURVIVORS

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

- August 19 Grieving Loss and Moving Forward.
- September 16 Dealing with Emotions.
- October 21 Staying Present.
- November 18 Boundaries.

INCEST SURVIVORS THINKTANK

First Wednesday, 7:15-9:15pm

- August 4 Open Discussion.
- September 1 Beyond Either/Or Thinking: Survivors and Society.
- October 6 Anti-Racism and Incest Survivor Work.

PARENTING AND FAMILY ISSUES SUPPORT GROUP

This is a therapy group for mothers that runs in 6-week segments and is seeking new members. We talk about parenting issues such 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.

This group meets from 10:30am-noon on Tuesdays. Childcare is provided. The next session begins August 10th and will run through September 21st. The group will break for October with the next 6-week session beginning in November.

For more information or to register, call Diane at (617)876-2139.



ONGOING GROUPS

SUNDAY

- ♿ -Older Women Aging Well (1st Sun/potluck; 2nd & 3rd Sun/support group; 4th Sun/discussion).....3-5pm

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) (call for dates).....6:45-9:30pm
- Lesbian Partners & Ex-Partners of Incest Survivors (1st & 3rd Mons.)....7-8:45pm
- ♿ -Women with Disabilities (3rd Monday).....7:30-9pm

TUESDAY

- Bisexual Women's Rap.....7:30-9:30pm
- 30+ Lesbian Rap.....7-8:30pm
- Eating Awareness and Body Image (Open to newcomers 1st Tuesday).....7-9pm

WEDNESDAY

- Assessing Your Therapy (2nd Wed.)...7-9pm
- Battered Women's Support Group (Weekly except 3rd Wed. of month).....7-9pm
- Boston Bisexual Women's Network: Intro Mtg.(2nd Wed., odd months)..7:30-9:30pm
- Incest Survivors' Thinktank (1st Wednesday).....7:15-9:15pm
- ♿ -Lesbian Al-Anon.....6:30-8pm
- Women's Anxiety Support Group (1st & 3rd Wednesdays).....6:30-8pm

THURSDAY

- Incest Survivors Open Discussion Groups Structured (except 3rd Thursday)..7-9pm
- ♿ -Open, Unstructured.....7-9:30pm
- ♿ -Facilitated Open Discussion for Incest Survivors (3rd Thursday)....7:30-9:15pm
- ♿ -Women's Community Cancer Project (1st Thursday).....7-9pm
- ♿ -Cancer Support Group (2nd & 4th Thursdays).....7-9pm
- Lesbians Choosing Children Network (3rd Thursday).....7:30pm
- Manic Depression/Depression Support (on summer hiatus, resumes Sep. 23)....1pm
- Women's Writing Group (2nd & 4th Thursdays).....7-9pm

FRIDAY

- ♿ -Incest Survivors Anonymous.....6:30-8pm

SATURDAY

- Open discussion on Coming Out for Women of All Ages (often ASL interpreted) (1st Saturday, usually).....11am-1pm
- Finding and Surviving the Workplace (2nd & 4th Saturdays).....11am-1pm
- International/Intercultural Women's Group (4th Saturday).....1pm
- Lesbian and Bisexual Parents of Adolescents (2nd Sat.)....11am-12:30pm
- Women's Writing Group (biweekly).....12:30-2:30pm
- Women Writing Life Stories (biweekly beginning Sep. 11th).....12:30-2:30pm



JOIN A GROUP!

Got those summer doldrums? Looking for something new to get involved in? Joining a Women's Center group could be just the thing for you!

There are lots of groups with strong membership, and there are some groups that are very small and struggling to survive. Some of these groups are new, some are older and have recently seen membership dwindle. New members are needed, including women who are able to attend regularly, which is usually what's needed for a group to succeed. These groups are: the Structured Incest Survivor's Open Discussion; Thursday night Women's Writing Group; Manic-Depression and Depression Support Group; Anxiety Support Group; Survivors of Abuse by Health Care Providers; Celibacy Issues Support Group; and Lesbian/Bisexual Parents of Adolescents.

For more information on any Women's Center group, call (617)354-8807 or just drop in for a scheduled meeting. We welcome your participation!

Frankie Bunyard

Frankie Bunyard was an exceptional woman. She carved stone, a predominantly male occupation. Look up at Beth Israel's main entrance, those names cut two feet high are her beautiful work. Look down when leaving Faneuil Hall, usually beneath the feet of a singer or fire-eating juggler, and you'll see the 6' round dedication stone she cut.

Late in life Frankie, a professional peer and friend of mine for sixteen years, uncovered her childhood abuse. In fact, we each realized within one week of the other our ancient trauma!

I was introduced to many things by Frankie. Some, like sweetbreads, didn't add much to my life. The Women's Center in Cambridge did. She braved this new situation as oftentimes before - plunging in whilst expanding herself and all others involved. She was a passionate human being, one of the few I have known whose tough self-demands and standards matched my own.

Frankie died of cancer on May 21, 1993 at too young an age. I say that because her heart and spirit kept her ageless. They will also be what keeps her memory alive for those of us who chanced to walk alongside her for a while.

Colleen

(Donations to the Women's Center may be made in Frankie's name throughout this year).



FROM VERA

On Wednesday, August 11th we'll have another Learning About and Assessing Your Therapy group. I'll continue to offer this group each month on the second Wednesday of each month from 7-9pm. This open 2-hour workshop is for women who would like to know more about psychotherapy and/or who have concerns or questions about their own current or past therapy. It's a group in which you'll hear other women's experiences and dilemmas and in which I'll try to help clarify and explain the hallmarks of effective therapy.

In September there will be a 2-session workshop on Concerns about Medication. This is not a medical look at meds, but rather a psychological one: How do you feel about being on medication or having it recommended to you? How do you monitor whether it is helping you? How do you think about it? How does it effect you?

Later in the fall we'll look at Friendships: where and how to find them; how to honor them and encourage their growth. We'll discuss common pitfalls, mistakes and difficulties and some uncommon solutions in this 3-session workshop.

We may also have another 4-session workshop on Loss. Check in with the Women's Center for more information on these groups. (617)354-8807.



MARY RAFFINI

We are saddened to report that Mary Raffini, long-time friend and supporter of the Women's Center, died in January.

Mary was very involved with the Women's Center in the 1970's. She was a vital member of our decision-making collective (then called CORE) and also did fundraising for the Center.

Mary worked endlessly to ensure that "crazy" women should have options besides institutionalization. Thanks to her efforts, the Elizabeth Stone House, an alternative mental health residential program for women, became a reality.

Mary moved to the Southwest, where she continued her activism, while coping with many health problems. She kept in touch with her Boston-area friends.

Mary's death is an unexpected loss that has affected many of us at the Women's Center very deeply. Mary was a kind and loving woman who approached her work with and for women with a rare commitment and devotion that touched all who knew her.

THE WOMEN'S EDUCATIONAL CENTER, INC.
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MANIC-DEPRESSION AND DEPRESSION SUPPORT GROUP

This group is for women in treatment for manic-depressive or depressive illness. We are an information-oriented self-help group, and have topic discussions which include every woman who wishes to share. The facilitator has long-term manic-depressive illness and is well informed, but is not a professional. Any questions about medication or therapy should be directed to each woman's treatment clinician. For those on medication, compliance with prescribed medication is essential for group attendance.

The goal of the group is to educate, support and empower women in their own personal journeys in recovery. We use humor and experience to introduce alternative coping mechanisms. We are hoping to appeal to a diverse group of women seeking support and looking for better understanding and management of depression and manic-depression.

****PLEASE NOTE:** The Manic-Depression and Depression Support Group is on summer hiatus and will resume on Thursday, September 23rd, at 1pm at the Women's Center.

Joan Borowitz

WOMEN FILMMAKERS WANTED

The Women's Resource Center of New York has begun their search for independent films to be shown at the Second Annual Women's Film Festival to be held in March, 1994. We are looking for films or videos made by women about women and are interested in both new and old works. Submissions must be received by October 30, 1993. Call (212)875-8533 for more information.



SEXUAL HARASSMENT

If you believe you are being sexually harassed or discriminated against, you should know the federal, state and local laws which protect you.

We will discuss these and show a 30 minute video ("The Power Pinch") which clarifies the rights and responsibilities of both employer and employee this fall at the SEXUAL HARASSMENT SUPPORT GROUP. All are welcome to attend on Wednesday, September 15th and Monday, November 1st from 7 to 9 pm. Louise Bonar, the facilitator, is a management trainer and consultant specializing in male/female dynamics and sexual harassment training.

The term "sexual harassment" encompasses a broad range of unwelcome acts. These acts may be visual (leering, ogling, physical gestures); verbal (derogatory remarks and innuendos, jokes and outright verbal abuse); or physical (from pinching and fondling to rape). Sexual Harassment may also include requests for sex combined with threats if refused. Although both males and females can be and are sexually harassed, the victims are almost always female.

Sexual Harassment also includes harassment (not sexual in nature) that only occurs for one sex at work.

For more information, call Louise Bonar at (617)254-1729 or contact the NDW Legal Defense and Education Fund at (212)925-6635.

INCEST SURVIVORS ANONYMOUS

Incest Survivors Anonymous has weekly women's meetings at the Women's Center on Fridays, 6:30-8pm.