

# Women's Center Calendar for April 2019

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](http://www.cambridgewomenscenter.org)

## Artistic Expression and Creativity

**Art Group.** Thursdays, 12:30-2pm. Materials available. All women welcome. No experience needed. Info: Forest, 617-992-6766.

**<NEW> Art Journaling Workshop.** Sat., 4/20, 12-2pm. No need to know how to do art or journaling, just bring your awesome self! Materials/journals provided. Info: Julie, [another\\_julie@email.com](mailto:another_julie@email.com)

**Beading Group.** Mondays (not 4/15), 1:30-4:30pm. Work on your own project. Materials available. Info: [thebeadinggroup@gmail.com](mailto:thebeadinggroup@gmail.com)

**<NEW> De-stress with drama!** Weds, 4/3, 4/10 & 4/24, 5-6pm. Come play drama games and exercises that will stretch your imagination and your sense of self! Play different characters or roles, improvise, and more, in a fun, accepting space. No acting experience needed. Info? Contact Molly, [apartofthecircle@gmail.com](mailto:apartofthecircle@gmail.com)

**\*Feminist Book Club.** Monday 4/1, 7-8pm. We discuss books through the lens of feminism and our own experiences. Today's book: *The Body is Not An Apology: The Power of Radical Self-Love* by Sonya Renee Taylor. Info: Ellis, [ellisbada@gmail.com](mailto:ellisbada@gmail.com)

**Sewing Group.** Thursdays, 10am-12pm. For women to sew with a machine or by hand, make or mend bags, clothing, etc. No experience needed. Info: Karlotta, [graciegeorgie@gmail.com](mailto:graciegeorgie@gmail.com)

**<NEW> Songshare/Artshare.** Thursdays, 5-6pm. What song is in your heart? We'll listen to a song you love and explore how it resonates with the group via self-directed art-making. Info: Julie, [Another\\_Julie@email.com](mailto:Another_Julie@email.com)

**Write Your Story.** Tuesdays 4/9 & 30, 2-3pm. This friendly group will guide you through the writing process and help you write new stories. Creative exercises, prompts, and conversation. Led by novelist Laura van den Berg. [lauravandenberg@fas.harvard.edu](mailto:lauravandenberg@fas.harvard.edu)

**Write Your Way.** Tuesdays, 6-7:15pm. Whether you're new to writing or it's a lifelong habit, come join us. We'll write, exploring memory, identity, relationships, wellness, and more, and share if we choose. Info: [adrianacgrant@gmail.com](mailto:adrianacgrant@gmail.com)

## LGBTQ+ Support & Discussion Groups

**\*Bay State Butches.** 4/5 (1<sup>st</sup> Fridays), 6:30-8pm. Join other butch lesbians to socialize with and support one another. Info: Lane, [defaultlane@aim.com](mailto:defaultlane@aim.com)

**\*Lesbian and Bi Women's Discussion Group.** Friday 4/19 (3<sup>rd</sup> Fridays), 6-7:30pm. Topic: *Past, Present, Future*. Inclusive group for women attracted to women. Info: [erica.m.rigby@gmail.com](mailto:erica.m.rigby@gmail.com)

**\*Reconciling Support Group.** Friday 4/26 (4<sup>th</sup> Fridays), 6:30-8pm. For individuals assigned female at birth, who identified as something other than female/are dysphoric, and want to process, reconcile with being female, and heal. Info: [defaultlane@aim.com](mailto: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](mailto:kate.e.flynn@gmail.com)

## Meditation and Yoga

**Meditations for Self Compassion.** Tuesday 4/16, 5:30-6:30pm. We'll practice meditations that help us get in touch with compassion for ourselves, including mindfulness, lovingkindness, body scan. No experience needed. Info: [christineradice@yahoo.com](mailto:christineradice@yahoo.com)

**<NEW> YOGA 4 WOMEN.** Wednesdays, 12:30-1:30pm. If you long to move your body & spend quality time with yourself, join us! Beginner yoga. All women welcome. Ends with guided relaxation. Mats & props provided. Limited space, register before 9am: [ScandiYoga@gmail.com](mailto:ScandiYoga@gmail.com)

♦ ♦ ♦ ♦ ♦ AND MORE ♦ ♦ ♦ ♦ ♦

**\*Annual Meeting of the Women's Center Board of Trustees.** Wednesday 4/24, 6-7:30pm. Food, discussion, reelection of Board members. All women invited! [board@cambridgewomenscenter.org](mailto:board@cambridgewomenscenter.org)

**\*Open Luncheons at the Women's Center.** Tuesday, 4/16 and Monday, 4/22, 12:30-1:30pm. All women welcome.

## FUN!

**\*Movie Musicals.** Two Mondays, 12-2pm. 4/8: **The Sound of Music** (1965) and 4/22: **Across the Universe** (2008). Come join us in the living room.

## Practical Assistance

**\*Ayuda con la traducción del español al inglés.** ¿Necesita traductor con documentos en ingles etc? ¿María la interna le puede ayudar! Los martes, de 1-6pm; y los miércoles, de 2-7:45pm.

**\*Family Law Workshop.** Monday 4/22, 5:30-7pm. This practical workshop covers whatever participants need help with, such as child custody/support, divorce, protection from abuse, enforcement of court orders, etc. With attorney Isabella Jancourt, Please pre-register by Wednesday 4/21: [isabellajancourt@yahoo.com](mailto:isabellajancourt@yahoo.com) or (617) 354-6394.

**<NEW> Finance 101: Debt Management and Cash Flow.** Wednesday 4/10, 4-5:30pm. Come to a workshop run by financial literacy experts. Spanish translation available. [skulaswfg@gmail.com](mailto:skulaswfg@gmail.com)

**<NEW> Money Coaching.** 3 one-hour sessions. Partner with coach Jennifer in a thought provoking, creative and fun process to learn, grow and understand how to manage your money! Preregistration required. Info/to register: [programs@cambridgewomenscenter.org](mailto:programs@cambridgewomenscenter.org)

## Trauma Survivors' Groups

**Healing Through Creative Arts.** Saturday 4/27, 12:30-3pm. *"Reclaiming Contentious Roots: Belly dancing as self-care."* For survivors of sexual violence. Facilitated by Rawda Aljawhary. To register (not required): [martharogersmusic@gmail.com](mailto:martharogersmusic@gmail.com) or 978-408-9233. Walk-ins welcome. Sponsored by Survivor Theatre Project.

**Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse,** Friday 4/19 (3<sup>rd</sup> Fridays, September-June), 6-7:30pm. Topic: *Self-Esteem*. You must come on time! No one admitted after 6:15pm so group process will not be disrupted.

**<NEW> TAP program.** Sunday 4/14, 1-3pm. L'Merchie Frazier, artist, educator, and activist, will present her enthusiastically-received poetry and collage workshop for survivors of incest and childhood sexual abuse! Space is limited, so preregistration is required: [programs@cambridgewomenscenter.org](mailto:programs@cambridgewomenscenter.org)

**Trauma Support/Discussion Group.** Thursdays, 6:30-7:30pm. An intimate group where women can share and get support for all forms of trauma, past and present. For topics, info: <http://cwctraumagroup.org/> or email [groupcambridge@gmail.com](mailto:groupcambridge@gmail.com)

## Wellness/Self-Help/Conversation

**<NEW> \*Discussion of Michelle Obama's book "Becoming"** (chapter 1). Thursday 4/18, 1-2:30pm. Info: [TAT@MIT.EDU](mailto:TAT@MIT.EDU)

**<NEW> \*Fat Babes: A Body Positive Support Group.** Monday 4/15 (3<sup>rd</sup> Mondays), 6-7:30pm. Join us for supportive discussions about being fat-identified women in this world. A collaborative group, where we all participate in leading discussions/activities to support each other. Questions? Email [jessye@cambridgewomenscenter.org](mailto:jessye@cambridgewomenscenter.org)

**<NEW> Questions about Sex?** (in late April), 6:30-7:30pm. Come to get questions answered and your voice heard! Possible areas to discuss: consensual sex, fears about sex, avoiding disease, sexual or gender identity... Sex educator Eden will be facilitating, and would love to see you there. For info on the date, etc, call 617-354-6394.

**\*Spanish-English Conversation Exchange.** Wednesdays, 12:30-2:30pm. Are you an English speaker interested in improving your Spanish? ¿Hablas español y estás interesada en mejorar tu inglés? Info: [womenspanishenglishclass@hotmail.com](mailto:womenspanishenglishclass@hotmail.com)

**\*Women 65+ Discussion Group.** 4/11 (2<sup>nd</sup> Thursdays), 2-3:30pm. Come for supportive discussions on aging issues we all face. Topic: *Activism*. Info: [judy@cambridgewomenscenter.org](mailto: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.

## Cambridge Women's Center Calendar for April 2019

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <u>1:30-4:30pm</u> Beading (2FR) <u>7-8pm</u> Feminist Book Club (LR)		<b>2</b> <u>1-6pm</u> Ayuda con la traducción del español al inglés <u>6-7:15pm</u> Write Your Way (3FL)	<b>3</b> <u>12:30-1:30pm</u> Yoga 4 Women (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>2-7:45pm</u> Ayuda con traducción del español al inglés <u>5-6pm</u> De-stress with Drama (3FR)	<b>4</b> <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-2pm</u> Art Group (2FR) <u>5-6pm</u> Songshare/Artshare (2FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	<b>5</b> <u>6:30-8pm</u> Bay State Butches (LR)	<b>6</b>
<b>8</b> <u>12-2pm</u> Movie Musicals: <i>The Sound of Music</i> (1965) (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>7-9pm</u> Closed Group (LR)		<b>9</b> <u>1-6pm</u> Ayuda con la traducción del español al inglés <u>2-3pm</u> Write Your Story (3FL) <u>6-7pm</u> Shifting Your Mindset (closed) (2FR) <u>6-7:15pm</u> Write Your Way (3FL)	<b>10</b> <u>12:30-1:30pm</u> Yoga 4 Women (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>2-7:45pm</u> Ayuda con traducción del español al inglés <u>4-5:30pm</u> Finance 101: Debt Management & Cash Flow (LR) <u>5-6pm</u> De-stress with Drama (3FR)	<b>11</b> <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-2pm</u> Art Group (2FR) <u>2-3:30pm</u> Women 65+ Discussion Group (LR) <u>5-6pm</u> Songshare/Artshare (2FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	<b>12</b> <u>6:30-8pm</u> Closed group (LR)	<b>13</b>
<b>14 SUNDAY</b> <u>1-3pm</u> TAP Workshop for survivors – you must preregister (LR)	<b>15</b> <u>6:30-8pm</u> Fat Babes: a Body Positive Support Group (LR)	<b>16</b> <u>12:30-1:30pm</u> Open Luncheon (LR) <u>1-6pm</u> Ayuda con la traducción del español al inglés <u>5:30-6:30pm</u> Meditation for Self-Compassion (3FR) <u>6-7:15pm</u> Write Your Way (3FL)	<b>17</b> <u>12:30-1:30pm</u> Yoga 4 Women (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>2-7:45pm</u> Ayuda con traducción del español al inglés	<b>18</b> <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-2pm</u> Art Group (2FR) <u>1-2:30pm</u> Discussion of Michelle Obama's book " <i>Becoming</i> " (chap. 1) (LR) <u>5-6pm</u> Songshare/Artshare (2FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	<b>19</b> <u>6-7:30pm</u> Lesbian & Bi Women's Discussion Group (LR) <u>6-7:30pm</u> Survivors of Child Sexual Abuse Discussion Group (no one admitted after 6:15pm) (3FR)	<b>20</b> <u>Noon-2pm</u> Art Journaling Workshop (2FR)
<b>22</b> <u>12-2pm</u> Movie Musicals: <i>Across the Universe</i> (2008) (LR) <u>12:30-1:30pm</u> Open Luncheon (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>5:30-7pm</u> Family Law Workshop (LR) (must preregister)	<b>23</b> <u>1-6pm</u> Ayuda con la traducción del español al inglés <u>6-7:15pm</u> Write Your Way (3FL) <u>6-7pm</u> Shifting Your Mindset (closed) (2FR)	<b>24</b> <u>12:30-1:30pm</u> Yoga 4 Women (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>2-7:45pm</u> Ayuda con traducción del español al inglés <u>5-6pm</u> De-stress with Drama (3FR) <u>6-7:30pm</u> Annual Meeting of the Women's Center (LR)	<b>25</b> <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-2pm</u> Art Group (2FR) <u>5-6pm</u> Songshare/Artshare (2FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	<b>26</b> <u>6:30-8pm</u> Reconciling Support Group (LR)	<b>27</b> <u>12:30-3pm</u> Healing Through Creative Arts (3FR) <u>3-5pm</u> Volunteer Training (closed) (LR)	
<b>29</b> <u>1:30-4:30pm</u> Beading (2FR)	<b>30</b> <u>1-6pm</u> Ayuda con la traducción del español al inglés <u>2-3pm</u> Write Your Story (3FL) <u>6-7:15pm</u> Write Your Way (3FL)	<b>ROOM LOCATIONS</b> LR – Living Room 2FR – 2 <sup>nd</sup> floor right 3FR – 3 <sup>rd</sup> floor right 3FL – 3 <sup>rd</sup> floor left		<b>Hours for Drop-in and Computer Labs</b> Mon-Fri 10am - 8pm Sat 10am – 3pm		