

Women's Center Calendar for February 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, 1-2:30pm. All women welcome. No experience needed. Info: Forest, 617-416-1297.

<NEW> Art Journaling Workshop. Saturday, 2/2, 12-2pm. No need to know how to do art or journaling, just bring your awesome self! Materials and journals will be provided.

Info: Julie, another_julie@email.com

Beading Group. Mondays (not 2/18), 1:30--4:30pm. Beginners welcome & materials provided! Info: thebeadinggroup@gmail.com

<NEW> Drama, Music, and Finding your Flow! Weds, 2/13 & 27, 4:30pm-5:45pm, Access your inner play and express yourself through drama games, music, and creative exploration. We'll have fun together in a warm environment, welcoming everyone to be a part of the circle. Laughter is a big part of this group. No experience needed. Info: Molly, apartofthecircle@gmail.com

***Feminist Book Club.** Monday, 2/4, 7-8pm. We discuss books through the lens of feminism and our own experiences. Today's book: *Her Body and Other Parties*, by Carmen Maria Machado. Next month's book will be *Circe* by Madeline Miller. Info: lizbada@bu.edu

<NEW> Flow, a Workshop of Art, Fun, and Philosophy. Saturday 2/9, 1-2:30pm. We'll play with some fluid crafts and talk about moving through life in a comfortable, flexible, and productive way. All materials provided.

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 2/14 & 21, 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

<NEW> Songwriting. Monday 2/4, 4-6pm (basic songwriting) and Saturday 2/16, 12-2pm (co-writing). Find inspiration and freedom through different prompts towards songwriting. All experience levels welcome. Bring your own instrument or use ours! Info: Julie, Another_Julie@email.com

Write Your Story. Wed 2/13 & Tues 2/19, 2-3pm. This friendly group will guide you through the writing process and help you to write new stories. Creative exercises, prompts, & conversation will help you write new material & explore new ideas. Led by novelist Laura van den Berg. lauravandenberg@fas.harvard.edu

Write Your Way. Tuesdays 6-7:15pm. 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

Fun!

<NEW> *Movie Musicals. Mondays, 12-2pm: 2/4, *Moulin Rouge (2001)*; 2/18, *Tommy (1975)*. Come join us in the living room.

LGBTQ+ Support & Discussion Groups

***Bay State Butches.** 2/1 (1st Friday), 6:30-8pm. Join other butch lesbians to socialize with/support one another.

Info: Lane, defaultlane@aim.com

***Lesbian and Bi Women's Discussion Group.** Friday 2/15 (3rd Fridays), 6-7:30pm. Inclusive group for women attracted to women. Info: jojo.bischof@web.de

***Reconciling Support Group.** Friday 2/22 (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

Help Accessing Services

<NEW> *Ayuda con la traducción del español al inglés. ¿Necesita traductor con documentos en ingles etc? ¡María la interna le puede ayudar! Martes de 1-6pm y miércoles de 2-8pm.

Meditation

Meditation for Self Compassion. Tuesday 2/12, 5:30-6:30pm. We will practice soothing meditations to become more compassionate to ourselves and others. No previous experience necessary. Info: Christine: christineradice@yahoo.com

Trauma Survivors' Groups

A Survivor's Write to Heal. Mondays, 2/4 & 25, 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

Healing Through Creative Arts. Saturday 2/23, 12:30-3pm. *Healing on the Mat: Trauma-sensitive Yoga for Survivors* Facilitated by Kiran Bhai. For survivors of sexual violence. To register contact martharogersmusic@gmail.com or call 978-408-9233. Walk-ins welcome. Sponsored by the Survivor Theatre Project.

Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse, Friday 2/15 (3rd Fridays, September-June), 6-7:30pm. Topic: *Anger*. 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 can share and get support for all forms of trauma, past and present. For topics, info: <http://cwctrumagroup.org/> or email groupcambridge@gmail.com

Wellness/Self-Help/Conversation

<NEW> Let's Talk about Sex! Monday 2/18, 6:30-7:30pm. 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

<NEW> Shifting Your Mindset to Overcome Adversity and Achieve New Results. Tuesday 2/19, 6-7pm. Join this workshop to learn the power of shifting your focus, which allows you to gain clarity on the results you would love to create and learn strategies on how to achieve them. Led by Ngan Nguyen, professional speaker and mindset coach. Ngan will offer a 6-session closed group if there is enough interest. More info: ngan@cintamanigroup.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.** 2/14 (2nd Thursdays), 2-3:30pm. Come for supportive discussions on aging issues we all face. Topic: *Our Prejudices and Biases*. judy@cambridgewomenscenter.org

<NEW> Women of Color Support Group. 4th Monday 2/25, 5:30-7pm. Topic: *Self-Love & Self-Care*. Run by LCSW Nancy Jean-Baptiste. Please pre-register at cambridgewcvolunteers@gmail.com (highly preferred) with subject line "attending WOC support group."

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.

♦ ♦ ♦ ♦ ♦ AND MORE ♦ ♦ ♦ ♦ ♦

***Open Luncheons at the Women's Center.** Tuesday 2/19 & Monday 2/25, 12:30-1:30pm, food provided by Community Cooks. Friday 2/15 *Open Luncheon with Savannah (CWC Food Coordinator) 2-3pm. Includes vegetarian and vegan dishes. Info: 617-354-6394.

Women's Center Board of Trustees Meeting. Wednesday, 2/20, 6-7:30pm. Info: board@cambridgewomenscenter.org

Cambridge Women's Center Calendar for February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <u>6:30-8pm</u> Bay State Butches (LR)	2 <u>Noon-2pm</u> Art Journaling Workshop (2FR)
4 <u>Noon-2pm</u> Movie (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>4-6pm</u> Songwriting (3FL & 3FR) <u>6-8pm</u> Survivors Write to Heal (3FL) <u>7-8pm</u> Feminist Book Club (LR)	5 <u>1-6pm</u> Ayuda con la traducción del español al inglés <u>6-7:15pm</u> Write Your Way (3FL)	6 <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>2-8pm</u> Ayuda con traducción del español al inglés	7 <u>10am-12pm</u> Sewing Group (3FR) <u>1-2:30pm</u> Art Group (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>1-2:30pm</u> Flow, a Workshop of Art, Fun, and Philosophy (2FR)
11 <u>1:30-4:30pm</u> Beading (2FR) <u>7-9pm</u> Closed Group (LR)	12 <u>1-6pm</u> Ayuda con la traducción del español al inglés <u>5:30-6:30pm</u> Meditation (3FR) <u>6-7:15pm</u> Write Your Way (3FL)	13 <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>2-3pm</u> Write Your Story (3FL) <u>2-8pm</u> Ayuda con la traducción del español al inglés <u>4:30pm- 5:45pm</u> Drama, Music, and Finding your Flow! (3FR)	14 <u>10am-12pm</u> Sewing Group (3FR) <u>1-2:30pm</u> Art Group (2FR) <u>2-3:30pm</u> Women 65+ Discussion Group (LR) <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)	15 <u>2-3pm</u> Open Luncheon with Savannah (LR) <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 <u>Noon-2pm</u> Songwriting (3FL & 3FR)
18 <u>Noon-2pm</u> Movie (LR) <u>6:30-7:30pm</u> Let's Talk about Sex (3FL)	19 <u>12:30-1:30pm</u> Open Luncheon (LR) <u>1-6pm</u> Ayuda con la traducción del español al inglés <u>2-3pm</u> Write Your Story (3FL) <u>6-7pm</u> Shifting Your Mindset to Overcome Adversity and Achieve New Results (LR) <u>6-7:15pm</u> Write Your Way (3FL)	20 <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>2-8pm</u> Ayuda con la traducción del español al inglés <u>6-7:30pm</u> Board Meeting (LR)	21 <u>10am-12pm</u> Sewing Group (3FR) <u>1-2:30pm</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>12:30-3pm</u> Healing Through Creative Arts (3FR)
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) <u>6-8pm</u> Survivors Write to Heal (3FL)	26 <u>1-6pm</u> Ayuda con la traducción del español al inglés <u>6-7:15pm</u> Write Your Way (3FL)	27 <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>2-8pm</u> Ayuda con la traducción del español al inglés <u>4:30pm- 5:45pm</u> Drama, Music, and Finding your Flow! (3FR)	28 <u>10am-12pm</u> Sewing Group (3FR) <u>1-2:30pm</u> Art Group (2FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	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