

Women's Center Calendar for April 2017

All activities are FREE and meet at 46 Pleasant Street, Cambridge ♦ All who identify as women are welcome.

Open Monday-Friday: 10am-8pm; Saturday: 10am-3pm ♦ Helpline: 617-354-8807 ♦ Info: 617-354-6394

* Indicates groups in wheelchair-accessible rooms; rooms can be changed if necessary.

For free childcare, please request several days in advance ♦ www.cambridgewomenscenter.org

Monday (Women's Center is open April 17, Patriot's Day)

Beading Group. Weekly (no meeting 4/17), 2:30-4:30pm. Materials provided. Info: thebeadinggroup@gmail.com

Basic Yoga with Marilyn. 4/10 & 24 (usually weekly), 6:15-7:15pm. Come restore and rejuvenate your body, mind and spirit. All welcome, including beginners. Please register by 4pm—space is limited! To register: marilynregan58@gmail.com

***Feminist Book Club.** 4/3 (1st Mondays), 7-8pm. We discuss books through the lens of feminism and our own experiences. This month's book: "*Their Eyes Were Watching God*" by Zora Neale Hurston. Info: jilldfisher@gmail.com

Improve your English! (ESL). Weekly, 6-7:30pm. Sharpen your grammar, vocabulary, and pronunciation skills in a fun, supportive environment. All levels welcome. Info: Samantha, WomensCenterEnglish@gmail.com

***Board Meeting.** 4/24, 6--7:30pm. Info: 617-354-6394.

Tuesday

<NEW> Art Class. Weekly, 12-2pm. A welcoming space to create art of any medium. Fun and rewarding class for creative expression. All are welcome! No art background needed. Info: Michelle Spages, mshellspages@gmail.com

<NEW> Get to Work! Weekly, 2-3:30pm. Get help with your job search: your resume, finding and applying for a job, practicing interview questions, or something else you would like help with. Info: Get.to.work.womenscenter@gmail.com

Self-Care Group. Weekly, 4-5pm. Your mental health is important; caring for it starts with you. Join us to discuss and practice self-care. Info: JamieKathleen21@gmail.com

<NEW> *Political Action Committee at Women's Center. 4/4, 6-7pm. Come to share, discuss, and plan political actions we can take in our community and beyond! We can make a difference! Info: courtney.cambridgewomenscenter@gmail.com

<NEW> Meditation Workshop: Welcoming Spring. 4/18, 6-7:30pm. Together we will practice meditations that help balance our natural energy, including body scan, mindfulness, and guided visualizations. No prior meditation experience needed. Info: Christine, christineradice@yahoo.com

<NEW> *Dinner and a Movie. 4/25, 5:30-8pm. Better than date night! We'll eat a scrumptious meal & watch movies with strong female leads in the living room. jessicashaughnessy@gmail.com

Wednesday

***Spanish-English Conversation Exchange.** Weekly, 11am-1pm. Are you an English speaker interested in improving your Spanish? ¿Habras español y estás interesada en mejorar tu inglés? The intention is learning in a relaxing way. All levels welcome! Info: womenspanishenglishclass@hotmail.com

<NEW> Writing Your Story. 4/5 & 19, 2-3:30pm. Come write stories, both fiction and nonfiction. Use this friendly, supportive writing group to further your writing endeavors and to learn how to tell both true and imagined stories. Facilitated by novelist Laura van den Berg. Info: vandenberg8@gmail.com

<NEW> *Navigating Aging: Women 65+ Discussion Group. 4/26, 2-3:30pm. Topic: *Finding Good Health Care*. We talk about aging: our difficulties, triumphs, and insights, in a supportive and collaborative atmosphere. judy@cambridgewomenscenter.org

Thursday

Sewing Group. Weekly, 10am-12pm. For women to sew or mend with a machine or by hand. Make or mend bags, clothing, quilts... No experience needed. Info: graciegeorgie@gmail.com

***Stitch'n Bitch Knitting Circle.** Weekly, 1-2pm. Come knit with us! Open to all levels, no experience necessary! Materials are available. Info: Anne Roseman, aroseman@lesley.edu

Thursday (continued)

Trauma Support/Discussion Group. Weekly, 6:30-7:30pm. An intimate group where women share & get support for all forms of trauma, past & present. groupcambridge@gmail.com

***Women's Narcotics Anonymous (NA) Meeting.** "Ladies, Let's Talk About It." Weekly, 6:30-8pm. Support group for women recovering from drug/alcohol abuse. Info: 617-354-6394.

***Parenting Group.** 4/20, 10:15-11:15am. Topic: *Family Meetings: Getting kids involved in family decision-making*. For all moms, grandmas, other female caretakers. Facilitated by Marianne Saccardi, M.A. Supervised arts/crafts/playtime available for children in the children's/art room upstairs while the group is meeting. Info: m.saccardi@gmail.com

Friday

<NEW> *Bay State Butches. 4/7, 6:30-8pm. Join other butch lesbians to socialize with and support one another and talk about our experiences! Info: Lane, defaultlane@aim.com

<NEW> *Queer in the Headlights. 4/14 (2nd Fridays), 6:30-7:30pm. Topic: *Queer Coloring*. We'll have queer coloring books and a queer playlist of music to listen to, and we'll share why we chose our pictures. After, attendees can go out for food/drinks somewhere within walking distance. For all who identify as non-male, non-straight. queerheadlights@gmail.com

<NEW> Lesbian Reading Group. 4/14 (2nd Fri), 7-8:30pm. The book: *Gyn/Ecology* by Mary Daly (to chapter 6; the rest at 5/12 meeting). We read and discuss classic lesbian feminist texts in order to build an intergenerational community of lesbians. Info: Jules, juleskobek@gmail.com or 617-492-2340.

Incest Resources' Drop-In Discussion Group for Survivors of Child Sexual Abuse. 4/21, 6-7:30pm. Topic: *Visibility/Invisibility*. Meet other survivors, share coping strategies & commonalities. 3rd Fridays, September-June. Come on time! No one will be admitted after 6:15pm so group process will not be disrupted!

Saturday

***Boston Feminists for Liberation (BFL) Consciousness-Raising Group.** 4/8, 10am-noon. Come learn about BFL and join a discussion on a topic that affects us on a personal level. Info: bostonfeministsforliberation@gmail.com

Healing Through Creative Arts Workshop: 4/15, 12:30-2:30pm. *Cultivating Self-Compassion; Healing Through Writing in Community*. For sexual abuse survivors. Led by Jocelyn Eve. We'll create a safe space for cultivating self-compassion and then write about our personal journeys. Registration preferred, not required: martharogersmusic@gmail.com or 978-408-9233.

<NEW> Navigating Divorce in Massachusetts with or without a Lawyer, 4/22, 11am-1pm. Led by attorney Isabella Jancourtz. Learn what is needed to get a divorce in MA, how to reach agreement, and whether or not to litigate. All women are welcome. Info: isabellajancourtz@yahoo.com

<NEW> *Boston New Daughters of Bilitis (BNOB). 4/29, 6:30-8pm. Topic: *What unites us, and what separates us, and how we can bridge that*. A space for lesbians to socialize and discuss lesbian issues. Info: journey.murry@gmail.com

♦ ♦ ♦ ♦ ♦ AND MORE! ♦ ♦ ♦ ♦ ♦

Straight Marriage, Still Questioning. A peer-led support group for the woman in a straight relationship struggling with her sexual orientation. Info: kate.e.flynn@gmail.com

***Open Luncheons at the Women's Center.** 4/18 (3rd Tuesdays) & 4/24 (4th Mons), 12:30-1:30pm. Info: 617-354-6394.

Tech Tips and Tricks. How to use a computer, set up email, make a document, use your smart phone or mobile device, etc. Help via phone, email, or in person. If you don't use email, tell a volunteer how to contact you. Info: jcarnott@gmail.com

April 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>ROOM LOCATIONS LR – Living Room 2FR - 2nd Floor Right 3FR - 3rd Floor Right 3FL - 3rd Floor Left KITCH - Kitchen</p>	<p>HOURS FOR DROP-IN AND COMPUTER LABS Mon - Fri 10am-8pm Sat 10am-3pm</p>				<p>1 1-2:30pm Women's Cancer Support Group (LR)</p>
<p>3 2:30-4:30pm Beading (2FR) 6-7:30pm ESL Class (3FL) 7-8pm Feminist Book Club (LR)</p>	<p>4 12-2pm Art Class (2FR) 2-3:30pm Get to Work (LR) 4-5pm Self-Care Group (2FR) 6-7pm Political Action Committee (LR)</p>	<p>5 11am-1pm Spanish-English Conversation Exchange (LR) 2-3:30pm Writing Your Story (2FR) 5-6:30pm Aging Group Tech Tips workshop (LR & basement Computer Lab)</p>	<p>6 10am-12pm Sewing Group (3FR) 1-2pm Knitting Circle (LR) 6:30-7:30pm Trauma Support/ Discussion Group (3FR) 6:30-8pm Women's NA (LR)</p>	<p>7 6:30-8pm Bay State Butches (LR)</p>	<p>8 10am-12pm Boston Feminists for Liberation Consciousness Raising Group (open) (2FR)</p>
<p>10 2:30-4:30pm Beading (2FR) 6-7:30pm ESL Class (3FL) 6:15-7:15pm Basic Yoga with Marilyn (need to preregister by 4pm) (3FR) 7-9pm Closed group (LR)</p>	<p>11 12-2pm Art Class (2FR) 2-3:30pm Get to Work (LR) 4-5pm Self-Care Group (2FR)</p>	<p>12 11am-1pm Spanish-English Conversation Exchange (LR)</p>	<p>13 10am-12pm Sewing Group (3FR) 1-2pm Knitting Circle (LR) 6:30-7:30pm Trauma Support/ Discussion Group (3FR) 6:30-8pm Women's NA (LR)</p>	<p>14 6:30-7:30pm Queer in the Headlights (LR) 7-8:30pm Lesbian Reading Group (3FR)</p>	<p>15 12:30-2:30pm Healing through Creative Arts: Healing Through Writing in Community (3FR)</p>
<p>17 (Patriot's Day – Women's Center is open) 6-7:30pm ESL Class (3FL)</p>	<p>18 12-2pm Art Class (2FR) 12:30-1:30pm Open Luncheon (LR) 2-3:30pm Get to Work (LR) 4-5pm Self-Care (2FR) 6-7:30pm Meditation Workshop (3FR) 6:30-8pm Volunteer Training (LR)</p>	<p>19 11am-1pm Spanish-English Conversation Exchange (LR) 2-3:30pm Writing Your Story (2FR)</p>	<p>20 10am-12pm Sewing Gp (3FR) 10:15-11:15am Parenting Discussion Group (LR) and Childcare (2FR) 1-2pm Knitting Circle (LR) 6:30-7:30pm Trauma Support/ Discussion Group (3FR) 6:30-8pm Women's NA (LR)</p>	<p>21 6-7:30pm Incest Resources Drop-in Discussion for Survivors of Child Sexual Abuse. (no-one admitted after 6:15pm) (3FR)</p>	<p>22 11am-1pm Navigating Divorce (LR)</p>
<p>24 12:30-1:30pm Open Luncheon (LR) 2:30-4:30pm Beading (2FR) 6-7:30pm ESL Class (3FL) 6-7:30pm Board Meeting (LR) 6:15-7:15pm Basic Yoga with Marilyn (need to preregister by 4pm) (3FR)</p>	<p>25 12-2pm Art Class (2FR) 2-3:30pm Get to Work (LR) 4-5pm Self-Care Group (2FR) 5:30-8pm Dinner and a Movie (LR)</p>	<p>26 11am-1pm Spanish-English Conversation Exchange (LR) 2-3:30pm Navigating Aging: Women 65+ Discussion Group (LR)</p>	<p>27 10am-12pm Sewing Group (3FR) 1-2pm Knitting Circle (LR) 6:30-7:30pm Trauma Support/ Discussion Group (3FR) 6:30-8pm Women's NA (LR)</p>	<p>28</p>	<p>29 10:30am-12:30pm Survivor Community Gathering (3FR) [also 10am-1pm (3FL)] 6:30-8pm Boston New Daughters of Bilitis (lesbian discussion group) (LR)</p>