

Women's Center Calendar for August 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

Beading Group. 2:30-4:30pm, 8/7 & 14. Materials provided. Info: thebeadinggroup@gmail.com

<NEW> **Trans 101 Workshops.** 8/7, 14 & 21, 5:30-6:30pm. Learn more about trans issues, gender identity, trans-inclusive vocabulary and pronouns, and how to better support the trans and gender non-conforming people in your life and community. All who identify as non-male and are interested in combating transphobia are welcome! Info: Helen, helen01cp@gmail.com

Basic Yoga with Marilyn. 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.** 8/7 (1st Mon.), 7-8pm. We discuss books through the lens of feminism & our own experiences. This month's book: *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. Info: Alex, alexmarisa1@aol.com

Tuesday

Art Group. Weekly (no meeting 8/15), 12-2pm. A welcoming space to create art of any medium. Fun and rewarding class for creative expression. No art background needed—all are welcome! Info: Michelle Spages, mshellspages@gmail.com

Meditation for Inner Peace. 8/15, 6-7:30pm. Learn and practice several meditations including enjoyment of breath, gratitude, loving-kindness, and deep relaxation. No prior meditation experience needed. Info: Christine, christineradice@yahoo.com

<NEW> **After Abortion Well-Being.** 8/8 & 22, 6-7:30pm (meets two Tuesdays/month). Whether an abortion was recent or not, the healing process is ongoing and can take many forms. Come feel heard, supported, and comforted in a respectful space. We will explore healing through story sharing and discussion, art, and more. Your identity and experiences will be confidential. Info: abortionhealingboston@gmail.com

<SPECIAL EVENT> ***Brighten Up Educational Workshop.** 8/29, 6-7pm. Our goal is to ground participants in the basics of breast and ovarian health, talk about early detection techniques, and equip them with life-saving knowledge. Participants will be given a specific link that will generate a personalized breast and ovarian cancer risk assessment based on family and personal health history & lifestyle factors. Info: Allie, allieh@brightpink.org

***Board Meeting.** August date TBA. Info: 617-354-6394 x12.

Wednesday

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

Write Your Story. 8/2, 16 & 30, 2-3:30pm. This friendly, supportive group will help you learn how to tell the stories you want to tell. The 8/16 session will be focused on journaling. All other sessions are open theme. Facilitated by novelist Laura van den Berg. Info: vandenber8@gmail.com

<NEW> ***Healthy Self-Esteem.** Weekly (no meeting 8/30), 6-7:30pm. Learn how to cope with stress through sharing stories and positive affirmations. Info: Helen, helen01cp@gmail.com

***Navigating Aging: Women 65+ Discussion Group.** 8/9, 2-3:30pm. Topic: *Generation Gap Challenges—how to better communicate with each other.* We talk about aging issues in a supportive atmosphere. judy@cambridgewomenscenter.org

Managing Your Money. 8/9 & 16, 5-7:15pm. Free one-on-one, 45-minute confidential consultations with a professional financial planner on handling credit/debts; budgeting; taxes; other issues. Pre-registration required: linda@cambridgewomenscenter.org

Wednesday (continued)

<SPECIAL OUTING> ***Women For Political Action.** 8/9, 6pm. Join us at Boston Public Library in Copley Square, Boston, to see the immigration exhibit, followed by a meeting. Meet in Boylston Street lobby at 6pm. Info: office@w4pa.org

Thursday

Sewing Group. Weekly, 10am-12pm. For women to sew or mend with a machine or by hand. Make or mend bags, clothing.... No experience needed. graciegeorgie@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: Neile, 617-953-4878.

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

Friday

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

***Queer in the Headlights.** 8/11 (2nd Fridays), 6:30-7:30pm. Topic: *The 5 Love Languages (words of affirmation, quality time, gifts, acts of service, and physical touch).* We'll take a short quiz on which love languages speak to us most strongly & discuss how they play out in our lives. For all who identify as non-male, non-straight. Info: queerheadlights@gmail.com

<NEW> **Reach In, Reach Out.** Starts 8/18, 4-5:15pm (6-week closed group for survivors of domestic violence & other abuse). Gain understanding of the impact of trauma on your life, find inner resources, learn holistic healing methods, and learn from other participants' experiences. Led by Purnima Sahgal, MSW, LCSW. Info/to register: reachinreachoutgroup@gmail.com

<NEW> **Summer Meeting for Survivors of Child Sexual Abuse.** 8/18, 6-7:30pm. While the Incest Resources group is on break, survivors can still come together for connection, support and discussion. 8/18 topic: *Trust & Safety.* You need to come on time! No one will be admitted after 6:15pm so group process will not be disrupted! Info: Gail, gjmus22@gmail.com

<NEW> ***Lesbian & Bi Women's Discussion Group.** 8/18, 6-7:30pm. Inclusive group for women attracted to women. Tonight's topic: *Finding Community.* Info: jojo.bischof@web.de

Saturday

<NEW> ***Women's Cancer Support Group.** 8/5 & 19 (1st & 3rd Saturdays), 1-2:30pm. A place where we can support each other, learn together, and share experiences. All ages and stages welcome! Info: womenscancergroup@gmail.com

<NEW> **Songwriting Workshop,** 8/26, 11am-12:30pm. Come learn how to write your own songs! Great way to express, instill confidence, unleash your creativity. No previous musical experience required. Info: Amanda: rocknroll@whc.net

♦ ♦ ♦ ♦ ♦ AND MORE! ♦ ♦ ♦ ♦ ♦

<NEW> **A Survivor's Write to Heal.** Mondays 8/14 & 21 and Thursdays, 8/3, 17 & 24, 4-5:30pm. A series of workshops designed to embolden female survivors of trauma and abuse by providing an expressive outlet in a nurturing setting. The group will meet twice a week—it's OK to come whenever you can. Info: Cindy, cindyinthehub@gmail.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

***Open Luncheons at the Women's Center.** 8/15 (3rd Tuesdays) & 8/28 (4th Mondays), 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. jcarnott@gmail.com

August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>ROOM LOCATIONS</p> <p>LR – Living Room</p> <p>2FR - 2nd Floor Right</p> <p>3FR - 3rd Floor Right</p> <p>3FL - 3rd Floor Left</p> </div>	<p>1 <u>12-2pm</u> Art Group (2FR)</p>	<p>2 <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>2-3:30pm</u> Write Your Story (2FR) <u>6-7:30pm</u> Healthy Self-esteem (LR)</p>	<p>3 <u>10am-12pm</u> Sewing Group (3FR) <u>4-5:30pm</u> Survivors Write to Heal (3FL) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) or (LR) <u>6:30-8pm</u> Women's NA (LR) or (2FR)</p>	<p>4 <u>4-5pm</u> Reach In, Reach Out (closed group) (LR) <u>6:30-8pm</u> Bay State Butches (LR)</p>	<p>5 <u>1-2:30pm</u> Women's Cancer Support Group (LR)</p>
<p>7 <u>2:30-4:30pm</u> Beading (2FR) <u>5:30-6:30pm</u> Trans 101 Workshop (LR) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR) <u>7-8pm</u> Feminist Book Club (LR)</p>	<p>8 <u>12-2pm</u> Art Group (2FR) <u>6-7:30pm</u> After Abortion Well-Being (2FR)</p>	<p>9 <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>2-3:30pm</u> Women 65+ Discussion Group (LR) <u>5-7:15pm</u> Managing Your Money (must preregister) (2FR) <u>6-7:30pm</u> Healthy Self-esteem (LR) <u>6pm</u> Women For Political Action (at the Boston Public Library)</p>	<p>10 <u>10am-12pm</u> Sewing Group (3FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) or (LR) <u>6:30-8pm</u> Women's NA (LR) or (2FR)</p>	<p>11 <u>6:30-7:30pm</u> Queer in the Headlights (LR)</p>	<p>12</p>
<p>14 <u>2:30-4:30pm</u> Beading (2FR) <u>4-5:30pm</u> Survivors Write to Heal (3FL) <u>5:30-6:30pm</u> Trans 101 Workshop (LR) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR) <u>7-9pm</u> Closed group (LR)</p>	<p>15 <u>12:30-1:30pm</u> Open Luncheon (LR) <u>6-7:30pm</u> Meditation for Inner Peace (LR)</p>	<p>16 <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>2-3:30pm</u> Write Your Story (2FR) <u>5-7:15pm</u> Managing Your Money (must preregister) (2FR) <u>6-7:30pm</u> Healthy Self-esteem (LR)</p>	<p>17 <u>10am-12pm</u> Sewing Group (3FR) <u>4-5:30pm</u> Survivors Write to Heal (3FL) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) or (LR) <u>6:30-8pm</u> Women's NA (LR) or (2FR)</p>	<p>18 <u>4-5:15pm</u> Reach In, Reach Out (closed group) (LR) <u>6-7:30pm</u> Summer meeting for survivors of child sexual abuse (no one admitted after 6:15pm) (3FR) <u>6-7:30pm</u> Lesbian & Bi Women's Discussion Group (LR)</p>	<p>19 <u>1-2:30pm</u> Women's Cancer Support Group (LR)</p>
<p>21 <u>4-5:30pm</u> Survivors Write to Heal (3FL) <u>5:30-6:30pm</u> Trans 101 Workshop (LR) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR)</p>	<p>22 <u>12-2pm</u> Art Group (2FR) <u>6-7:30pm</u> After Abortion Well-Being (2FR)</p>	<p>23 <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>6-7:30pm</u> Healthy Self-esteem (LR)</p>	<p>24 <u>10am-12pm</u> Sewing Group (3FR) <u>4-5:30pm</u> Survivors Write to Heal (3FL) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) or (LR) <u>6:30-8pm</u> Women's NA (LR) or (2FR)</p>	<p>25 <u>4-5:15pm</u> Reach In, Reach Out (closed group) (LR)</p>	<p>26 <u>11am-12:30pm</u> Songwriting Workshop (3FR)</p>
<p>28 <u>12:30-1:30pm</u> Open Luncheon (LR) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR)</p>	<p>29 <u>12-2pm</u> Art Group (2FR) <u>6-7pm</u> Brighten Up Educational Workshop (breast and ovarian cancer detection workshop) (LR)</p>	<p>30 <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>2-3:30pm</u> Write Your Story (2FR)</p>	<p>31 <u>10am-12pm</u> Sewing Group (3FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) or (LR) <u>6:30-8pm</u> Women's NA (LR) or (2FR)</p>	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>HOURS FOR DROP-IN AND COMPUTER LABS</p> <p>Monday - Friday 10am-8pm</p> <p>Saturday 10am-3pm</p> </div>	