



The Women's Center

♀ ON OUR WAY

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

Spring 2003

WOA WINS AWARD!!!

The Boston Women's Fund will honor Women of Action (WOA) at their seventh annual "Take A Stand" event on Saturday, May 17th. The Fund will acknowledge the work that Women of Action has done to raise awareness of the public transportation and access issues faced by women and children (and others) who use the MBTA. We are very proud! **Congratulations Women of Action!**



Women of Action members and their children

TAKE A STAND

Saturday, May 17, 7:30pm
The Boston Women's Fund's
Celebration of Local Women
Artists and Political Activists
Roxbury Community College,
Media Art Center,
1234 Columbus Ave., Boston
Info: (617)725-0035 x 3009

ROOTS: A Celebration of Women and Culture

Saturday, May 31, 1-5pm at the Cambridge YWCA

In conjunction with the Women's Center's efforts to do outreach with communities of color and in celebration of her upcoming production, Gabriele Atchison thought it would be appropriate to create a free cultural event for communities of color in Cambridge. By having this event, she is hoping to reach women of color who are not aware of her productions and other programs for women, and that these women would also become aware of the resources

at the Women's Center.

The free event will be a celebration of the connections between the Brazilian, Haitian, Latina and African American communities in Cambridge. There will be door prizes, food and craft vendors, DJ, dancing, entertainment, activities for children and yoga for elders.

The event is also cosponsored by the Area 4 Coalition and the Women's Commission.

All are welcome.

For more info. contact:
Gabriele J. Atchison Productions
(617) 983-8027 or email:
atchison71@aol.com

CONTENTS...

- 1 WOA Wins Award
- 1 ROOTS Celebration
- 2 MBTA Update
- 2 From the Desk of the Fundraiser
- 3 A Wonderful Way...
- 3 A Volunteer's View
- 3 Appreciation of Foundation & Corporate Support
- 4 Calendar
- 5 Women's Health & Hormones
- 5 "Grand" Moms
- 5 Financial Literacy Workshop
- 6 Donation form
- 6 Women's Health Day (in the fall)

MBTA UPDATE

On Our Way

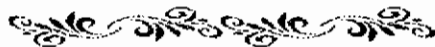
Is the newsletter of the Women's Center, published 3 times per year in *April, September, and December.*

The Women's Center is a non-profit resource and support center for all women and their children, founded in 1971.

Our mission is twofold:

to provide women with the tools and resources they need to emerge from abuse, discrimination, addiction, sexism and racism, harassment, social isolation, violence, poverty, or other injustice

to challenge and change attitudes and actions which subjugate women.



Volunteers

The Women's Center gratefully acknowledges the ongoing efforts and contributions of our volunteers.

Thank you for giving so generously of your time and of yourselves.

The Women's Center relies on the generosity of the community to provide our wealth of free programming.

All donations are tax-deductible to the full extent of the law.

For further information, contact:

The Women's Center
46 Pleasant Street
Cambridge, MA 02139
(617) 354-8807

email:

info@cambridgewomenscenter.org

Hours:

Monday-Thursday: 10am-10pm

Friday: 10am-8pm

Saturday: 11am-4pm

Helpline: (617) 354-8807

On April 25th, after months of pressure from Women of Action (WOA), the MBTA presented to WOA a draft of a sign that will appear at bus shelters and T stations. The signs invite any person needing to board via the back lift to ask the driver to lower the lift. The MBTA has promised to hang the signs by the end of the week of May 12th – just in time for Mother's Day!

Here's what the MBTA will circulate, thanks to WOMEN OF ACTION!



Need a lift?

Bus lifts are available to everyone. Just ask.

From the Desk of the Fundraiser...

The Women's Center's greatest asset is its community of supporters. With your help, we provide critical resources and support services to thousands of women each year. During this particularly difficult economic time, the Women's Center depends on your financial support to continue our work. Together, we can continue to fight against women's oppression in all its forms. Please consider making a generous tax-deductible donation to the Women's Center today. Tomorrow, your generosity will touch the lives of so many women.

Yours Truly,

Nicole Marcotte
Nicole Marcotte

Women's Center Annual Meeting

Monday, June 16, 7-9pm
ALL WOMEN INVITED

Join us as we review the accomplishments and challenges of the past year. We'll also meet and vote on a new board for the coming year. Don't miss this opportunity to connect with the Women's Center community.

WISH LIST

Tea, coffee, honey, etc.
Toilet paper, tampons, paper towels, tissues...
Office Supplies (copy paper, pens, notebooks, etc.)
Office chairs
Clean room-size rugs
Kid's computer software
Children's toys (in good shape)
(617) 354-8807 or drop by

A Wonderful Way to Help Other Women in Your Community

As you know I started working at the Women's Center about six months ago. My opinion about the Women's Center has not changed and never will. It's such a wonderful place to work. I'm happy to be here and to be working with such extraordinary people. Like in every job environment there is always some challenges to face and I love that part of my job. Our help line is strong, but we need more volunteers to help. We are looking for women who speak English, Spanish, or other languages! We are looking for you!!! Volunteers are the light of the Women's Center.

Besides being the volunteer coordinator, I am working on the Latina Outreach project. We need Spanish speaking volunteers to reach out to Latina women in the Cambridge area and neighboring towns. I not only need Spanish speaking volunteers to be on the help line, but to also to run support groups that are already at the Women's Center in English, such as Al-anon, Battered Women's Support Group, a Support Group for Lesbians, or others that you think would be helpful. We need one on one computer support for Latinas, teaching them how to use the internet. It could be as simple as how to set up an e-mail account or how to do a resume.

Our job at the Women's Center is not done till we reach our goals and one of our goals is to be able to reach the Spanish-speaking community. Until then we are going to keep working harder and harder to help those who need our help.

For more information please contact Eunice Espinal, Latina Outreach/Volunteer Coordinator at 617-354-6394

-Eunice Espinal

A Volunteer's View

Recently, I began to spend Wednesday mornings answering the telephone, greeting newcomers, and doing light housekeeping at the Women's Center. Perhaps one of the greatest services we provide is our knowledge of agencies, groups, and institutions that serve the needs of women. Women call the Center from all over Massachusetts seeking help. They request information about homeless shelters, food pantries, locating a battered women's support group, free counseling services, or a women's reading or writing group. Through learning about these resources, I have widened my own personal circle of support.

Part of my work at the Center involves insuring that the rooms are clean and that the bulletin boards, located in various rooms, are up-to-date. The Center has many quiet sunny spaces for women to relax or meet in small groups, and I have observed the importance of this homelike atmosphere. During my shift, women sometimes congregate in the kitchen to cook and share a meal. At the kitchen table one woman may talk about the experience of homelessness, another may despair at being unemployed. Through conversation they find companionship. I hear notes of hope and the women appear more prepared to meet the day's challenges. I have spent a portion of each volunteer experience in the kitchen, and I, too, feel enriched by our meeting.

As a Women's Center volunteer, I continue to find fulfillment in the experience of giving and receiving. I hope more women will have the opportunity to join in fostering the growth of this special place.

-Lisa Franks

Foundation and Corporate Support

A special "thank you" to the foundations and organizations who have contributed \$250 or more in 2003

A Better Place Foundation
Athena Theater Company
Boston Jewish Community Women's Fund
Bushrod H. Campbell and
Adah F. Hall Charity Fund
Cambridge Community Foundation
City of Cambridge
Clipper Ship Foundation

First American Title Insurance Company
Harvard Pilgrim Health Care Foundation
Instead Feminist Cooperative at Wellesley College
Mind's Eye Yarn
The R.O.S.E. Fund
George and Beatrice Sherman Family Charitable Trust
Women Empowered



Thank YOU!!!



GROUPS

MONDAY

- Al-Anon for Women (*weekly*)..... 6-7:30pm
- Lesbian Partners & Ex-Partners of Incest Survivors. 7:30-9pm
(3rd Mondays, Info: Daniella (617) 497-0911)
- * Lesbian Rap (*weekly*) 7:30-9pm
- * Pregnancy Support Group (*weekly*)..... 11am-noon
Info: Rena, rinab89@hotmail.com
- * Women of Action (WOA) Open House (June 23). 6:30-8:30pm
All women & their children welcome. Lynn, (617) 354-6394

TUESDAY

- Bisexual Women's Rap (1st & 3rd Tuesdays)..... 7:30-9pm
Info: lucylizard@yahoo.com
- Facilitated Mothers' Support Group (*forming*)..... morning
(to join, call group facilitator Diane at (617) 876-2139)
- Support for Married but not Straight Women 7:30-9pm
(2nd Tuesdays). Info: Dpp1029@aol.com
- Writer's Circle (2nd Tuesdays)..... 7-9pm
Info: Cassandra at (617) 494-2695

WEDNESDAY

- Battered Women's Support Group (*all Weds, except 3rd*). 7-9pm
- "Grand" Moms (2nd Wednesdays through June)..... 6-8pm
Childcare & meal provided. Info: (617) 354-6394.
- Liquid Poets (2nd & 4th Wednesdays)..... 7-9pm
Info: Christine, liquidwriters@hotmail.com.
- * Women Maximizing Abilities Now (WOMAN) 2-3:30pm
(1st & 3rd Wednesdays; for women with disabilities.)
Info: woman@braintrust.org)

THURSDAY

- 30+ Multicultural Lesbian Rap (1st & 3rd Thurs.)..... 7-8:30pm
- Thursday Night Gathering for Survivors
of Child Sexual Abuse (*weekly*)..... 7:30-9:30pm
(Topic at 1st meeting of month. Info: Lilithlive@aol.com)
- * Volunteer Orientation (June 12 & 26)..... 6:30-8pm
Info: Eunice, (617) 354-6394.
- * Women of Action (WOA) Open House (May 22). 6:30-8:30pm
All women & their children welcome. Lynn, (617) 354-6394
- * Women of Action (WOA) Open Mic (1st Thurs.)... 6:30-8:30pm
All women & their children welcome. Lynn, (617) 354-6394.

FRIDAY

- Incest Resources Facilitated Discussion for Survivors
of Child Sexual Abuse (*please be on time*)..... 6-7:30pm
(usually first Friday of month, September - June;
June 6. Topic: Isolation and Connection)
- * Women's Health and Hormones (June 20)..... 7-9pm
At the Cambridge YWCA, with author Elizabeth Plourde

SATURDAY

- * Coming Out Discussion for Women of all Ages 11am-1pm
(1st & 3rd Saturdays except holiday weekends)
- Financial Literacy Workshop: *Preparing a Personal Budget and Dealing with Basic Banking* (June 21)..... Noon-3pm.
- * Women of Action (WOA) (2nd & 4th Saturdays)..... 11am-1pm
Please call before attending your first meeting,
and if you need childcare: Lynn, (617) 354-6394
- * Wheelchair Accessible groups

The Women's Center is closed Monday, May 26, Memorial Day

FREE CHILDCARE: With 4 days notice, we can usually find a someone to do free childcare while you attend a group or workshop. Info: (617) 354-8807.

FREE COMPUTER & INTERNET ACCESS: Four computers are available on a first come, first served basis when the Women's Center is open - Monday-Thursday: 10am-10pm, Friday: 10am-8pm and Saturday: 11am-4pm

Childcare Volunteers Needed!

We have lots of requests for childcare from moms who would like to attend meetings here. Can you help?
Call Eunice, (617) 354-6394.

NEW AND FEATURED ACTIVITIES

FINANCIAL LITERACY WORKSHOP: *Preparing a Personal Budget and Dealing with Basic Banking*, Saturday, June 21, 12-3pm. Designed to help low and moderate income women deal effectively with everyday financial decision-making despite lack of resources. Co-sponsored by the Women's Center and the Cambridge Business Development Center (CDBC). Please register at (617) 354-8807.

"GRAND" MOMS. Wednesdays, May 14 and June 11, 6-8pm. Join other "Grand" Moms for conversation, resource sharing, laughing, crying and enjoying a meal. Let's support each other as we raise a second generation of kids. Facilitated by Denise Simmons and Mary Quinn. Free. Childcare provided. RSVP: (617) 354-8807.

NOTHING TOO HEAVY TO SHARE (NTHTS). For survivors of extreme abuse, such as torture, forced isolation, severe neglect or sexual exploitation. One daytime meeting and an evening meeting each week (come to either/both). Info to join: Esther (781) 278-0997.

***PREGNANCY SUPPORT GROUP,** Mondays, 11am-noon. Pregnant women experience new feelings, body changes, and the anticipation of a different life. Join with other pregnant women to share experiences and know that you are not alone. Facilitated by Rina Amir. Info: email rinab89@hotmail.com or call (617) 354-8807.

***VOLUNTEER ORIENTATIONS,** Thursdays, June 12 & 26, 6:30-7:30pm. Want to make a difference? Support women by listening to them & giving resource information. Volunteer 2 hours/week, or every other week. We provide training & back-up. No experience needed. We ask for a 6-month commitment. Info: Eunice, (617) 354-6394.

***WOMEN OF ACTION (WOA) ORGANIZING MEETINGS,** May 24, June 14 & 28, 11am-1pm (2nd & 4th Sats.). WOA welcomes women of color and/or low-income women to join together to fight for justice. Before attending the first time & for childcare: Lynn, (617) 354-6394.

WOMEN'S HEALTH AND HORMONES, Friday, June 20, 7-8pm at the Cambridge YWCA, 7 Temple Street. Elizabeth Plourde, author of *Your Guide to Hysterectomy, Ovary Removal, & Hormone Replacement*, is dedicated to helping women make fully informed health care choices. After 16 years of research, she assures women that hormones CAN be safe and beneficial. Bring your HRT questions to be answered in this enlightening free presentation.

TOPICS FOR DISCUSSION

30+ MULTICULTURAL LESBIAN RAP 1st & 3rd Thursdays, 7-8:30pm
May 15 Gathering for Fun: Lesbian Film, Potluck (please bring a dish to share) Special time: 6:30-9pm.

***LESBIAN RAP** Mondays, 7:30-9pm
May 12 Casual Relationships: Helpful or Harmful?
19 The Question Book and all kinds of light fun
June 2 Ice Cream Social Field Trip (Denise's in Davis Square)
9 Maintaining Individuality in Relationship
16 Pride Discussion

BISEXUAL WOMEN'S RAP 1st & 3rd Tuesdays, 7:30-9pm
May 20 First Female Love
June 3 Former Lesbians
17 Polyamory: having multiple relationships with the knowledge and consent of your partners

INCEST RESOURCES' FACILITATED DISCUSSION FOR SURVIVORS OF CHILD SEXUAL ABUSE 1st Fridays, 6-7:30pm
June 6 Isolation and Connection (*Please be on time*)

THURSDAY NIGHT GATHERING FOR SURVIVORS OF CHILD SEXUAL ABUSE - Weekly, with a topic at first meeting each month
June 5 Making Mistakes. Info: Lilithlive@aol.com

Hormones & Women's Health

Clinical Laboratory Scientist, medical researcher, and author Elizabeth Plourde will give a free talk on Friday, June 20, 7-9pm, at the Cambridge YWCA, 7 Temple Street.

She will clarify the raging controversy over hormone replacement therapy arising from the findings of the Women's Health Initiative Study (WHI). Offering much needed answers, she will explain why the results of the Women's Health Initiative Study were found, and reveal what type of hormones can be beneficial for women's hearts and bones, without the detrimental side effects found in the WHI study.

Elizabeth Plourde has written *Your Guide to Hysterectomy, Ovary Removal, & Hormone Replacement and Hysterectomy? The Best or Worst Thing that Ever Happened to Me?* She is dedicated to empowering women with the ability to make fully informed health care choices.

She reassures women that some hormones CAN be safe and beneficial, and shows how and why. Come hear these timely, enlightening, and very needed answers.

Her work comes from 17 years of medical research in the field of women's health. She has appeared on *Berman & Berman: For Women Only*, *Good Morning America*, *ABC's 20/20*, as well as numerous television and radio programs throughout the country.

Bring your HRT questions to be answered during this enlightening free presentation.

The Women's Center is co-sponsoring this event.

"Grand" Moms

As more and more women find themselves raising a *second* generation of children, the Women's Center and Cambridge City Councilor, Denise Simmons are responding with a group that provides support, laughter, resource information, sharing, and a 2 hour break. "Grand" Moms meets on the second Wednesday of each month. From 6-6:30pm, we have dinner together – one big family. Then from 6:30-8pm, the moms meet, relax, and share. During that time, the kids participate in art projects and games with our talented and enthusiastic childcare workers. "Grand" Moms benefit from time spent together and the children usually leave the Women's Center with a present for "Grand" Mom made with just a little help.

Any woman who is raising a second generation is welcome – whether you are caring for grand children, grand nieces/nephews, or the child/children of a friend.

We ask that anyone who plans to attend, rsvp, so that we know how much food to provide and how many childcare workers are needed. For more information about "Grand" moms, call (617) 354-8807. Join us – it makes a difference.

Financial Literacy

Do you have trouble paying your bills on time? Do you dread balancing your checkbook? Do you get charged for fees you do not even know about?

We can help you to take charge of your finances. Attend the Financial Literacy Workshop on Saturday, June 21 from 12-3p. m. at the Women's Center, sponsored by the Cambridge Business Development Center (CBDC) and the Women's Center.

Financial literacy is the ability to read, analyze, manage, and communicate your own personal finances and make them work for you. You will learn how to develop your own personal budget and use it to get control of your money. Developing and maintaining a budget takes skill, time and patience. We will get started with a budget that is manageable and fits your spending patterns. Those who feel intimidated when walking into a bank, will learn how to open a savings and checking account, what questions to ask and how to identify which bank is right for you. This workshop is designed to give you personalized attention and to answer questions along the way.

We hope you will come to learn more about managing personal finances.

To register for the workshop, call (617)354-8807.

(CBDC is a Central Square non-profit, dedicated to helping people launch and grow small businesses)

ROOTS: A Celebration of Women and Culture
 A celebration of the connections between Brazilian, Haitian, Latino and African American communities in Cambridge.
FREE! Door prizes, food and craft vendors, entertainment, DJ, dancing, activities for children and yoga for elders.
 Saturday, May 31, 1-5pm
 at the Cambridge YWCA,
 7 Temple Street, Cambridge
 All are welcome.
 More info: Gabriele J. Atchison Productions
 (617) 983-8027 / atchison71@aol.com

Yes, I want to support the Women's Center!

Enclosed is my tax-deductible donation of: ___\$25 ___\$50 ___\$100 ___\$500 ___other \$ ___

___ I'm interested in volunteering at the Women's Center.

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____

Thank You !

If you'd prefer to be taken off of our mailing list, please check the following box and return to the Women's Center. (Women's Center, 46 Pleasant Street, Cambridge MA 02139)

10th ANNUAL CAMBRIDGE WOMEN'S HEALTH DAY

Women's Health Day will be in the fall again this year, probably on Saturday, October 4. We expect to have workshops, a lunch, informational and activity tables, the ever popular massages, childcare and more—all absolutely FREE. Put it on your calendar now! We're hoping to make an energizing and fun day. We are excited that we will be working with women from Kitchen Table Conversations to create a very special event.

There are lots of ways to help out! On the day, we need volunteers to help set up, do childcare, lunch prep & serving, signing women in, even clean-up! And of course, give massages! Ahead of time, we need items for a raffle, such as gift certificates for meals, volunteers to make calls requesting food donations, to spread the word, and more. Donations towards food or other expenses are most welcome!! If you're willing to help, please call Judy Norris at (617)354-6394.

Organizations involved in the planning: the Cambridge Women's Commission, CEOC, Concilio Hispano, Cambridge Housing, the Cambridge Health Alliance, Kitchen Table Conversations, and the Women's Center,

The Women's Center
46 Pleasant Street
Cambridge, MA 02139

Return Service Requested

Non-Profit Org
US Postage
PAID
Boston, MA
Permit No. 59699