



# Women's Center Calendar for AUGUST 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](http://www.cambridgewomenscenter.org)

## Artistic Expression and Creativity

**Beading Group.** Mondays, 1:30-4:30pm. Materials provided! Info: [thebeadinggroup@gmail.com](mailto:thebeadinggroup@gmail.com)

<NEW> **Craft Time with Cookie,** Tues., 8/14, 10:30am-12:30pm. We'll make wall plaques with felt & fabric! Supplies included. All women and children invited. Info: [christinabaynes@yahoo.com](mailto:christinabaynes@yahoo.com)

\*<NEW> **Finding Your Voice.** Wednesday, 8/8, 5:30-7pm. A group for any woman that wants to make their voice heard, and who finds comfort (or aspires to find comfort) in speaking about their experiences. We will talk, listen, and learn about each other through spoken word storytelling. Info: [rachel.carp@tufts.edu](mailto:rachel.carp@tufts.edu)

**Informal Art Room Time.** Wednesdays, 1-3pm. The art room and art supplies will be available for anyone to paint, draw, make collages, color, etc. Come on over and crank up your creativity! No one will be leading - just do your thing! Info: 617-354-6394.

<NEW> **Poetry Group.** Tuesdays, 5:30-6:30pm. Come find your poetic, creative voice! Whether you love to write or you've never written poetry before, this group is open to everyone. We will read work by women poets and write our own poems exploring memory, objects, relationships, travel, and more! Please RSVP by 3:30pm on Tuesdays to: Adriana Grant at [adrianacgrant@gmail.com](mailto:adrianacgrant@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)

**Write Your Story.** Tuesday, 8/7, 2-3:15pm. The writing process can be challenging but it is also a satisfying way to communicate your thoughts. This friendly group will help you learn how to tell the stories you want to tell, fiction and nonfiction. Led by novelist Laura van den Berg. Info: [vandenberg8@gmail.com](mailto:vandenberg8@gmail.com)

## LGBTQ+ Support & Discussion Groups

\***Bay State Butches.** 8/3 (1<sup>st</sup> Fridays), 6:30-8pm. Topic: *Dating*. Join other butch lesbians to socialize with and support one another and talk about our experiences! Info: Lane, [defaultlane@aim.com](mailto:defaultlane@aim.com)

\***Lesbian and Bi Women's Discussion Group.** Friday, 8/17 (3<sup>rd</sup> Fridays), 6-7:30pm. Inclusive group for women attracted to women. Topic: *Family: Being Queer and Coming Out*. Info: [jojo.bischof@web.de](mailto:jojo.bischof@web.de)

\***Reconciling Support Group.** Friday, 8/24 (4<sup>th</sup> 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](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 & Yoga

<NEW> **Breathe and Believe Yoga.** Mondays, 6:30-7:30pm, with Nathalie Simmons, a registered yoga teacher. She approaches yoga as a practice, acknowledging that with each new day come new challenges, physical and mental. Her classes are designed to meet students where they are. No experience needed. Preregister by 4pm: [jenniferchan@breatheandbelieveyoga.com](mailto:jenniferchan@breatheandbelieveyoga.com)

\***Meditation for Stress Management.** Wednesday, 8/15, 6-7:30pm. We'll practice a variety of meditations including deep relaxation, guided visualization, mindful breathing, and loving-kindness, as well as share tips for working meditation into your daily life. No previous meditation experience necessary. Info, Christine: [christineradice@yahoo.com](mailto:christineradice@yahoo.com)

<NEW> **Gentle Yoga and Mindfulness,** Tuesday, 8/7, 11am-12:15pm. Reconnect with your mind and body through a gentle flow yoga and mindfulness practice. Let yourself relax and enjoy an hour and fifteen minutes of tranquility. Led by Lauren Miningham. More info: [lminigh@lesley.edu](mailto:lminigh@lesley.edu)

## SPECIAL EVENT

### \*COMMUNITY MEETING

Friday, August 31, 1-2:30pm  
in the living room (on the first floor)

Come meet with Jessye Kass, our new Director  
Give feedback and suggestions  
Discuss any concerns

Jessye looks forward to hearing from you!  
Info: [jessye@cambridgewomenscenter.org](mailto:jessye@cambridgewomenscenter.org)

## Trauma Survivors' Groups

**A Survivor's Write to Heal.** Mondays, 8/6, 20 & 27, 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](mailto:rawda.aljawhary@gmail.com)

**[Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse]** will resume Friday, September 21. 6-7:30pm].

<NEW> **Summer Meeting for Survivors of Childhood Sexual Abuse.** Friday, 8/17, 6-7:30pm (No one admitted after 6:15pm).. Topic: *Parenting Ourselves*. Join other survivors for connection, support, and discussion while IR Group is on summer break. For predictability and safety, the structure & guidelines will be the same, but the meeting will be unfacilitated. Info: [cynmocho@aol.com](mailto:cynmocho@aol.com)

**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](mailto:SIAWomenCambridge@gmail.com)

**Trauma Support/Discussion Group.** Thursdays (not 8/16), 6:30-7:30pm. An intimate group where women can share and get support for all forms of trauma, past & present. Info: [groupcambridge@gmail.com](mailto:groupcambridge@gmail.com)

## Wellness/Self-Help/Conversation

\***Feminist Book Club.** Monday, 8/6, 7-8pm. We discuss books through the lens of feminism and our own experiences. August's book: *Parable of the Sower* by Octavia Butler. Info: [lizbada@bu.edu](mailto:lizbada@bu.edu)

\***SELF-CARE: Its Power & Healing Properties.** Fridays, 8/10 & 24, 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](mailto:ef1916@yahoo.com)

\***Spanish-English Conversation Exchange.** Mondays, 12-2pm. 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](mailto:womenspanishenglishclass@hotmail.com)

<NEW> **Unification Through Our Voices: A Group for Women of Color.** Thursdays, 2-3pm (not 8/16). A safe space and outlet for women of color to discuss personal stories, current events, and history pertinent to our experiences. Info: Vishni, [vishni@icloud.com](mailto:vishni@icloud.com)

\***Women 65+ Discussion Group.** Wednesday, 8/15, 2-3:30pm.. This month's topic: *How we keep fit for daily activities*. We'll share from our experiences. 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.

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\***Open Luncheons at the Women's Center.** Tuesday, 8/21 and Monday, 8/27, 12:30-1:30pm. Info: 617-354-6394.

**Women's Center Board of Trustees Meeting.** Wednesday, 8/22, 6-7:30pm. Info: [board@cambridgewomenscenter.org](mailto:board@cambridgewomenscenter.org)

# August, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p><b>ROOM LOCATIONS</b></p> <p>LR – Living Room            2FR - 2nd Floor Right            3FR - 3rd Floor Right            3FL - 3rd Floor Left</p> </div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p><b>Hours for Drop in and Computer Labs</b></p> <p>Mon-Fri 10am-8pm            Sat 10am-3pm</p> </div>	<p><b>1</b>  <u>1-3pm</u> Art Room Time (2FR)</p>	<p><b>2</b>  <u>10am-12pm</u> Sewing Group (3FR)  <u>2-3pm</u> Unification Through Our Voices: A Group for Women of Color (3FR)  <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR)  <u>6:30-8pm</u> Women's NA (LR)</p>	<p><b>3</b>  <u>6:30-8pm</u> Bay State Butches (LR)</p>	<p><b>4</b></p>
<p><b>6</b>  <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR)  <u>1:30-4:30pm</u> Beading (2FR)  <u>6-8pm</u> A Survivor's Write to Heal (3FL)  <u>6:30-7:30pm</u> Breathe &amp; Believe Yoga (need to preregister by 4pm) (3FR)  <u>7-8pm</u> Feminist Book Club (LR)</p>	<p><b>7</b>  <u>11am-12:15pm</u> Gentle Yoga and Mindfulness (3FR)  <u>2-3:15pm</u> Write Your Story (3FL)  <u>5:30-6:30pm</u> Poetry Group (3FL)  <u>6-7:30pm</u> Women's Healing Circle (2FR)(moved from LR for this week only)  <u>6-8pm</u> Volunteer training (LR)  <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p><b>8</b>  <u>1-3pm</u> Art Room Time (2FR)  <u>5:30-7pm</u> Finding Your Voice (LR)</p>	<p><b>9</b>  <u>10am-12pm</u> Sewing Group (3FR)  <u>2-3pm</u> Unification Through Our Voices: A Group for Women of Color (3FR)  <u>6:30-7:30pm</u> Trauma Support / Discussion Group (3FR)  <u>6:30-8pm</u> Women's NA (LR)</p>	<p><b>10</b>  <u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties (LR)  <u>6-7:30pm</u> IR Facilitator Training (3FR) (closed group)</p>	<p><b>11</b></p>
<p><b>13</b>  <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR)  <u>1:30-4:30pm</u> Beading (2FR)  <u>6:30-7:30pm</u> Breathe &amp; Believe Yoga (need to preregister by 4pm) (3FR)  <u>7-9pm</u> Closed group (LR)</p>	<p><b>14</b>  <u>10:30am-12:30pm</u> Craft Time with Cookie (2FR)  <u>5:30-6:30pm</u> Poetry Group (3FL)  <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p><b>15</b>  <u>1-3pm</u> Art Room Time (2FR)  <u>2-3:30pm</u> Women 65+ Discussion (LR)  <u>6-7:30pm</u> Meditation for Stress Management (LR)</p>	<p><b>16</b>  <u>10am-12pm</u> Sewing Group (3FR)  <u>6:30-8pm</u> Women's NA (LR)</p>	<p><b>17</b>  <u>6-7:30pm</u> Summer Meeting for Survivors of Child Sexual Abuse Discussion Group. (no one admitted after 6:15pm) (3FR)  <u>6-7:30pm</u> Lesbian &amp; Bi Women's Discussion Group (LR)</p>	<p><b>18</b></p>
<p><b>20</b>  <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR)  <u>1:30-4:30pm</u> Beading (2FR)  <u>6-8pm</u> A Survivor's Write to Heal (3FL)  <u>6:30-7:30pm</u> Breathe &amp; Believe Yoga (need to preregister by 4pm) (3FR)</p>	<p><b>21</b>  <u>12:30-1:30pm</u> Open Luncheon  <u>5:30-6:30pm</u> Poetry Group (3FL)  <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p><b>22</b>  <u>1-3pm</u> Art Room Time (2FR)  <u>6-7:30pm</u> Board Meeting (LR)</p>	<p><b>23</b>  <u>10am-12pm</u> Sewing Group (3FR)  <u>2-3pm</u> Unification Through Our Voices: A Group for Women of Color (3FR)  <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR)  <u>6:30-8pm</u> Women's NA (LR)</p>	<p><b>24</b>  <u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties (LR)  <u>6:30-8pm</u> Reconciling Support Group (LR)</p>	<p><b>28</b></p>
<p><b>27</b>  <u>12pm-2pm</u> Spanish-English Conversation Exchange (3FR)  <u>12:30-1:30pm</u> Open Luncheon (LR)  <u>1:30-4:30pm</u> Beading (2FR)  <u>6-8pm</u> A Survivor's Write to Heal (3FL)  <u>6:30-7:30pm</u> Breathe &amp; Believe Yoga (need to preregister by 4pm) (3FR)</p>	<p><b>28</b>  <u>5:30-6:30pm</u> Poetry Group (3FL)  <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p><b>29</b>  <u>1-3pm</u> Informal Art Room Time (2FR)  <u>6-8pm</u> Volunteer Training (closed) (LR)</p>	<p><b>30</b>  <u>10am-12pm</u> Sewing Group (3FR)  <u>2-3pm</u> Unification Through Our Voices: A Group for Women of Color (3FR)  <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR)  <u>6:30-8pm</u> Women's NA (LR)</p>	<p><b>31</b>  <u>1-2:30pm</u> Community Meeting with Jessye, our new Director (LR)</p>	<p><b>30</b></p>

