

Women's Center Calendar for DECEMBER 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

Help Accessing Services

<NEW> Housing Specialist. Mon., 12/17 (3rd Mon), 3-5pm. Drop-in hours with Just-a-Start's case worker. Get help with a housing search process, resolve conflicts, understand your rights, etc.

Artistic Expression and Creativity

<NEW> A Part of the Circle. Thursday, 12/13, 2-3:30pm. Access your inner resources and express yourself through theater, play, creative exploration. We'll work together to cultivate a sense of community in a fun and welcoming environment. No experience needed. Info: Molly & Julie at apartofthecircle@gmail.com

Beading Group. Monday, 12/3 (usually weekly), 1:30--4:30pm. No experience needed. Beginners are welcome & materials provided! Info: thebeadinggroup@gmail.com

<SPECIAL EVENT> *Beading Group Show and Sale. Mondays, 12/10 & 17, 1:30-5pm. Beautiful handcrafted pieces! Bargains! Info: thebeadinggroup@gmail.com

***Feminist Book Club.** Monday, 12/3, 7-8pm. We discuss books through the lens of feminism and our own experiences. Upcoming books: December 3rd: *And Then there Were None* by Agatha Christie; January 7th: *Murder in the Kitchen* by Agatha Christie; February 4th: *Her Body and Other Parties* by Carmen Maria Machado. Info: lizbada@bu.edu

<NEW> Healing Through Art. Thursdays, 12/20 & 27, 12-2pm A space for women to come together & use the creative process to heal ourselves. All women welcome. No experience needed. Info: Forest 617-416-1297 or elizagburke@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

Write Your Story. Tuesday, 12/11, 2-3pm. The writing process can be a satisfying way to communicate your thoughts. Through exercises and prompts, this friendly group will help you write new material and explore new ideas (and to share if you want). No previous creative writing experience needed. Materials provided. With novelist Laura van den Berg. Info: vandenberg8@gmail.com

Write Your Way. Tuesdays (not 12/25), 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.** 12/7 (1st Friday), 6:30-8pm. Join other butch lesbians to socialize with and support one another. We'll watch a movie tonight: *"Codependent Lesbian Space Alien Seeks Same."* Info: Lane, defaultlane@aim.com

***Lesbian and Bi Women's Discussion Group.** Friday 12/21 (3rd Fridays), 6-7:30pm. Inclusive group for women attracted to women. Topic: *Sex and Intimacy*. Info: jojo.bischof@web.de

***Reconciling Support Group.** Friday 12/28 (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

Fun!

<NEW> Making Homemade Chocolates. Tuesday, 12/11, 3:30-5pm. Create and decorate hand-made chocolates with candy molds. All supplies and chocolate provided. Leave with a bag of chocolates! Children welcome. Info: rge_mini@yahoo.com

Meditation

Meditations for Managing Stress at the Holidays and Beyond. Wednesday 12/12, 5:30-6:30pm. Learn meditations that create a sense of inner peace and balance, as well as tips on how to work meditation into your daily life. No previous experience necessary. Info: Christine: christineradice@yahoo.com

Trauma Survivors' Groups

A Survivor's Write to Heal. Mondays, 12/3 & 17, 6-8pm. Writing workshops designed to embolden female survivors of trauma and abuse by providing an expressive outlet in a nurturing setting. We discuss, write & share our work. Info: dianesteinkamp@hotmail.com

Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse. Friday 12/21 (3rd Fridays, September-June), 6-7:30pm. Topic: *Spirituality*. You must come on time! No one admitted after 6:15pm so group process will not be disrupted!

Survivors of Incest Anonymous. Tuesdays (not 12/25), 6:15-7:45pm. A 12-Step group for women survivors of childhood sexual abuse. Info: SIAWomenCambridge@gmail.com

Trauma Support/Discussion Group. Thursdays (not 12/27), 6:30-7:30pm. An intimate group where women can share and get support for all forms of trauma, past and present. For topics, more info: <http://cwctrumagroup.org/> or email groupcambridge@gmail.com

Wellness/Self-Help/Conversation

<NEW> Healthy Mind, Body and Soul. Wednesdays (not 12/26), 6-7:30pm. Join us for restorative self-care practices focused on healing and connecting to yourself and others. Info: Erika, erikamagone@gmail.com

***Spanish-English Conversation Exchange.** New day & time! Wednesdays, weekly, 12:30-2:30pm. Are you an English speaker interested in improving your Spanish? ¿Hablas español y estás interesada en mejorar tu inglés? Come learn in a relaxing way. womenspanishenglishclass@hotmail.com

***Women 65+ Discussion Group.** 12/13 (2nd Thursdays), 2-3:30pm. This month we'll have edible goodies to share, and we can discuss whatever anyone wants, and possibly play a game, such as charades. Info: 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.

Yoga – no yoga in December; it will be offered again in January.

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***Open Luncheons at the Women's Center.** Come eat and chat. Monday 12/3 & Tuesday 12/18, 12:30-1:30pm. Info: 617-354-6394.

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

HOLIDAY HOURS: The Center will be open from noon-4pm on 12/25 (Christmas Day). We will close at 6pm on 12/24 (Christmas Eve) and 12/31 (New Year's Eve). We will be closed New Year's Day.

< < < SPECIAL EVENTS > > >

THE WOMEN'S CENTER WILL BE OPEN ON CHRISTMAS DAY, NOON-4PM, WITH A HOLIDAY DINNER FROM 1-3PM.

All women and children are invited to share in the feast! Info: 617-354-6394.

OUR BEADING GROUP WILL HOST A BEADING SHOW & SALE ON TWO MONDAYS, 12/10 & 17, FROM 1:30-5PM IN THE LIVING ROOM.

Beautiful handcrafted items, at reasonable prices! Come check it out! Info: thebeadinggroup@gmail.com

Cambridge Women's Center Calendar for December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3 <u>12:30-1:30pm</u> Open Luncheon (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>6-8pm</u> Survivors Write to Heal (3FL) <u>7-8pm</u> Feminist Book Club (LR)	4 <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)	5 <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FL) <u>6-7:30pm</u> Volunteer Training (3FR)	6 <u>10am-12pm</u> Sewing Group (3FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	7 <u>6:30-8pm</u> Bay State Butches (LR)	8
10 <u>1:30-5:00pm</u> Beading Group Show and Sale! Beautiful hand-crafted items, great buys! (LR) <u>7-9pm</u> Closed Group (LR)	11 <u>2-3pm</u> Write Your Story (3FL) <u>3:30-5pm</u> Making homemade chocolates (KITCHEN) <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (LR)	12 <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>5:30-6:30pm</u> Meditations for Managing Stress (3FL) <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FR)	13 <u>10am-12pm</u> Sewing Group (3FR) <u>2-3:30pm</u> A Part of the Circle (3FR) <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)	14	15
17 <u>1:30-5:00pm</u> Beading Group Show and Sale! Beautiful hand-crafted items, great buys! (LR) <u>3-5pm</u> Housing Specialist (3FL) <u>6-8pm</u> Survivors Write to Heal (3FL)	18 <u>12:30-1:30pm</u> Open Luncheon (LR) <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (LR)	19 <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FR) <u>6-7:30pm</u> Board Meeting (LR)	20 <u>10am-12pm</u> Sewing Group (3FR) <u>12-2pm</u> Healing thru Art (2FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	21 <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)	22
24 <div style="background-color: #e0e0e0; padding: 5px; text-align: center;"> CHRISTMAS EVE WOMEN'S CENTER WILL BE OPEN 10AM-6PM. Kitchen closes at 5:45pm </div>	25 <div style="background-color: #e0ffe0; padding: 5px; text-align: center;"> CHRISTMAS DAY WOMEN'S CENTER WILL BE OPEN 1-3pm - HOLIDAY DINNER 12-4pm - DROP-IN </div>	26 <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR)	27 <u>10am-12pm</u> Sewing Group (3FR) <u>12-2pm</u> Healing thru Art (2FR) <u>6:30-8pm</u> Women's NA (LR)	28 <u>6:30-8pm</u> Reconciling Support Group (LR)	29
31 <div style="background-color: #e0ffff; padding: 5px; text-align: center;"> NEW YEAR'S EVE WOMEN'S CENTER WILL BE OPEN 10AM-6PM. Kitchen closes at 5:45pm </div>	<div style="background-color: #ffe0ff; padding: 5px; text-align: center; border: 1px dashed #ff0000;"> JANUARY 1, 2019 HAPPY NEW YEAR! WOMEN'S CENTER WILL BE CLOSED. </div>	<div style="background-color: #e0f0ff; padding: 5px; border: 1px solid #000;"> ROOM LOCATIONS LR – Living Room 2FR – 2nd Floor right 3FR – 3rd floor right 3FL – 3rd floor left </div>		<div style="background-color: #e0f0ff; padding: 5px; border: 1px solid #000;"> Hours for Drop-in and Computer Labs Mon-Fri 10am - 8pm Sat 10am – 3pm </div>	