

Women's Center Calendar for December 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

Artistic Expression and Creativity

Art Group. Tuesdays (not meeting 12/26), 12-2pm. A welcoming space to create art of any medium. Fun and rewarding class for creative expression. No art background needed. Info: Michelle, mshellspages@gmail.com

Beading Group. Mondays, 1:15-3pm (not meeting on 12/25). Materials provided! Info: thebeadinggroup@gmail.com

<NEW> Christmas Crafts. 12/6, 1pm. Women from the Delta-Beckwith Company will join us for snacks and holiday crafts! All women and children are welcome to join in! Info: 617-354-6394.

Creative Expression & Mindfulness. Fridays, 10:30am-12:30pm (no meeting 12/1). We explore our mind-body connection through breathing exercises and creative expression using various art mediums. Observe what unfolds with love and kindness, relieve stress and find healing. Daniell. Info: Daniellcwc@gmail.com

***Feminist Book Club.** Monday, 12/4 7-8pm. We discuss books through the lens of feminism and our own experiences. December book: *Gathering Blue*, by Lois Lowry. Info: lizbada@bu.edu

<NEW> Grown-Up Love. Wednesday, 12/6, 6:30-8pm. How do two old women negotiate new love? Author/activist Sue Katz reads excerpts from her latest novel *Lillian in Love*. ["A witty, wise and generous story...a gorgeous read." *Diva Magazine* (UK)]. Books available. Info: Sue Katz, consentingadultpress@hotmail.com

***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

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. Tuesdays, 12/12 & 19, 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: vandenbergs@gmail.com

LGBTQ Support & Discussion Groups

***Bay State Butches.** 12/1 (1st Fridays), 6:30-8pm. We'll watch the documentary "*Gender Troubles: The Butches*." Join other butch lesbians to socialize with and support one another and talk about our experiences! Info: Lane, defaultlane@aim.com

<NEW> *Lesbian and Bi Women's Discussion Group. Friday, 12/15, 6-7:30pm. Inclusive group for women attracted to women. Tonight's topic: Sex/Intimacy. Info: erica.m.rigby@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

Meditation/Yoga

Basic Yoga with Marilyn. Mondays (not 12/25), 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

Managing Stress at the Holidays & Beyond Wed, 12/13, 6-7:30pm. Learn & practice several meditations including enjoyment of breath, gratitude, loving-kindness, and deep relaxation. No experience needed. Info: Christine: christineradice@yahoo.com

Professional Assistance

Managing Your Money. Wednesday, 12/13, from 4:30-6:15pm, Free 45 minute confidential consultations with a professional financial planner on handling credit/debts, budgeting, taxes, etc. Pre-registration required: linda@cambridgewomenscenter.org

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

Trauma Survivors Groups

A Survivor's Write to Heal. Mondays (not 12/25), 5:30-7:30pm. 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: Cindy: cindyinthehub@gmail.com

Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse. Friday 12/15, 6-7:30pm. Topic: *Managing the Holidays*. You must come on time! No one admitted after 6:15pm so group process will not be disrupted!

Trauma Support/Discussion Group. Thursdays (not 12/28), 6:30-7:30pm. An intimate group where women share and get support for all forms of trauma, past & present. Info: groupcambridge@gmail.com

Wellness/Self-Help

After Abortion Well-Being. Tuesdays, 12/5 & 19, 6-7:30pm (meets twice a month). 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. Info: abortionhealingboston@gmail.com

<NEW> *Coping With Life's Stressors, Wednesdays 12/6 & 13, 6:30-7:30pm. Upbeat ways to deal with stressors rather than numbing pain, ignoring it, or reacting in ways that may lead to regret or negative consequences. Info: sydney.griffith123@gmail.com

<NEW> Empowerment Self-Defense. Saturday, 12/9, 1-2:30pm. Come learn effective verbal and physical self-defense techniques. No prior experience necessary. All fitness levels welcome. To register: <https://esdworkshop.eventbrite.com> You can also come without registering. For more info: beth@tenacityselfdefense.com

<NEW> Living in Our Bodies. Tuesdays, 12/12 and 26, 6:30-7:30pm. Come discuss issues of self-esteem, body image, and more. We will identify and reframe negative thoughts/feelings about food, our bodies, and ourselves. Info Hayley: hfriel1370@gmail.com

***Spanish-English Conversation Exchange.** Wednesdays, 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

***Women 65+ Discussion Group.** Wednesday, 12/20, 2-3:30pm. Topic: *Holidays*. Let's age better together! Come for useful and enjoyable conversations. Info: judy@cambridgewomenscenter.org

***Women For Political Action.** Wednesday, 12/6, 6-7:30pm. Come to share, discuss and plan political actions we can take in our community and beyond. Make a difference! Info: office@w4pa.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.

***Women's Ovarian Cancer Support Group.** 12/2 & 16 (1st & 3rd Sats), 1-2:30pm. Let's share with and support each other. All ages and stages welcome! Info: womenscancergroup@gmail.com

❖ ❖ ❖ ❖ ❖ ❖ AND MORE! ❖ ❖ ❖ ❖ ❖ ❖

<SPECIAL EVENT> *Christmas Dinner. 12/25, 12pm-4pm. Come celebrate the holiday spirit. A full dinner will be served and Santa may even have some surprises for us! Drop-in to eat, use a computer, relax, chat, be in community. All women and children are welcome. *The Center will be open 12-4pm*. Info: 617-354-6394.

***Open Luncheons at the Women's Center.** Tuesdays, 12/5 & 19 (1st and 3rd Tuesdays), 2:30-1:30pm. Info: 617-354-6394.

Women's Center Board of Trustees Meeting. Tuesday, 12/19, 6-7:30pm. Info: board@cambridgewomenscenter.org

December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HOURS FOR DROP-IN AND COMPUTER LABS Mon - Friday 10am-8pm Saturday 10am-3pm	ROOM LOCATIONS LR – Living Room 2FR - 2nd Floor Right 3FR - 3rd Floor Right 3FL - 3rd Floor Left			1 6:30-8pm Bay State Butches (LR)	2 1-2:30pm Women's Ovarian Cancer Support Group (LR)
4 1:15-3pm Beading (2FR) 5:30-7:30pm Survivors Write to Heal (3FL) 6:15-7:15pm Basic Yoga with Marilyn (need to preregister by 4pm) (3FR) 7-8pm Feminist Book Club (LR)	5 12-2pm Art Group (2FR) 12:30-1:30pm Luncheon (LR) 2:30-5:30pm Beading (2FR) 6-7:30pm After Abortion Well-Being (2FR)	6 11am-1pm Spanish-English Conversation Exchange (LR) 1pm Christmas Crafts (2FR) 6:30-7:30pm Coping with Life's Stressors (LR) 6-7:30pm Women for Political Action (LR) 6-8pm Closed group (3FL) 6:30-8pm Grown-Up Love (3FR)	7 10am-12pm Sewing Group (3FR) 12:30-1:30pm Knitting (LR) 6:30-7:30pm Trauma Support/Discussion Group (3FR) or (LR) 6:30-8pm Women's NA (LR) or (2FR)	8 10:30am-12:30pm Creative Expression & Mindfulness (2FR)	9 1-2:30pm Empowerment Self-Defense (3FR)
11 1:15-3pm Beading (2FR) 5:30-7:30pm Survivors Write to Heal (3FL) 6:15-7:15pm Basic Yoga with Marilyn (need to preregister by 4pm) (3FR) 7-9pm Closed group (LR)	12 12-2pm Art Group (2FR) 2-3 pm Write Your Story (3FL) 2:30-5:30pm Beading (2FR) 6:30-7:30pm Living in our Bodies (LR) 6-8pm Closed group (3FL)	13 11am-1pm Spanish-English Conversation Exchange (LR) 2-3:30pm Women 65+ Discussion (LR) 4:30-6:15pm Managing Your Money (one-on-one consultations, must preregister) (2FR) 6-7:30pm Meditation for Holiday Stresses (3FR) 6:30-7:30pm Coping with Life's Stressors (LR)	14 10am-12pm Sewing Group (3FR) 12:30-1:30pm Knitting (LR) 6:30-7:30pm Trauma Support/Discussion Group (3FR) or (LR) 6:30-8pm Women's NA (LR) or (2FR)	15 10:30am-12:30pm Creative Expression & Mindfulness (2FR) 6-7:30pm Survivors of Child Sexual Abuse Discussion Group (no one admitted after 6:15pm) (3FR) 6-7:30pm Lesbian & Bi Women's Discussion Group(LR)	16 1-2:30pm Women's Ovarian Cancer Support Group (LR)
18 1:15-3pm Beading (2FR) 5:30-7:30pm Survivors Write to Heal (3FL) 6:15-7:15pm Basic Yoga with Marilyn (need to preregister by 4pm) (3FR)	19 12-2pm Art Group (2FR) 12:30-1:30pm Luncheon (LR) 2-3pm Write Your Story (3FL) 2:30-5:30pm Beading (2FR) 6-7:30pm After Abortion Well-Being (2FR) 6-7:30pm Board Meeting (LR) 6-8pm Closed group (3FL)	20 11am-1pm Spanish-English Conversation Exchange (LR) 4-5:30pm Create your own original earrings (2FR)	21 10am-12pm Sewing Group (3FR) 12:30-1:30pm Knitting (LR) 6:30-7:30pm Trauma Support/Discussion Group (3FR) or (LR) 6:30-8pm Women's NA (LR) or (2FR)	22 10:30am-12:30pm Creative Expression & Mindfulness (2FR)	23 10am-12:30pm Volunteer group cleaning, etc. Pentacostal Tabernacle
25 Christmas Noon-4pm Christmas/Holiday Dinner and Drop-in. Closed the rest of the day.	26 2:30-5:30pm Beading (2FR) 6:30-7:30pm Living in our Bodies (LR) 6-8pm Closed group (3FL)	27 11am-1pm Spanish-English Conversation Exchange (LR)	28 10am-12pm Sewing Group (3FR) 12:30-1:30pm Knitting (LR) 6:30-8pm Women's NA (LR) or (2FR)	29 10:30am-12:30pm Creative Expression & Mindfulness (2FR)	30