

Women's Center Calendar for April 2018

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

Artistic Expression and Creativity

Art Group. Wednesdays, 1-3pm. A welcoming space to create art of any medium. Fun, rewarding class for creative expression. No art background needed. Info: Michelle, mshellspages@gmail.com

Beading Group. Mondays, 1:30-4:30pm. Materials provided! Info: thebeadinggroup@gmail.com

Earring Designs: Reinvented and Recycled! Wed. (weekly). 5-6:30pm. Create your own one of a kind earrings with Elizabeth from *Vivalashiekh Designs*. Info: vivalashiekhdesigns@icloud.com

Creative Expression & Mindfulness. Fri, 4/6, 20 & 27, 10:30am-12:30pm. We explore our mind-body connection through breathing exercises & creative expression. Observe what unfolds with love & kindness, relieve stress, find healing. Info: Daniellcwc@gmail.com

***Feminist Book Club.** Monday, 4/2, 7-8pm. We discuss books through the lens of feminism and our own experiences. April's book: *Akata Witch* by Nnedi Okorafor. Info: lizbada@bu.edu

***Knitting Group.** Thursdays, 12:30-1:30pm. Come knit with us! Open to all levels, no experience necessary! Materials available. Info Karlotta: graciegeorgie@gmail.com

<NEW> Nest Collective Offers Mother Studio Hours. Fridays, 10am-2pm. Do creative work in a "room of your own" while we share caring for the children in another room. A great way to carve out time for our creative pursuits. Info: joettamaue@gmail.com

***Poetry Group.** Wednesdays, 5-6pm (No meeting 4/4). Come write and share your poetry! All are welcome! Free-write, follow prompts, or just come to listen. Info: Sara, Sara.Wexler@my.wheelock.edu

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

Write Your Story. Tuesday 4/10. 2-3pm. This friendly group will help you learn how to tell the stories you want to tell. Led by novelist Laura van den Berg. Info: vandenbergs8@gmail.com

LGBTQ+ Support & Discussion Groups

***Bay State Butches.** 4/6 (1st Fridays), 6:30-8pm Join other butch lesbians to socialize with and support one another and talk about our experiences! Info: Lane, defaultlane@aim.com

***Lesbian and Bi Women's Discussion Group.** Friday, 4/20 (3rd Fridays), 6-7:30pm. Inclusive group for women attracted to women. This month's topic: *Exes*. Info: jojo.bischof@web.de

<NEW> *Queer Women of Color Discussion Group. Weds 4/4 and 4/18 (1st & 3rd Wed.), 6-7:30pm. A group for queer women of color to affirm and empower our identities. Join us for friendship and good conversation! Info: tiffany@cambridgewomenscenter.org

<NEW> *Reconciling Support Group. Friday, 4/27 (4th Fridays), 6:30-8pm. For individuals assigned female at birth, who are dysphoric/identified as something other than female, and want to reconcile with being female, process & heal. defaultlane@aim.com.

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

Meditation & Yoga

<NEW> Group Reiki Healing. Friday 4/6 (1st Fridays), 6-7pm. Join Alex from *Empowher You* for a group Reiki session. Through healings and teachings, Alex and *Empowher You* can help you take your life back! For info contact Alex: alex@empowheryou.com

Meditation for Welcoming Spring. Wednesday, 4/11, 6-7:30pm We'll practice meditations that help balance our natural energy. No meditation experience needed. Info: christineradice@yahoo.com

<NEW> Spring Yoga & Relax. Wednesdays, starting 4/11, 11am-12:15pm. Build strength & flexibility to body & mind through slow flow yoga. Come renew and relax. Beginner level. All welcome. Limited space, so register before 9am at ScandiYoga@gmail.com

Professional Assistance

Family Law Workshop. Thursday, 4/19, 12-2pm. This is a practical workshop for women with questions about family law issues. Although pre-registration is not required, if you can, please call Isabella at 781-899-2929 or email her to let her know you are coming: isbellajancourtz@yahoo.com

Trauma Survivors Groups

A Survivor's Write to Heal. Mondays, 6-8pm. Writing workshops designed to embolden female survivors of trauma and abuse by providing an expressive outlet in a nurturing setting. We will discuss, write, and share our work and preserve it anonymously on a blog. Info: Rawda: rawda.aljawhary@gmail.com

Healing Through Creative Arts Workshop. Saturday 4/28, 12:30-3pm. *Reclaiming Contentious Roots: Belly Dance as Love*. Facilitated by Rawda Aljawhary. For survivors of child sexual abuse. Info: martharogersmusic@gmail.com or call 978-408-9233.

Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse. Friday 4/20, 6-7:30pm. Topic: *Growing Up*. You must come on time! No one admitted after 6:15pm so group process will not be disrupted.

<NEW> Survivors of Incest Anonymous. Tuesdays. 6:15-7:45pm. A 12-Step group for women survivors of childhood sexual abuse. For info contact: SIAWomenCambridge@gmail.com

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

Wellness/Self-Help

After Abortion Well-Being. Tuesday, 4/24, 6-7:30pm. Whether an abortion was recent or not, the healing process is ongoing. Come feel supported in a respectful, confidential space. We'll explore healing through story sharing discussion, art and more. This month's topic: *Self-care*. Info: abortionhealingboston@gmail.com

<NEW> How to Achieve Self-Empowerment and Subsequent Personal Growth. Saturday, 4/7, 3-4:30pm. Learn navigational tools to self-empowerment, self-growth, and self-value with support, understanding, and compassion from someone who 'Walked Her Talk.' For info contact Lena at lenayoung13@gmail.com

<NEW> Self-care: The Power and Healing Properties of SELF-CARE. Fridays, 4-5:30pm. Do you feel like you need to practice self-care on a deeper level? Taking care of yourself is essential! Come join for enhanced self-care. Info: Elizabeth, ef1916@yahoo.com

***Spanish-English Conversation Exchange.** Mondays, 12-2pm. 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

***Women 65+ Discussion Group.** Wednesday, 4/18, 2-3:30pm. Topic: *Memory Lapses, Confusion: Our Stories*. We'll share specific instances. Come for useful and enjoyable conversations. Let's age better together! Info: judy@cambridgewomenscenter.org

Women's Narcotics Anonymous (NA) Meeting. "Ladies, Let's Talk About It." Thursdays, 6:30-8pm. Support group for women recovering from drug/alcohol abuse. Info: Neile, 617-953-4878.

♦ ♦ ♦ ♦ ♦ AND MORE ♦ ♦ ♦ ♦ ♦

***Open Luncheons at the Women's Center.** Tuesdays, 4/3 and 4/17, and Monday, 4/23, 12:30-1:30pm. Info: 617-354-6394.

***Movie Night!** Friday, 4/13 (2nd Fridays), 6pm. Join us for movie nights at CWC (with snacks!). We will be watching *She's Beautiful When She's Angry*. Info: Tiffany@cambridgewomenscenter.org

Women's Center Board of Trustees Meeting. Monday, 4/9, 6-7:30pm. Info: board@cambridgewomenscenter.org

April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p><u>12pm-2pm</u> Spanish-English Conversation Exchange (LR)</p> <p><u>1:30-4:30pm</u> Beading (2FR)</p> <p><u>6-8pm</u> A Survivors Write to Heal (3FL)</p> <p><u>7-8pm</u> Feminist Book Club (LR)</p>	<p>3</p> <p><u>12:30-1:30pm</u> Luncheon (LR)</p> <p><u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>4</p> <p><u>1-3pm</u> Art Group (2FR)</p> <p><u>5-6:30pm</u> Earring Designs: Reinvented and Recycled by Vivalasheikh Designs (2FR)</p> <p><u>6-7:30pm</u> Queer Women of Color Discussion Group (LR)</p>	<p>5</p> <p><u>10am-12pm</u> Sewing Group (3FR)</p> <p><u>12:30-1:30pm</u> Knitting (LR)</p> <p><u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR)</p> <p><u>6:30-8pm</u> Women's NA (LR)</p>	<p>6</p> <p><u>10am-2pm</u> Nest Collective offers Mother Studio Hours (3FR & 3FL)</p> <p><u>10:30am-12:30pm</u> Creative Expression & Mindfulness (2FR)</p> <p><u>4-5:30pm</u> Self-care: The Power and Healing Properties of SELF-CARE (3FR)</p> <p><u>6-7pm</u> Group Reiki Healing (3FR)</p> <p><u>6:30-8pm</u> Bay State Butches (LR)</p>	<p>7</p> <p><u>3-4:30pm</u> How to Achieve Self-Empowerment and Subsequent Personal Growth (LR)</p>
<p>9</p> <p><u>12pm-2pm</u> Spanish-English Conversation Exchange (LR)</p> <p><u>1:30-4:30pm</u> Beading (2FR)</p> <p><u>6-8pm</u> A Survivors Write to Heal (3FL)</p> <p><u>6-8pm</u> Cambridge Women's Center Board Meeting (2FR)</p> <p><u>7-9pm</u> Closed group (LR)</p>	<p>10</p> <p><u>2-3pm</u> Write Your Story (3FL)</p> <p><u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>11</p> <p><u>11-12:15pm</u> Spring Yoga & Relax (need to preregister by 9am) (3FR)</p> <p><u>1-3pm</u> Art Group (2FR)</p> <p><u>5-6pm</u> Poetry Group (LR)</p> <p><u>5-6:30pm</u> Earring Designs: Reinvented and Recycled by Vivalasheikh Designs (2FR)</p> <p><u>6-7:30pm</u> Meditation for Welcoming Spring (3FR)</p>	<p>12</p> <p><u>10am-12pm</u> Sewing Group (3FR)</p> <p><u>12:30-1:30pm</u> Knitting (LR)</p> <p><u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR)</p> <p><u>6:30-8pm</u> Women's NA (LR)</p>	<p>13</p> <p><u>10am-2pm</u> Nest Collective offers Mother Studio Hours (3FR & 3FL)</p> <p><u>4-5:30pm</u> Self-care: The Power and Healing Properties of SELF-CARE (3FR)</p> <p><u>3-5pm</u> Closed group (LR)</p> <p><u>6-8pm</u> Movie Night: <i>She's Beautiful When She's Angry</i> (LR)</p>	<p>14</p> <p>Kitchen and basement CLOSED due to renovations</p>
<p>16</p> <p><u>12pm-2pm</u> Spanish-English Conversation Exchange (LR)</p> <p><u>1:30-4:30pm</u> Beading (2FR)</p> <p><u>6-8pm</u> A Survivors Write to Heal (3FL)</p>	<p>17</p> <p><u>12:30-1:30pm</u> Luncheon (LR)</p> <p><u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>18</p> <p><u>11-12:15pm</u> Spring Yoga & Relax (need to preregister by 9am) (3FR)</p> <p><u>1-3pm</u> Art Group (2FR)</p> <p><u>2-3:30pm</u> Women 65+ Discussion (LR)</p> <p><u>5-6pm</u> Poetry Group (LR)</p> <p><u>5-6:30pm</u> Earring Designs: Reinvented and Recycled by Vivalasheikh Designs (2FR)</p> <p><u>6-7:30pm</u> Queer Women of Color Discussion Group (LR)</p>	<p>19</p> <p><u>10am-12pm</u> Sewing Group (3FR)</p> <p><u>12-2pm</u> Family Law Workshop (2FR)</p> <p><u>12:30-1:30pm</u> Knitting (LR)</p> <p><u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR)</p> <p><u>6:30-8pm</u> Women's NA (LR)</p>	<p>20</p> <p><u>10am-2pm</u> Nest Collective offers Mother Studio Hours (3FR & 3FL)</p> <p><u>10:30am-12:30pm</u> Creative Expression & Mindfulness (2FR)</p> <p><u>4-5:30pm</u> Self-care: The Power and Healing Properties of SELF-CARE (3FR)</p> <p><u>6-7:30pm</u> Survivors of Child Sexual Abuse Discussion Group. Topic: Growing Up.(no one admitted after 6:15pm) (3FR)</p> <p><u>6-7:30pm</u> Lesbian & Bi Women's Discussion Group (LR)</p>	<p>21</p>
<p>23</p> <p><u>12pm-2pm</u> Spanish-English Conversation Exchange (3FR)</p> <p><u>12:30-1:30pm</u> Luncheon (LR)</p> <p><u>1:30-4:30pm</u> Beading (2FR)</p> <p><u>6-8pm</u> A Survivors Write to Heal (3FL)</p>	<p>24</p> <p><u>6-7:30pm</u> After Abortion Well-Being (2FR)</p> <p><u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>25</p> <p><u>11-12:15pm</u> Spring Yoga & Relax (need to preregister by 9am) (3FR)</p> <p><u>1-3pm</u> Art Group (2FR)</p> <p><u>5-6pm</u> Poetry Group (LR)</p> <p><u>5-6:30pm</u> Earring Designs: Reinvented and Recycled by Vivalasheikh Designs (2FR)</p>	<p>26</p> <p><u>10am-12pm</u> Sewing Group (3FR)</p> <p><u>12:30-1:30pm</u> Knitting (LR)</p> <p><u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR)</p> <p><u>6:30-8pm</u> Women's NA (LR)</p>	<p>27</p> <p><u>10am-2pm</u> Nest Collective offers Mother Studio Hours (3FR & 3FL)</p> <p><u>10:30am-12:30pm</u> Creative Expression & Mindfulness (2FR)</p> <p><u>4-5:30pm</u> Self-care: The Power and Healing Properties of SELF-CARE (3FR)</p> <p><u>6:30-8pm</u> Reconciling Support Group (LR)</p>	<p>28</p> <p><u>12:30-3pm</u> Healing Through Creative Arts Workshop: <i>Reclaiming Contentious Roots: Belly Dance as Love</i> (for survivors of child sexual abuse). (3FR)</p>
<p>30</p> <p><u>12pm-2pm</u> Spanish-English Conversation Exchange (LR)</p> <p><u>1:30-4:30pm</u> Beading (2FR)</p> <p><u>6-8pm</u> A Survivors Write to Heal (3FL)</p>		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Hours for Drop-in and Computer Labs: Mon-Fri 10am-8pm Sat 10am-3pm</p> </div>		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>ROOM LOCATIONS LR – Living Room 2FR – 2nd Floor Right 3FR – 3rd Floor Right 3FL – 3rd Floor Left</p> </div>	