

Women's Center Calendar for March 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

Artistic Expression and Creativity

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

<NEW> Art Journaling Workshop. Sat., 3/9, 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

Beading Group. Mons., 1:30--4:30pm. Work on your own beading projects. Materials available. Info: thebeadinggroup@gmail.com

<NEW> Drama, Music, and Finding your Flow! Weds., 3/6, 13 & 27, 5-6pm, Access your inner play and express yourself through drama games, music, and creative exploration. We'll have fun together in a warm environment. Laughter is a big part of this group. No experience needed. Info: Molly, apartofthecircle@gmail.com

***Feminist Book Club.** Monday, 3/4, 7-8pm. We discuss books through the lens of feminism and our own experiences. Today's book: *Circe* by Madeline Miller. Info: lizbada@bu.edu

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

<NEW> Songshare/Artshare. Thursdays 3/7, 21 & 28, 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

Write Your Story. Wednesdays, 3/6 & 13, 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

Write Your Way. Tuesdays 5:30-6:30pm. 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

LGBTQ+ Support & Discussion Groups

***Bay State Butches.** 3/1 (1st Friday), 6:30-8pm. Join other butch lesbians to socialize with and support one another. Info: Lane, defaultlane@aim.com

***Lesbian and Bi Women's Discussion Group.** Friday 3/15 (3rd Fridays), 6-7:30pm. Topic: *Coming Out*. Inclusive group for women attracted to women. Info: erica.m.rigby@gmail.com

***Reconciling Support Group.** Friday 3/22 (4th Fridays), 6:30-8pm. For individuals assigned female at birth, who identified as something other than female/are dysphoric, & want to process, reconcile with being female, and heal. Info: 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 and Yoga

Meditations for Welcoming Spring. Wednesday, 3/20, 5:30-6:30. We'll practice meditations that help balance our natural energy, including mindfulness, guided visualizations, and a body scan. No experience needed. Info: christineradice@yahoo.com

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

♦ ♦ ♦ ♦ ♦ AND MORE ♦ ♦ ♦ ♦ ♦

***Open Luncheons at the Women's Center.** Tuesday, 3/19, and Monday, 3/25, 12:30-1:30pm. **Open Luncheon with Savannah.** (Includes vegetarian/vegan & meat dishes), Friday, 3/29, 2-3pm.

***Women's Center Board of Trustees Meeting.** Wednesday, 3/20, 6-7:30pm. Info: board@cambridgewomenscenter.org

FUN!

***Movie Musicals.** Two Mondays, 12-2pm: 3/4, *FAME (2010)* and 3/18, *RENT (2005)*. 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 3/5, 19 y 26, de 1-6pm; los miércoles 3/6, 20 y 27, de 2-7:45pm.

***Family Law Workshop.** Thursday, 3/21, 11am-1pm. 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 Jancourtz, Please pre-register by Wednesday, 3/20: isabellajancourtz@yahoo.com or (617) 354-6394.

<NEW> Free Tailoring/Mending by Seamstress Amelia. Saturday 3/23, 12-3pm in the 2nd floor Art Room. Come drop-in between 12pm-3pm to get something fixed up, or learn how to fix it. Questions? Email programs@cambridgewomenscenter.org

Trauma Survivors' Groups

Healing Through Creative Arts. "Finding Our Own Rhythms: Playing with rhythm and sound." Saturday, 3/30, 12:30-3pm. Facilitated by Joy Guice. For survivors of sexual violence. To register (not required): 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 3/15 (3rd Fridays, September-June), 6-7:30pm. Topic: *Money Issues*. You must come on time! No one admitted after 6:15pm so group process will not be disrupted.

<NEW> TAP program. Sunday, 3/24, 10am-noon. Transforming Violence Through Mindful Art-Making. Join us for a morning of art for trauma survivors. Space is limited, so preregistration is required: to preregister, email 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

Wellness/Self-Help/Conversation

<NEW> *Fat Babes: A Body Positive Support Group. Monday, 3/18 (3rd 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

<NEW> Let's Talk about Sex! Wednesday, 3/27, 6-7pm. Bring all your thoughts and questions about sexuality to have your questions answered and voice heard. Sex educator Eden will be facilitating a round table discussion, and would love to see you there! For more info: eden.a.diamond@gmail.com

***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

***Women 65+ Discussion Group.** 3/14 (2nd Thursdays), 2-3:30pm. Come for supportive discussions on aging issues we all face. Topic: *Entertainment Suggestions: movies, Netflix, restaurants, museums, plays, places to walk, etc.* Info: judy@cambridgewomenscenter.org

<NEW> Women of Color Support Group. 3/25 (4th Mondays), 5:30-7pm. Run by LCSW Nancy Jean-Baptiste. Please pre-register with subject line "attending WOC support group." (highly preferred) at cambridgewcvolunteers@gmail.com

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 March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ROOM LOCATIONS LR – Living Room 2FR – 2 nd floor right 3FR – 3 rd floor right 3FL – 3 rd floor left	Hours for Drop-in and Computer Labs Mon-Fri 10am - 8pm Sat 10am – 3pm		1 <u>12:30-2pm</u> (reserved for closed meeting) (3FL) <u>6:30-8pm</u> Bay State Butches (LR)	2
4 <u>Noon-2pm</u> Movie (FAME) (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>7-8pm</u> Feminist Book Club (LR)	5 <u>1-6pm</u> Ayuda con la traducción del español al inglés <u>5:30-6:30pm</u> Write Your Way (3FL)	6 <u>12-1pm</u> Yoga 4 You (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>2-3pm</u> Write Your Story (3FL) <u>2-7:45pm</u> Ayuda con traducción del español al inglés <u>5-6pm</u> Drama, Music, and Finding your Flow! (3FR)	7 <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)	8 <u>6:30-8pm</u> Closed group (LR)	9 <u>Noon-2pm</u> Art Journaling Workshop (2FR)
11 <u>1:30-4:30pm</u> Beading (2FR) <u>7-9pm</u> Closed Group (LR)	12 <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6-7pm</u> Shifting Your Mindset (closed) (2FR)	13 <u>12-1pm</u> Yoga 4 You (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>2-3pm</u> Write Your Story (3FL) <u>5-6pm</u> Drama, Music, and Finding your Flow! (3FR)	14 <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>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	15 <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)	16
18 <u>Noon-2pm</u> Movie (RENT) (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>6-7:30pm</u> Fat Babes: a Body Positive Support Group (LR)	19 <u>12:30-1:30pm</u> Open Luncheon (LR) <u>1-6pm</u> Ayuda con la traducción del español al ingles <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6:30-8pm</u> Volunteer Training (closed) (2FL)	20 <u>12-1pm</u> Yoga 4 You (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>5:30-6:30pm</u> Meditation (3FR) <u>6-7:30pm</u> Board Meeting (LR)	21 <u>10am-12pm</u> Sewing Group (3FR) <u>11am-1pm</u> Family Law Workshop (LR) (preregister) <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)	22 <u>6:30-8pm</u> Reconciling Support Group (LR)	23 <u>Noon-3pm</u> Tailoring/Mending by Seamstress Amelia (Drop-in between noon & 3pm). (2FR)
Sun March 24 <u>10am-noon</u> TAP program. A morning of art for trauma survivors. Preregistration required at: programs@cambri.dgewomenscenter.org	Mon 25 <u>12:30-1:30pm</u> Open Luncheon (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>5:30-7pm</u> Women of Color Support Group (3FR)	26 <u>1-6pm</u> Ayuda con la traducción del español al inglés <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6-7pm</u> Shifting Your Mindset (closed) (2FR)	27 <u>12-1pm</u> Yoga 4 You (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> Drama, Music, and Finding your Flow! (3FR) <u>6-7pm</u> Let's Talk about Sex (2FR) <u>6:30pm-8pm</u> Volunteer Training (closed) (LR)	28 <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)	29 <u>2-3pm</u> Open Luncheon with Savannah (LR)
					30 <u>12:30-3pm</u> Healing Through Creative Arts - Finding Our Own Rhythms: Playing with rhythm and sound. (3FR)