

# Women's Center Calendar for February 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

**Art Group.** Tuesdays, 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](mailto:mshellspages@gmail.com)

**Beading Group.** Mondays, 1:30-3:30pm. Materials provided! Info: [thebeadinggroup@gmail.com](mailto:thebeadinggroup@gmail.com)

**Earring Designs Reinvented and Recycled by Vivalashiekh Designs!** Wednesday 2/14 4-5:30pm Create your own one of a kind earring design with Elizabeth from Vivalashiekh Designs. Info: Elizabeth, [ef1916@yahoo.com](mailto:ef1916@yahoo.com)

**Creative Expression and Mindfulness.** Fridays, 10:30am-12:30pm. 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. Info: Daniell, [Daniellcwc@gmail.com](mailto:Daniellcwc@gmail.com)

**\*Feminist Book Club.** Monday, 2/5, 7-8pm. We discuss books through the lens of feminism and our own experiences. January book: *What Happened* by Hillary Rodham Clinton. Info: [lizbada@bu.edu](mailto:lizbada@bu.edu)

**\*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](mailto:graciegeorgie@gmail.com)

**<NEW> Poetry Group.** Wednesdays, 4-5pm. Come write and share your poetry! All are welcome! Free write, follow prompts, or just come to listen. Info: Sara, [Sara.Wexler@my.wheelock.edu](mailto:Sara.Wexler@my.wheelock.edu)

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

**Write Your Story.** Tuesdays, 2/6 & 2/20, 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: [vandenberg8@gmail.com](mailto:vandenberg8@gmail.com)

## LGBTQ+ Support & Discussion Groups

**\*Bay State Butches.** 2/2 (1<sup>st</sup> Fridays), 6:30-8pm 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, 2/16 (3<sup>rd</sup> Fridays) 6-7:30pm. Inclusive group for women attracted to women. This month's topic: Safety. Info: [jojo.bischof@web.de](mailto:jojo.bischof@web.de)

**<NEW> \*Queer Women of Color Discussion Group.** 2/21 (3<sup>rd</sup> Wednesdays), 6-7:30pm. This is a group for queer women of color to affirm and empower our identities. Join us for friendship and good conversation! Info: [tiffany@cambridgewomenscenter.org](mailto:tiffany@cambridgewomenscenter.org)

**<NEW>\*Reconciling Support Group.** 2/23 (4<sup>th</sup> Fridays), 6:30-8pm. A support group for individuals assigned female at birth, who are dysphoric/identified as something other than a woman, and are now reconciling with being female and want to heal and process. For questions, contact Lane at [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

**Basic Yoga with Marilyn.** Mondays (Ending 2/12) 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](mailto:marilynregan58@gmail.com)

**Meditations for Self Compassion.** Tuesday, 2/13, 6-7:30pm The beginning of the year is a great time to try meditation or deepen your practice. In this workshop, we will learn and practice mindfulness, body scan, and loving-kindness meditations. No experience needed. Christine: [christineradice@yahoo.com](mailto:christineradice@yahoo.com)

**<NEW> Slow Flow Yoga and Relax.** Wednesdays, 12-1:15pm. Yoga and Relax with Dorte. Nourish body and mind through basic yoga poses and breathing. Come and renew and relax. Beginner level. All welcome. Limited space, so please register before 10am. To register: [ScandiYoga@gmail.com](mailto:ScandiYoga@gmail.com)

## Professional Assistance

**<NEW> Family Law Workshop.** Thursday, 2/15 12-2pm. This is a practical workshop for women with questions about family law issues. Although pre-registration is not required, if you can please e-mail Isabella to let her know you are coming, or call the Women's Center. Info: Isabella [isabellajancourtz@yahoo.com](mailto:isabellajancourtz@yahoo.com)

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

## Trauma Survivors Groups

**A Survivor's Write to Heal.** Mondays, 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](mailto:cindyinthehub@gmail.com)

**Healing Through Creative Arts Workshop sponsored by Survivor Theatre Project.** Essencing: A Path to Self-Love Facilitated by Sarvi Asiedu. Saturday 2/17, 12-3pm Info [martharogersmusic@gmail.com](mailto:martharogersmusic@gmail.com) or call 978-408-9233

**Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse.** Friday 2/16, 6-7:30pm. Topic: Self-Compassion. You must come on time! No one admitted after 6:15pm so group process will not be disrupted!

**Trauma Support/Discussion Group.** Thursdays, 6:30-7:30pm. An intimate group where women share and get support for all forms of trauma, past and present. Info: [groupcambridge@gmail.com](mailto:groupcambridge@gmail.com)

## Wellness /Self-Help

**After Abortion Well-Being.** Tuesdays, 2/6 and 2/20, 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](mailto:abortionhealingboston@gmail.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)

**\*Women 65+ Discussion Group.** Wednesday, 2/21, 2-3:30pm. Topic: *Family Stuff*. Let's age better together! Come for useful and enjoyable conversations. Info: [judy@cambridgewomenscenter.org](mailto:judy@cambridgewomenscenter.org)

**\*Women for Political Action.** Wednesday, 2/7, 6-7:30pm. Join us to discuss current events and plan political actions we can take in our community to promote peace and justice for all women! Info: [linda@cambridgewomenscenter.org](mailto:linda@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: Nellie, 617-953-4878.

**\*Women's Ovarian Cancer Support Group.** Saturdays, 2/3 & 2/17 (1<sup>st</sup> & 3<sup>rd</sup> Saturdays), 1-2:30pm. Let's share with and support each other. All ages and stages welcome! Info: [womenscancergroup@gmail.com](mailto:womenscancergroup@gmail.com)

♦ ♦ ♦ ♦ ♦ AND MORE ♦ ♦ ♦ ♦ ♦

**\*Open Luncheons at the Women's Center.** Tuesday 2/20, Monday 2/26 12:30-1:30pm. Info: 617-354-6394.

**<NEW> \*Movie Night!** Friday 2/9, (2<sup>nd</sup> Fridays) 6pm. Friday movie nights at CWC every second Friday of the month! We're kicking it off with *What Happened Miss Simone* - a documentary about the classically trained pianist, black power icon and legendary recording artist Nina Simone. Info: [Tiffany@cambridgewomenscenter.org](mailto:Tiffany@cambridgewomenscenter.org)

**Women's Center Board of Trustees Meeting.** Monday, 2/26, 6-7:30pm. Info: [board@cambridgewomenscenter.org](mailto:board@cambridgewomenscenter.org)

## February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>ROOM LOCATIONS</b>  <b>LR</b> – Living Room  <b>2FR</b> - 2nd Floor Right  <b>3FR</b> - 3rd Floor Right  <b>3FL</b> - 3rd Floor Left</p>	<p><b>Hours for Drop in and Computer labs</b>            Mon-Fri 10am-8pm            Sat 10am-3pm</p>		<p><b>1</b>  <u>10am-12pm</u> Sewing Group (3FR)  <u>12:30-1:30pm</u> Knitting (LR)  <u>6:15-7:45pm</u> Closed Group (3FL)  <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) or (LR)  <u>6:30-8pm</u> Women's NA (LR)</p>	<p><b>2</b>  <u>10:30am-12:30pm</u> Creative Expression &amp; Mindfulness (2FR)  <u>6:30-8pm</u> Bay State Butches (LR)</p>	<p><b>3</b>  <u>1-2:30pm</u> Women's Ovarian Cancer Support Group (LR)</p>
<p><b>5</b>  <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR)  <u>1:30-3:30pm</u> Beading (2FR)  <u>5:30-7:30pm</u> A Survivors Write to Heal (3FL)  <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><b>6</b>  <u>12-2pm</u> Art Group (2FR)  <u>2-3pm</u> Write Your Story (3FL)  <u>6-7:30pm</u> After Abortion Well-Being (2FR)  <u>6-8pm</u> Closed group (3FL)</p>	<p><b>7</b>  <u>12-1:15pm</u> Slow Flow Yoga &amp; Relax (need to preregister with Dorte by 10am) (3FR)  <u>4-5pm</u> Poetry Group (2FR)  <u>6-7:30pm</u> Women for Political Action (LR)</p>	<p><b>8</b>  <u>10am-12pm</u> Sewing Group (3FR)  <u>12:30-1:30pm</u> Knitting (LR)  <u>6:15-7:45pm</u> Closed Group (3FL)  <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) or (LR)  <u>6:30-8pm</u> Women's NA (LR)</p>	<p><b>9</b>  <u>10:30am-12:30pm</u> Creative Expression &amp; Mindfulness (2FR)  <u>6-8pm</u> Movie Night! What Happened Miss Simone (LR)</p>	<p><b>10</b></p>
<p><b>12</b>  <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR)  <u>1:30-3:30pm</u> Beading (2FR)  <u>5:30-7:30pm</u> A Survivors Write to Heal (3FL)  <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><b>13</b>  <u>12-2pm</u> Art Group (2FR)  <u>6-7:30pm</u> Meditation for Self Compassion Workshop (3FR)  <u>6-8pm</u> Closed group (3FL)</p>	<p><b>14</b>  <u>12-1:15pm</u> Slow Flow Yoga &amp; Relax (need to preregister with Dorte by 10am) (3FR)  <u>4-5pm</u> Poetry Group (3FL)  <u>4-5:30pm</u> Earring Designs Reinvented and Recycled by Vivalasheikh Designs (2FR)</p>	<p><b>15</b>  <u>10am-12pm</u> Sewing Group (3FR)  <u>12-2pm</u> Family Law Workshop (2FR)  <u>12:30-1:30pm</u> Knitting (LR)  <u>6:15-7:45pm</u> Closed Group (3FL)  <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR)  <u>6:30-8pm</u> Women's NA (LR)</p>	<p><b>16</b>  <u>10:30am-12:30pm</u> Creative Expression &amp; Mindfulness (2FR)  <u>6-7:30pm</u> 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>17</b>  <u>12-3pm</u> Healing through Creative Arts (3FR)  <u>1-2:30pm</u> Women's Ovarian Cancer Support Group (LR)</p>
<p><b>19</b>  <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR)  <u>1:30-3:30pm</u> Beading (2FR)  <u>5:30-7:30pm</u> A Survivors Write to Heal (3FL)</p>	<p><b>20</b>  <u>12-2pm</u> Art Group (2FR)  <u>12:30-1:30pm</u> Luncheon (LR)  <u>2-3pm</u> Write Your Story (3FL)  <u>6-7:30pm</u> After Abortion Well-Being (2FR)  <u>6-8pm</u> Closed group (3FL)</p>	<p><b>21</b>  <u>12-1:15pm</u> Slow Flow Yoga &amp; Relax (need to preregister with Dorte by 10am) (3FR)  <u>2-3:30pm</u> Women 65+ Discussion (LR)  <u>4-5pm</u> Poetry Group (2FR)  <u>6-7:30pm</u> Queer Women of Color Discussion Group (LR)</p>	<p><b>22</b>  <u>10am-12pm</u> Sewing Group (3FR)  <u>12:30-1:30pm</u> Knitting (LR)  <u>6:15-7:45pm</u> Closed Group (3FL)  <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) or (LR)  <u>6:30-8pm</u> Women's NA (LR)</p>	<p><b>23</b>  <u>10:30am-12:30pm</u> Creative Expression &amp; Mindfulness (2FR)  <u>6:30-8pm</u> Reconciling Support Group (LR)</p>	<p><b>24</b></p>
<p><b>26</b>  <u>12pm-2pm</u> Spanish-English Conversation Exchange (3FR)  <u>12:30-1:30pm</u> Luncheon (LR)  <u>1:30-3:30pm</u> Beading (2FR)  <u>5:30-7:30pm</u> A Survivors Write to Heal (3FL)  <u>6-7:30pm</u> Board Meeting (2FR).</p>	<p><b>27</b>  <u>12-2pm</u> Art Group (2FR)  <u>6-8pm</u> Closed group (3FL)</p>	<p><b>28</b>  <u>12-1:15pm</u> Slow Flow Yoga &amp; Relax (need to preregister with Dorte by 10am) (3FR)  <u>4-5pm</u> Poetry Group (2FR)</p>			