

# ♀ ON OUR WAY

Newsletter of the Women's Center  
46 Pleasant Street, Cambridge, MA 02139  
(617) 354-8807 TTY and VOICE

SPRING '98



## SPRING INTO THE WOMEN'S CENTER!

Happy Spring to all! The Women's Center has been busy these past several months. The fifth annual *Cambridge Women's Health Day* was a success. Held on Saturday, March 28, a beautiful spring-like day, 200 women attended 25 free workshops, dealing with a wide range of health issues. **Thank you** to all who volunteered and helped plan such a fabulous event, and to all who attended!

There are many new groups/activities at the Women's Center! Why not work on your writing at *Wordsmith's Haven*? Or connect with other women going through a difficult time in the *Renewal of Hope* support group. Also, on April 27, *Look Before You Leap: Not Your Ordinary Career Workshop* will focus on **you** and your needs in finding a fulfilling career. Read ahead for articles with information on other groups.

The Women's Center has been more visible in the media recently. In January, Montserrat Caballero appeared on Univision's Boston affiliate (Spanish Television) presenting on the Women's Center in Spanish. Also, volunteers Kirsten Schutz and Wendy Todd, created a Women's Center Public Service Announcement for *Cambridge Community Television* in April, that will air on channels 9, 10, and 22.

The demand for our referrals remains high. While our staffers stay busy answering the phones and giving information and support, many other volunteers and interns update our extensive resources. So far this year, our *Reproductive Health*, *Twelve-Step Programs*, *Child Sexual Abuse I* and *Housing* referral books have been updated. We also reorganized our staff office. Take a peek next time you stop by.

If you are interested in helping maintain the Women's Center garden this season, or volunteering in any other capacity, please call Montserrat at (617) 354-8807. Thanks!

## FINANCIAL WELL-BEING:

### WHAT EVERY WOMAN SHOULD KNOW

*Monday, May 18, 7-8:30*

Whatever your situation, there are some things you need to know in order to make your financial dreams come true. Understanding these basics will help you *gain control* over your present position and make informed decisions about how to *keep control* in the future.



This free workshop, designed especially for women, will provide advice you can use to help save money in taxes, maintain a budget, define your financial goals and more. For more info call Judi Lovecchio at (617) 242-0700 x374.

## WOMEN MAXIMIZING ABILITIES NOW

*Women Maximizing Abilities Now* is a new peer support group at the Women's Center meeting the first and third Wednesday of the month from 2:00-3:30pm.



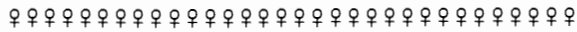
The group's focus is threefold: sharing experiences living with chronic conditions, informing members of helpful community resources, and participating in healing and proactive activities. All are welcome and all input is valued. Join us for our next meetings on May 6 and 20, and for more information, call the Women's Center at (617) 354-8807.

## ◆ FINDING YOUR SOUL MATE WITH HYPNOSIS ◆

*Saturday, May 9, 1pm*

Through relaxation exercises and guided visualizations, you'll learn to recognize your soul mate, as well as ways to call upon the strengths and abilities that have helped you reach goals in the past. Presented by Jean Fain, hypnotist and psychotherapist. For more information call the Women's Center at (617) 354-8807.

### HOW DO YOU LIKE YOUR GROUP?



May is feedback month. Evaluation forms will be given out at the 1<sup>st</sup> meeting of the month in all Women's Center groups.

**Please fill them out!** If you would like to give some feedback, but can't make a group, come by or call (617)354-8807 for a form (or send/bring in your comments). The results will be used to assess and improve our program. Your input is needed and valued!



### MOTHERS WITHOUT CUSTODY

This is a new group for women whose children are not living with them. Women who have limited access to their children can give and receive support and not feel judged or alone. Our goal is to feel better about ourselves and being moms, even though our children are not living with us.

If desired, we may have topics at times, such as: *How to still be a mother when our children are not living with us*, *How we can build our self-esteem*, or *Society's antagonism to women without custody*.

Meetings are on the 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of each month, beginning May 4, from 7:30-9pm. For more information, please call Beth at (508) 229-2615.

- Beth



### MEDITATION FOR TRAUMA SURVIVORS

*Saturday, May 30, 1:30-3:30pm*

This group is designed to teach different meditations in support of healing and integration--without triggering trauma histories. Most trauma survivors have a difficult time finding a safe way to inhabit their bodies. Rest and relaxation can be hard to come by.

The workshop will be run by Deidre Fay, a clinical social worker and experienced group leader currently on staff at the Trauma Center at HRI/Brookline. A trauma survivor herself, Deidre has 20 years of training and practicing Eastern and Western meditative techniques. She leads meditation groups at HRI and in her practice in Cambridge. For more information on the workshop, please call the Women's Center at (617) 354-8807.

### SEXUAL HARASSMENT

There are two types of sexual harassment at work, one is "quid pro quo," meaning "this for that" (eg. sleep with me to keep your job /get promoted). There is also "hostile work environment" sexual harassment, which includes subtle activities and behavior of a sexual nature that are *unwanted, unwelcome* and *repeated*.

This could be jokes, pictures, touching, repeatedly asking someone for a date, staring, or conversations that make others feel uncomfortable.

The actionable offenses that interest lawyers involve deliberate behavior of a sexual nature. These cases are lengthy, expensive, highly visible and stressful experiences. What to do?

Share the burden by talking about your experiences and learn about your options at the *Sexual Harassment Support Group* that meets monthly at the Women's Center from 7-9pm. The next meetings are Tuesdays May 5 and June 2. For more information and/or to register, call Louise Bonar at (617) 254-1729.

- Louise Bonar



### WORDSMITH'S HAVEN

Ever mean to write but just when you set to it, the phone rings? You remember the wash? Better get some food in the house? What about balancing the check book?

Sometimes, it helps to have a place where it's cozy and friendly, you can make a cup of tea if you like, but the distractions are all on hold and you can write to your heart's content.

Well, we have such a place: *Wordsmith's Haven*. Thursdays from 10-4, there is a special room at the Women's Center, designated for you to come and write. You may or may not find **others there**. It is a non-interactive writing space, so come in and put pen to paper (or fingers to wordprocessor) right (write) away!

- Judith Poole



### CLEAN-UP/FIX-UP DAY

Sunday, May 31, noon-4pm. Come help out with our Clean Up/Fix-Up Day! Refreshments, snacks, fun working together.



For more info, call Judy at (617) 354-8807.



## FROM THE DESK OF OUR BREADBAKER...

(Just checking to see if you were paying attention. ☺ This is our regularly featured *Fundraiser* column:)

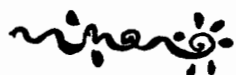
Thank you to everyone who contributed to the Women's Center's year-end appeal! We received 117 gifts by the end of December, which pushed the Women's Center past our goal of \$92,000 needed for basic operations in 1997. The Winter '97/'98 fundraising season was our best yet, and it couldn't have come at a better time, given the Women's Center's ambitious plans for 1998, including expanding our paid staff. Center volunteers have thanked each of you individually, but once more can't hurt:

♪ THANK YOU for putting your money where it counts for women: at the Women's Center!

Bekah Perks (the artist who designed our kitchen tile mural) has been hard at work on the new "**Trees of Life**" *Commemorative Tile Mural* for the Women's Center living room. Conceived in the spirit of honoring and remembering women, or ideas and quotes important to women, this powerful mural will feature three beautiful birch trees. It's been great to watch the trees "grow!" So far, we have dedicated 28 (of the 56 total) tiles -- the first four rows -- of the stunning new mural. The mural-in-progress will be on full view later this spring. Tiles are available for a \$300 (tax-deductible) contribution. Will you consider joining us? Please contact me at (617) 354-6394 if you are interested, and we can arrange a "mini-showing" in my office. You can also call Kirsten at (617) 596-2719 for further info. about the *Commemorative Tile Campaign*.

Last we wrote, we explained that the Women's Center's building is 121 years old. That we need new roofing and roughly \$70,000 for repairs and refurbishing. So far, we have won \$30,000 in *Capital Improvements* grants. Along with your generous gifts, these grants have helped us "on our way" to that new roofing and other improvements. If you drop by, you'll notice some spiffy new changes. Pardon our appearance while we work to make the Center an even better place. If you can recommend a good exterior painter, roofer, or contractor, please call Judy at (617) 354-8807. (We hire women with good reputations and competitive estimates when possible, and will consider outstanding men.) Thank you for supporting this vital project!

-Pamela Goldstein  
Development Coordinator



## INTERCULTURAL WOMEN'S GROUP

The *Intercultural Women's Group* invites all women to participate in discussions ranging from women's health care around the world, to stories and experiences about what it means to come from more than culture, and/or speak more than one language. We want to continue growing and coming together to share our collective experiences. We meet the first and third Wednesdays of the month from 7-8:30pm. Please call Montserrat at (617) 354-8807, or Danae at (617) 522-6282 for more information. Hope to see you there!



## MAY IS DANCE MONTH IN CAMBRIDGE!

The Dance Complex in Cambridge sponsors "dance distractions" throughout the month of May, at various locations, all meant to be improvised, free, and fun! The Women's Center will host a dance distraction on Thursday, May 28, from 6-7pm. Aleyda Sulorzano will choreograph a Bachata and Merengue demonstration. Come watch or participate in the Women's Center Living Room! Refreshments will be available. For more information, call the Women's Center at (617) 354-8807.

## ¡MAYO ES EL MES DEL BAILE EN CAMBRIDGE!

El Grupo de Danca de Cambridge organiza bailes de distracción durante el mes de mayo en varios lugares de la ciudad los, cuales son totalmente improvisados, gratuitos y muy divertidos. El Centro de Mujeres va a organizar un baile de distracción el lunes, 28 de mayo, desde las 6 hasta las 7 de la tarde en la sala del Centro de Mujeres. Venga a participar o mirar el Bachata y Merengue, bajo la coreografía de Aleyda Sulorzano, Resfrecos serán ofrecidos. Para más información, llame al Centro de Mujeres al (617) 354-8807.

## OLDER WOMEN'S GROUP

Sorry to say, this group has stopped meeting. The group has been meeting for many years, bringing many good discussions and friendships. If you would like to help get it going again, please call Judy at (617) 354-8807.



## RENEWAL OF HOPE SUPPORT GROUP



The *Renewal of Hope* group has been meeting from 3:00-4:30pm each Thursday at the Women's Center since January 8. Spring is here and it is a perfect time to share with other women what changes you would like to make in your life. I know I have made some good progress toward my personal empowerment since the first meeting.

*Renewal of Hope* consists of discussion, with time at the end for a short healing meditation. We have also worked with positive affirmations. Right now, we are a small group, so there is still plenty of room for new members. With consistent energy, we can put a great group together. For more details, call the Women's Center at (617) 354-8807. The group is open, but please contact Anne at (781) 639-2319 before you attend the group for the first time.

- Anne



## STRAIGHT SPOUSES OF GAY MEN

I have been married for 20 years and 5 years ago my husband told me that he was gay. Since then we've struggled with various issues that have presented themselves. Creating a new definition of marriage, or alternative family, is how we have tried coping. I would love to meet with other women who also are in similar situations. I need a community -- I can't be the only one! Join me on the 3<sup>rd</sup> Saturday of the month, 11am-12:30pm at the Women's Center. For more information, call (617) 354-8807.

- Cindy

## REPRODUCTIVE RIGHTS NETWORK

*The Reproductive Rights Network* (R2N2) has integrated its newsletter into *Sojourner* as a way to reach a broader audience. We have also closed our PO Box, so mail should be sent to our office at 552 Massachusetts Avenue, Cambridge, 02139.

R2N2 is launching an effort to bring together small, grassroots feminist groups to learn more about each other's activities, expand our shared agendas and explore opportunities for collaboration. At present, R2N2 and Adbar Ethiopian Women's Project are organizing this network. For more information about our meetings, call (617) 661-1161.

## WOMEN WRITING

I just returned from a theater treat. A friend had an extra ticket to Donald Margulie's *Collected Stories* at the Huntington Theater. Do you know of it? It earned a Pulitzer Prize nomination in 1997. Core to the story is a complex mentoring relationship that develops, with all its intricacies, between an older, established writer and her tutorial student who becomes her assistant.

No need to worry about all that complex overlay of idolatry, jealousy, and psychological dysfunction if you come to *Women Writing*, alternate Saturdays from 12:30-2:30pm (next meeting April 25). The group has met at the Women's Center for years; we are peers who cheer each other along, welcome new members, and start from the premise that we are all writers, all good enough, and then sharpen our ears, our wits and our pens on each other's prose. We write together in the style of Natalie Goldberg's *Writing Down the Bones*, share what we've written, and give each other positive feed-back. See you there.

- Judith Poole

## WEDNESDAY NIGHT

### BATTERED WOMEN'S GROUP

I have found the Wednesday night *Battered Women's Support Group* to be extremely supportive. It helped me to get back on my feet when I was homeless and in a desperate and dangerous situation. Betsy Warrior is a wonderful person who helps many people break free of destructive relationships. The group meets every Wednesday except the third Wednesday of the month, from 7-9pm.

- P.C.



## DEMYSTIFYING INVESTING FOR WOMEN

*Monday, June 1, 7-8:30pm*

There are just a few basic things you need to know to invest intelligently. You will learn how to invest your IRA or 401K at work, how to get started on an investment plan, and basic information about stocks, bonds and mutual funds.

Led by Anita Springer, who has 15 years experience as an investment advisor and is writing a book about investing for women.

**EATING AWARENESS &  
BODY ACCEPTANCE WORKSHOP**

*Saturday, May 16, 1-4pm*

A time for women to explore issues of accepting and loving their bodies and learning to eat mindfully.

*May continue as a monthly group if there's enough interest and dedication.*

Linda, (978)374-7344, for information

**LESBIANS CHOOSING CHILDREN**

*Saturday, May 2, 11am*

*Wake Up the Earth Parade* at the Jamaica Plain Monument (Centre Street)

(781)461-5946 for more information

**TOPICS FOR DISCUSSION**

**LESBIAN RAP**

*Mondays, 7:30-9pm*

April 27 Short Stories/Poetry Night

May 4 Summer Plans

11 Unifying Lesbian/Bi Communities

**30+ LESBIAN RAP**

*Tuesdays, 7-8:30pm*

April 28 Boundaries

May 5 Lesbian Movies

12 Fantasy vs. Reality

19 Coming Out at Work

**BISEXUAL WOMEN'S RAP**

*1st & 3rd Tuesdays, 7:30-9pm*

May 5 New Beginnings

19 What Is Pride?

**FACILITATED OPEN DISCUSSION FOR  
SURVIVORS OF CHILD SEXUAL ABUSE**

*Last Friday/month, September-June, 6-7:30pm*

April 24 Intimacy & Sexuality

May 29 Mothering

June 26 Friendships

**THURSDAY NIGHT GATHERING FOR  
SURVIVORS OF CHILD SEXUAL ABUSE**

*Thursdays, 7:30-9:30pm*

A topic on the 1st Thursday of the month

May 7: Anger

**JEWISH LESBIANS & BISEXUAL WOMEN**

*Thursday, May 14, 6:30-8pm*

Meet local lesbian Rabbis Toba Spitzer & Reb Leah

**WOMEN'S READING GROUP**

*3rd Wednesday/month, 7-9:30pm*

May 20: *Alias Grace* by Margaret Atwood.

Info: Mary, (781)891-5727.

**CREATING SAFETY AT WORK**

*Monday, June 8, 7-8pm*

with Nancy Brook & Cynthia Crainin, authors of *Thriving at Work: A Guidebook for Survivors of Child Sexual Abuse*

A talk about survivors in the workplace, with time for questions, book signing/purchasing

**ONGOING GROUPS**

**MONDAY/LUNES**

- Al-anon Grupo (*semanalente, en español*) ... 6:30-8pm
- Battered Women's Support Group (*weekly*) . 7:30-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors (*3rd Monday*) ..... 7-8:45pm
- Lesbian Rap (*weekly*) ..... 7:30-9pm
- Mothers without Custody (*1st & 3rd Monday*) 7:30-9pm
- Reproductive Rights Network (R2N2) (*2nd Monday; 661-1161 for information*)

**TUESDAY**

- Bisexual Women's Rap (*1st & 3rd Tuesday*) 7:30-9pm
- 30+ Lesbian Rap (*weekly*) ..... 7-8:30pm
- Sexual Harassment Support Group (*one Tuesday/mo; Louise Bonar, 254-1729, for info, to register*) .. 7-9pm
- Women with Disabilities and/or Chronic Conditions (*2nd & 4th Tuesdays*) ..... 5:15-6:45pm
- Writers Circle (*biweekly; Cassandra, 494-2695, for info.*)

**WEDNESDAY**

- Battered Women's Support Group (*weekly, except 3rd Wednesday of month*) ..... 7-9pm
- Boston Bisexual Women's Network (*2nd Wednesday, odd #'d months*) ..... 7:30-9pm
- Intercultural Women's Group (*1st & 3rd Wednesdays*) ..... 7-8:30pm
- Lesbian Al-Anon (*weekly*) ..... 6:30-8pm
- Separation/Divorce Support Group (*1st & 3rd Weds; Info: Margaret, 354-9182*) ..... 7-9pm
- Women Maximizing Abilities Now (*1st & 3rd Wednesdays*) ..... 2-3:30pm
- Women's Reading Group (*3rd Wednesday*) . 7-9:30pm

**THURSDAY/JUEVES**

- Al-anon Grupo (*semanalente, en español*) ... 6-7:30pm
- Grupo de Apoya para Mujeres Latinas (*semanalente; para mas información llama a Maria al (617)492-2803*)
- Healing through Art (*through May, 1998*) ..... 7-9pm (*Please call Lisa, 354-4898, before attending*)
- Jewish Lesbians & Bisexual ♀ (*2nd Thurs*) 6:30-8pm
- Renewal of Hope Support Group (*call Anne at (781)639-3219 for info/to confirm*) ..... 3-4:30pm
- Thursday Night Gathering for Survivors of Child Sexual Abuse (*weekly*) ..... 7:30-9:30pm
- Women's Community Cancer Project, Open General Meeting (*1st Thursday*) ..... 7-9pm

**FRIDAY**

- CODA (Codependents Anonymous) (*weekly*) 6:30-8pm
- Incest Resources Facilitated Discussion Group for Survivors of Child Sexual Abuse (*last Fri*) 6-7:30pm
- Incest Survivors Anonymous (*weekly*) ..... 6:30-8pm

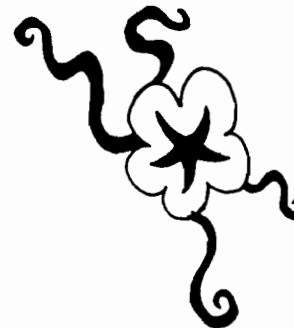
**SATURDAY**

- Coming Out Discussion for Women of All Ages (*1st Saturday, except some holiday weekends*) 11am-1pm
- Friendship Connection (*2nd Saturday*) .. 12:30-2:15pm
- Lesbians Choosing Children (*Monthly activities*)
- Straight Spouses of Gay Men (*3rd Sat.*) 11am-12:30pm
- Women Writing (*biweekly*) ..... 12:30-2:30pm

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**DIVORCE AND SEPARATION GROUP**

The *Divorce and Separation Group* brings together women to share their stories of suffering and celebration concerning separation or divorce. The changes taking place during this transition are explored in a safe environment. Each woman has time to contribute in a personal way. We are unafraid to explore this domain. We have laughed, cried, sat silently and left feeling better or sometimes, worse. We celebrate our ability to come together as women going through changes in our lives.

The group is in formation and striving to determine what works best. We hope to gather feedback from participants this spring and create a holistic group to continue to support each other through the changes separation and divorce bring in our lives. The group meets on the first and third Wednesdays of the month from 7-9pm at the Women's Center. Join us May 6 and 20. Call the Women's Center at (617) 354-8807 if you want more information.

- Margaret



**LOOK BEFORE YOU LEAP - Not Your Ordinary Career Development Workshop**

*Monday, April 27, 6:30-9:30pm  
(1<sup>st</sup> of 3 sessions; the other sessions will be closed to new members)*

The focus will be on you, what you uniquely bring to what you do. Discover what you want to do and make a plan to get there. It can be done! With Barbara Harris of *LeapFrog*.

**DEAR NEWSLETTER READERS...**

Now and then, sister organizations ask for the Women's Center mailing list to publicize a program, event, or activity. On rare occasions, we might allow this. We would like to know if you would not like your name shared on such an occasion. To make your wishes known (if you have not already done so), fill out the return coupon in this issue, check the appropriate box and return to us. You can also call in your wishes; please give your "member number" on the right-hand side of your mailing label. Thanks!



- YES!** I want to support the ♀'s Center & "On Our Way!"  
*Enclosed is my tax-deductible contribution of:*
- \$100    \$50    \$25    \$10    other \$ \_\_\_\_\_
- Please send me a volunteer application

Please do not share my name with any other organization

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #(s): \_\_\_\_\_

*Thank you! We appreciate your support!*