

# Women's Center Calendar for January 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 (not meeting on 1/1). Materials provided! Info: [thebeadinggroup@gmail.com](mailto:thebeadinggroup@gmail.com)

**Create Your Own Earrings with Vivalashiekh Designs!** Wednesday, 1/17, 4-5:30pm. Join Elizabeth from Vivalashiekh Designs to create your own earrings made from upcycled material. Info: Elizabeth, [ef1916@yahoo.com](mailto:ef1916@yahoo.com)

**Creative Expression and Mindfulness.** Fridays, starting 1/26 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, 1/15, 7-8pm. We discuss books through the lens of feminism and our own experiences. January book: *Practical Magic* by Alice Hoffman. 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, starting 1/24, 4-5pm. Come write and share your poetry! Whether you've been writing for years, or have never tried your hand at poetry, you are welcome to come. Free write, follow prompts, or just come to listen. Info: Sara, 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, 1/2 & 1/23, 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](mailto:vandenbergs@gmail.com)

## LGBTQ+ Support & Discussion Groups

**\*Bay State Butches.** 1/5 (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, 1/19 (3<sup>rd</sup> Fridays) 6-7:30pm. Inclusive group for women attracted to women. This month's topic: Stereotypes. Info: [jojo.bischof@web.de](mailto:jojo.bischof@web.de)

**<NEW> \*Reconciling Support Group.** 1/26 (4<sup>th</sup> Fridays), 6:30-8pm. A support group for people who were assigned female at birth, who are dysphoric or who once identified as something other than a woman, and are now reconciling with being female and want to heal and process with others of a similar experience. 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 (not 1/1 & 1/15), 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 the New Year.** Wednesday, 1/17, 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, starting 1/17, 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

**Tech Tips and Tricks.** By appointment. Get help learning more about how to use a computer, make a document, set up email, or how to do some other task or project. Or how to use your smart phone or mobile device. Jennifer is glad to help - email her and she'll be in touch by email or to arrange to meet. If you don't use email, give a volunteer best way to contact you. [jcarnott@gmail.com](mailto:jcarnott@gmail.com)

## Trauma Survivors Groups

**A Survivor's Write to Heal.** Mondays (not 1/1), 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.** Saturday 1/20. 12:30-3pm. Healing on the Mat: Trauma-Sensitive Yoga for Survivors. All levels welcome. A few mats available. Facilitated by Kiran Bhai. Space is limited. To register: [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 1/19, 6-7:30pm. Topic: Goals and Change. 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)

**<Special Event> Incest Resources Gathering,** Sat. 1/6, 3-6pm For survivors of childhood sexual abuse, a casual gathering to bring in a positive 2018. Please bring a snack/appetizer to share. The last half hour will be used for clean-up. RSVP: [hdenham2000@yahoo.com](mailto:hdenham2000@yahoo.com)

## Wellness/Self-Help

**After Abortion Well-Being.** Tuesdays, 1/2 and 1/16, 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? ¿Habras 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, 1/17, 2-3:30pm. Topic: *Food*. Let's age better together! Come for useful and enjoyable conversations. Info: [judy@cambridgewomenscenter.org](mailto:judy@cambridgewomenscenter.org)

**\*Women For Political Action.** Wednesday, 1/10, 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: Neile, 617-953-4878.

**\*Women's Ovarian Cancer Support Group.** Saturdays, 1/6 & 1/20 (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.** Tuesdays 1/2 & 1/16, Monday 1/22 12:30-1:30pm. Info: 617-354-6394.

**Women's Center Board of Trustees Meeting.** Monday, 1/22, 6-7:30pm. Info: [board@cambridgewomenscenter.org](mailto:board@cambridgewomenscenter.org)

# January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1 NEW YEAR'S DAY</b> <b>Women's Center is closed</b></p>	<p><b>2</b> <u>12-2pm</u> Art Group (2FR) <u>12:30-1:30pm</u> Luncheon (LR) <u>2-3 pm</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>3</b> <u>11am-1pm</u> Spanish-English Conversation Exchange (LR)</p>	<p><b>4</b> <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30om</u> Knitting (LR) <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) or (LR) <u>6:30-8pm</u> Women's NA (LR) or (2FR)</p>	<p><b>5</b> <u>6:30-8pm</u> Bay State Butches (LR)</p>	<p><b>6</b> <u>1-2:30pm</u> Women's Ovarian Cancer Support Group (LR)  <u>3-6pm</u> IR Survivor Gathering</p>
<p><b>8</b> <u>1:30-3:30pm</u> Beading (2FR) <u>5:30-7:30pm</u> 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>9</b> <u>12-2pm</u> Art Group (2FR) <u>6-8pm</u> Closed group (3FL)</p>	<p><b>10</b> <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>6-7:30pm</u> Women for Political Action (LR)</p>	<p><b>11</b> <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30om</u> Knitting (LR) <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) or (LR) <u>6:30-8pm</u> Women's NA (LR) or (2FR)</p>	<p><b>12</b></p>	<p><b>13</b></p>
<p><b>15</b> <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR) <u>1:30-3:30pm</u> Beading (2FR) <u>5:30-7:30pm</u> Survivors Write to Heal (3FL) <u>7-8pm</u> Feminist Book Club (LR)</p>	<p><b>16</b> <u>12-2pm</u> Art Group (Group lead) (2FR) <u>12:30-1:30pm</u> Luncheon (LR) <u>6-7:30pm</u> After Abortion Well-Being (2FR) <u>6-8pm</u> Closed group (3FL)</p>	<p><b>17</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>4-5:30pm</u> Create your own original earrings by Vivalashiekh Designs (2FR) <u>6-7:30pm</u> Meditation Workshop (3FR)</p>	<p><b>18</b> <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30om</u> Knitting (LR) <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) or (LR) <u>6:30-8pm</u> Women's NA (LR) or (2FR)</p>	<p><b>19</b> <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>20</b> <u>12:30-3pm</u> Healing on the Mat: Trauma-Sensitive Yoga for Survivors (registration required) (3FR) <u>1-2:30pm</u> Women's Ovarian Cancer Support Group (LR)</p>
<p><b>22</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> Survivors Write to Heal (3FL) <u>6-7:30pm</u> Board Meeting (2FR) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR)</p>	<p><b>23</b> <u>12-2pm</u> Art Group (Group lead) (2FR) <u>2-3pm</u> Write Your Story (3FL) <u>6-8pm</u> Closed group (3FL)</p>	<p><b>24</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>	<p><b>25</b> <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30om</u> Knitting (LR) <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) or (LR) <u>6:30-8pm</u> Women's NA (LR) or (2FR)</p>	<p><b>26</b> <u>10:30am-12:30pm</u> Creative Expression &amp; Mindfulness (2FR) <u>6:30-8pm</u> Reconciling Support Group (LR)</p>	<p><b>27</b></p>
<p><b>29</b> <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR) <u>1:30-3:30pm</u> Beading (2FR) <u>5:30-7:30pm</u> Survivors Write to Heal (3FL) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm.) (3FR)</p>	<p><b>30</b> <u>12-2pm</u> Art Group (2FR) <u>6-8pm</u> Closed group (3FL)</p>	<p><b>31</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>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p><b>ROOM LOCATIONS</b> LR – Living Room 2FR - 2nd Floor Right 3FR - 3rd Floor Right 3FL - 3rd Floor Left</p> </div>		<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p><b>HOURS FOR DROP-IN AND COMPUTER LABS</b> Mon - Friday 10am-8pm Saturday 10am-3pm</p> </div>