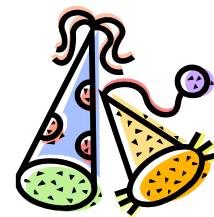




Happy 40th Anniversary!

ON OUR WAY



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

Fall 2011

40th Anniversary Celebration

What a night!

The evening of Saturday October 1 brought together supporters and community members from throughout the Women's Center's long and eventful history. We laughed, we talked, we ate and drank, and we joyfully celebrated all that the Center has accomplished. Highlights of the program included an excerpt from "Left on Pearl," a remarkable film about the founding of the Women's Center, by the 888 Women's History Project; amusing memories of the Center's first days from a panel that included two founders; moving testimonials from past and current participants in the life of the Center; an appreciation of all past and present volunteers (the audience was teeming with volunteers!); an eloquent request for "Ensure the Future" donations, accompanied by a very generous pledge; and wonderful music by Wendy Sobel, Melissa Cartoun, and Carol Botreau.

The event, which also featured a silent auction, was a successful fundraiser for the Center (over \$6,000) as well as an opportunity for many of us to gather, reflect, and have fun. Thank you so much to all who donated money, services, food, and items for the auction, and to the volunteers who made the event possible with their time and hard work. Our collective energy and vision created an inspiring evening!

In that spirit, we share the wishes collected on the 40th Anniversary message board posted at the Women's Center:
~ Laura Cherry, Board Member

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"A volunteer sang a beautiful song today while I was in the children's room."
 "I'm happy to be here, Happy B-Day."
 "You are beautiful, courageous, and strong. :-)"
 "May All the BEAUTIFUL, Strong Women who enter be blessed with grace."
 "I enjoy talking to women at the Women's Center and hearing their stories."
 "The emotional support line has been a life-saver for me for the past 5 yrs."
 "Live. Love. Laugh. Be Free!"
 "Here I can connect and here I can grow."
 "The Women's Center offers so much to so many. Keep up the good work!"
 "A SAFE PLACE MEANS SO MUCH."
 "You Are Loved!"
 "Blessed be!"
 "I'm happy to be a part of the WC community."
 "Thank you to all who share this space. Happy 40th Anniversary to us!"



The Women's Center

46 Pleasant Street
Cambridge, MA 02139
(617) 354-8807

Website:

www.cambridgewomenscenter.org

What's up at the Women's
Center?

Check out our monthly calendar
on the website.

Email:

info@cambridgewomenscenter.org

Hours:

Monday-Friday: 10am-8pm

Saturday: 10am-3pm

We are closed on major
holidays.

Helpline: (617) 354-8807

Business line: (617) 354-6394

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 a wealth of free programming.

All donations are tax-deductible.

For further information about various volunteer opportunities or to offer in-kind donations,

contact Ming,

Women's Center Coordinator:

ming@cambridgewomenscenter.org

(617) 354-6394

THANK YOU, Elaine!

We want to express our endless gratitude to Elaine Westerlund for devoting enormous amounts of time to fundraising over the past 5 years. In August of 2006, with only \$3,000 in the bank, no investment portfolio, and an \$80,000 debt incurred by the Board at the time, the Women's Center was on the precipice of closing. An Interim Board was formed, which Elaine joined, and drastic budget and staff cuts were made to keep the Center alive. In December of 2006 Elaine agreed to work on fundraising, first helping to write the year-end appeal (luckily there was money in our bulk mailing account to cover the postage), and then working on grant applications, foundation research, budgets, thank you letters, and making sure information about funding sources, grants written, grants funded, etc. was updated and well organized. This turned out to be more than 20 hours/week of volunteer time, squeezed in around her work as a psychologist; taking care of her mother (now 96 years old); running Incest Resources; planning and facilitating her Friday night group for survivors; and helping the Survivor Theater Project and the Survivor Quilt Project thrive. In the fall of 2010 she put great effort into producing the incredibly successful Incest Resources' 30th Anniversary event.

Elaine's steadfast appreciation of and commitment to the Women's Center and to providing a wide array of healing and empowerment options to survivors boggles the mind. We give our heartfelt thanks to Elaine for stepping up at the most critical of times and for giving so much of herself for so long to increase the Women's Center's stability and impact. We are so glad she will continue to be involved through Incest Resources, her group for survivors, and more. Thank you so much, Elaine!

~ Susan, Judy, Nancy and Laura, Board of Trustees

SEEKING NEW BOARD MEMBERS

Interested in giving time and energy to helping the Women's Center move forward and meet challenges that lie ahead? If you value the Center, have time and energy to contribute, and might be interested in joining a working Board that meets monthly, please write to tell us a little about why you might like to join, etc. Please write to: board@cambridgewomenscenter.org or Board of Trustees, Women's Center, 46 Pleasant Street, Cambridge MA 02139.

WOMEN'S CENTER JOB OPENING

We are looking to hire a part-time fundraiser (20 hours/week). Responsibilities will include raising funds from corporations, foundations, and individuals; keeping well-organized records; giving quarterly financial reports to the Board; researching potential funders; and sending acknowledgements. Applicants should have strong computer skills, including experience leveraging social networking applications such as Facebook and Twitter; be detail-oriented, conscientious, and efficient; have excellent organizational, writing, and time management skills and the ability to multi-task. Applicant should be able to work well independently and with others. Undergraduate degree required and prior relevant fundraising experience strongly preferred.

Please send a letter of interest and resume to:

Board of Trustees

The Women's Center

46 Pleasant Street, Cambridge MA 02139-3838

or email your letter of interest and resume to

board@cambridgewomenscenter.org

Deadline for applications: Friday, December 30, 2011

Trauma Support Group

This summer, the Center initiated a weekly trauma support group designed for trauma survivors with the goal of recovery. Many women who have endured traumatic experiences are haunted by repressed emotions (flashbacks/night terrors) and feelings of being isolated and alone. Traumatic experiences such as these cannot be repressed or forgotten. The human psyche has a remarkable capacity for recovery and even growth. The trauma group at the Women's Center allows you to explore your feelings and memories and share your experiences with others who have endured significant trauma.

The group offers a safe space where you can work through depression and isolation by connecting with others, sharing your individual experiences, and learning how to work through the stages of recovery in an environment that is accommodating and nonjudgmental. The emotional cost of trauma is a shutdown of emotions and cognition and the group's goal is to seek equilibrium where the trauma victim can function, reconnect, and begin to feel the emotions that guide everyday life.

The group's concept is based on the recovery model in Judith Herman's *Trauma and Recovery*. To accomplish these goals the group progresses through three stages of recovery: establishment of safety; remembrance and mourning; and reconnection with an ordinary life. The group meets every Tuesday from 1:30 to 3:00 p.m. on the third floor. This is a drop-in group and, registration is not required (confidentiality is respected). For more information contact Leslie Heifetz at: Lheifetz@rcn.com

~ Leslie

The Women's Center is going to participate in
Occupy Boston Women's March
Sunday 12/4, noon-2pm at Dewey Square!



My Group Experience

My name is Christina and I suffer from PTSD or Post Traumatic Stress Disorder. My trauma is cumulative from emotional abuse from my family, coming out in society as a gay woman, and domestic abuse from my wife. I'm now going through a divorce. I receive help from medication, psychotherapy, and socializing through meetup.com. I found the Cambridge Women's Center via the Internet last year. All the groups have great value and have only added to my well-being. I've made friends, have networked with others socially, and am finding value in learning I have things in common with others.

Leslie's trauma group has helped us sort out the cause of stressors related to trauma and begin to heal ourselves. For me this group has become part of a support system to enhance my adaptation and coping.

Leslie has been great at analyzing the stressors that affect a person and suggesting ways to minimize or eliminate them. She helps those affected by trauma in clarifying and interpreting the meaning of the stressor and promotes positive coping skills.

The trauma group assists members in gaining perspective regarding their stressors and establishing relationships via a group setting. The group helps members to express their feelings including anxiety, helplessness, and hopefulness in relation to stressors.

This type of support group helps us identify the original causes of loss of control and stressors, and helps us develop problem-solving strategies. Leslie's empathetic counseling includes lifestyle advice and ways to work on problem intervention.

The women in the group are grateful for its existence and depend on it as a life support. All of the women have reached out for a hand to pull them up. This group gives us the safe, warm, inviting environment we all need. It helps restore our dignity through the commonalities that we all share in life.

~ Christina



Some of the Women's Center community members participated in the Occupy Boston protest and took these pictures.

One-on-One with Nurse Pat

It is a great privilege to come to the Women's Center and have a chance to get to know the women who drop in. I have been a nurse practitioner since 1981 and have had experience and interests in many areas over the years. I am a graduate of Boston College where I received my undergraduate degree and Boston University and Boston College where I received graduate degrees. My interests are in women's health, positive mental health, and also spirituality. I am learning about natural means of healing and nutrition and always try to integrate holistic care into my work. At the Cambridge Health Alliance I work with the Health Care for the Homeless program so I am aware of how much stress plays a role in a woman's life. I hope to offer a safe place where women can ask questions about a health issue they might be worrying about or talk about strategies to improve their health and well-being.

One-on-One with Nurse Pat meets one Thursday each month, 12:30-1:30pm. Info/Sign-up: 617-591-6731. I look forward to my time at The Women's Center and welcome all comments or ideas.

~ Pat Maher ANP BC
Nurse Practitioner, Cambridge Health Alliance

Incest Resources' Drop-In Discussion Group for Survivors of Child Sexual Abuse

3rd Fridays, 6-7:30pm

Upcoming Dates and Topics

December 16	Family Relationships
January 20	Visibility/Invisibility
February 17	Authority Issues
March 16	Growing Up
April 20	Living in Our Bodies
May 18	Self-Care
June 15	Spirituality

Recommend Your Favorite Alternative Healers

The Women's Center is organizing an alternative healing binder. We hope to receive your recommendations of healers in the community to create a resource for those in need.

Please submit information about your recommended practitioners and/or their business cards/flyers, and your reasons for recommending them. Sliding scale practitioners are especially welcomed! This will help empower women by giving them choices in their own healing journey.

If you have any questions, please contact Ming: ming@cambridgewomenscenter.org

SPECIAL EVENTS

Warm-Up-the-Winter Talent Show! Tuesday, 12/20, noon-1pm, with a holiday meal from Community Cooks. Please sign up for a 3-10 minute slot to showcase your talent:



Dancing, singing, rapping, poetry reading, juggling, *playing musical instruments*, theatrical monologue, storytelling, stand-up comedy, performing magic tricks, and other fun activity you would like share.

Sign-up/Info: ming@cambridgewomenscenter.org

WOMEN STANDING UP: A workshop on stand-up comedy

Come learn how to write a set, perform, and use stand-up comedy to react to and understand your world. Facilitated by comedian & theatre artist Sam Leonard. Space is limited to 8. Email survivortheatreproject@gmail.com or call 617-354-8807 for info/to RSVP.

Winter Wellness Herbal Workshop. Saturday, 12/3, 12:30-2:30pm. Come to share wisdom on how to take care of ourselves through the chilly winter months. Learn helpful herbs and simple remedies for staying warm and strong. Info: Kima, thethundersmouth@gmail.com

New Groups

- Support Group for Families and Friends of GLBTs. 6-7:30pm, Tuesdays, 12/13 & 12/27. Open to all women who have GLBT family members and/or friends. Suggested topics may be provided; otherwise freely discuss what's on your mind. Info: gibt.wc@gmail.com
- Healing Through Art, Wednesdays, 6:30-8:30pm (weekly)
- Cooking with Joy, 2 Tuesdays/month, (12/6 & 13), 1-2pm. Open to all women interested in cooking with others. We'll make a couple of dishes and enjoy our creations at the end of the hour. No experience needed.

On-Going Groups

- Battered Women's Support Group (every Wednesday, 7-9pm, except the 3rd Wednesday of the month)*
- Beading Group (every Monday, 10am-12pm)
- Drawing & Painting (every Tuesday, 10am-12pm)
- Drop-In Computer Support for Women (every Monday, 1:30-3:30pm and every Thursday, 6-8pm)*
- Incest Resources' Drop-In Discussion Group for Survivors of Child Sexual Abuse (3rd Fridays, 6-7:30pm, September through June) 6
- Ladies, Let's Talk About It—Women's Narcotic Anonymous (NA) Meeting (Thursdays, 6:30-8pm)*
- Lesbian Conversation (1st Fridays, 6:30-8pm)*
- Lesbian Chat (2nd Fridays, 6:30-8pm)*
- Lesbian Connection (3rd Fridays, 6:30-8pm)*
- Luncheon at the Women's Center, noon-1pm, monthly
- Monthly Theatre Workshops (one Sat./month, 1:30-3pm)*
- Sewing Group (every Wednesday, 10am-12pm)
- Straight Marriage, Still Questioning. Peer led support group for the woman in a straight relationship struggling with her sexual orientation. For details please email kate.e.flynn@gmail.com*
- Trauma Support Group (every Tuesday, 1:30-3pm)
- Board Meeting (monthly, call for dates, 5:30-7pm)
- Women & Media (Film Screenings on 2nd and Discussions on 4th Saturdays, 12:30-2pm)

* Wheelchair accessible groups; other groups accessible by pre-arrangement

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

___ \$2,000 ___ \$1,000 ___ \$500 ___ \$250 ___ \$100 ___ \$50 ___ \$25 ___ other \$ _____

Please make your tax-deductible check payable to The Women's Center.

___ My gift will be matched by my employer _____

___ My donation is in honor of: (name) _____

(address) _____

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____



Checks payable to **The Women's Center**. Mail to: Women's Center, 46 Pleasant Street, Cambridge MA 02139

If you'd prefer to be taken off our mailing list, please check this box and return this slip, or email us at info@cambridgewomenscenter.org

Fall 2011

Support the Women's Center Online!

Go to www.cambridgewomenscenter.org and click on "Support Us" and then "Donate Now."

You will be contributing through "Network for Good"

Volunteer Corner

Talking with the women at the Women's Center, I feel connected. The mutual respect in this accepting environment unites all those at the Center, and the all-female setting provides common ground, leading to cooperation, safety, and empowerment. Since I began volunteering several months ago, I've found that, here, discrimination has no place. Women of all races, ages, socioeconomic statuses, and identities are welcomed. It is this diversity which strengthens the community, providing a structure that allows for everyone's needs to be met. During one of my first experiences as the sole volunteer at the Center on a Saturday morning, a woman with noticeable physical disabilities came in. She requested computer access, and explained that, because of her condition, venturing down stairs was not an easy task. Because, on that busy morning, no computers were available on the first floor, it seemed this would be an issue. However, I was surprised to discover that several women gladly offered to vacate their seats and relocate to the basement. The genuine kindness and compassion demonstrated by these women was touching. It is instances such as these that make me proud to volunteer at such a supportive place.

City Heart Art Show and Sale: Saturday 4/14/12

This is the second year of this wonderful event promoting homeless and low-income artists. We are looking for artists from the Center's painting/beading/sewing groups. If you are interested in participating in this show, please contact Ming at ming@cambridgewomenscenter.org

Foundation and Corporate Support

- Alice Willard Dorr Foundation
- Bay State Federal Savings Charitable Foundation
- Blue State Coffee
- Bushrod H. Campbell and Adah F. Hall Charity Fund
- Cambridge Arts Council
- Cambridge Community Foundation
- Cambridge Historical Commission
- Cambridge Savings Charitable Foundation
- Cambridge Trust Company
- Charles Stark Draper Laboratory
- East Cambridge Savings Bank
- Eastern Bank Community Grant
- Frederick E. Weber Charities Corporation
- George H. and Jane A. Mifflin Memorial Fund
- George A. Ramlose Foundation
- Glass Charitable Foundation
- Hartley Corporation
- Harvard Memorial Church
- John Donnelly Trust
- John M. Sawyer Memorial Trust
- Puffin Foundation
- SAP, AG
- TD Charitable Foundation
- TJX Foundation

Thank you!

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

Return Service Requested

**Non-Profit Org
U.S. Postage
PAID
Boston, MA
Permit No. 59699**

WISH LIST

- Coffee, tea, hot chocolate, sugar, honey, cream, milk, butter
- Can opener (any type)
- USB sticks/flash drives
- Gift certificates for Target, Tags, Staples, Office Max, Drug Stores, Supermarkets, Home Depot, etc.
- Printer & copier paper
- Postage stamps
- Toner cartridges HP 05A (CE 505A) for our computer labs
- Headphones (for computer use)
- Good, flat monitors 17" or larger
- Pads of textured water color paper (20" x 15")
- Non-scented liquid hand and dish soap
- Food containers, food storage bags
- Large kitchen trash bags (13 gallon)
- Paper towels and toilet paper
- Mailing labels (30/page, eg: Avery 5160)



Thank You, Panera Bread, Chipotle Mexican Grill, and Starbucks!

The Women's Center is deeply grateful for the weekly food donations provided by these businesses.

DID YOU KNOW:

You can also support the Women's Center by using **GOODSEARCH** to search the Internet! Go to www.goodsearch.com and select "Cambridge Women's Center (Cambridge, MA) ID: 875340" as your charity destination.

Find us on Facebook and follow us on Twitter!

The Women's Center is on the hottest social media! You can locate us by going to www.cambridgewomenscenter.org and clicking on the facebook and twitter logos which will take you directly to our page!

Warm Up the Winter Talent Show!

Tuesday, 12/20, noon-1pm, with a holiday meal from Community Cooks. Please sign up for a 3-10min slot to showcase your talent--

Dancing, singing, rapping, poetry reading, theatrical monologue, storytelling, juggling, stand-up comedy, playing music instruments, performing magic tricks, and any other fun activity you would like to share.

Sign-up/Info: ming@cambridgewomenscenter.org