

Women's Center Calendar for January 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

Help Accessing Services

<NEW> *Ayuda con la traducción del español al inglés. ¿Necesita traductor con documentos en inglés? ¿Quiere ayuda para llenar aplicaciones en inglés? ¡María la interna le puede ayudar! Venga a Women's Center. Lunes enero 7 de 11am-3pm; Martes enero 8 de 10am-2pm; Miércoles enero 9 de 2-8pm; Martes enero 15, 22 y 29 de 1-6pm; Miércoles enero 16, 23 y 30 de 2-8pm. ¡Todas las mujeres son bienvenidas!

Artistic Expression and Creativity

<NEW> Art Group. Thursdays, 1-2:30pm. All women welcome. No experience needed. Info: Forest, 617-416-1297.

Beading Group. Mondays (not 1/21), 1:30--4:30pm. No experience needed. Beginners are welcome & materials provided! Info: thebeadinggroup@gmail.com

<NEW> Drama, Music, and Finding your Flow! Weds, 1/16 & 30, 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. More info: Molly, apartofthecircle@gmail.com

***Feminist Book Club.** Monday, 1/7, 7-8pm. We discuss books through the lens of feminism and our own experiences. The book *Murder in the Kitchen* by Alice B Toklas can be found in the *Alice B Toklas Cookbook* as excerpts: *Dishes for Artists, Murder in the Kitchen, Food to which Aunt Pauline and Lady Godiva Led Us, Haschish Fudge.* On 2/4 the book will be *Her Body and Other Parties* by Carmen Maria Machado. Info: lizbada@bu.edu

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, 5-6pm, starting 1/24. 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

Write Your Way. Tuesdays (not 1/1 or 1/22), 6-7:15pm (new time). 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.** 1/4 (1st Friday), 6:30-8pm. Join other butch lesbians to socialize with/support one another. This month we'll do a Yankee Swap and then have open discussion. Info: Lane, defaultlane@aim.com

***Lesbian and Bi Women's Discussion Group.** Friday 1/18 (3rd Fridays), 6-7:30pm. Inclusive group for women attracted to women. Topic: *Online Dating and Technology: Its Impact On Our Lives.* Info: jojo.bischof@web.de

***Reconciling Support Group.** Friday 1/25 (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> Movie Musicals

All That Jazz. Monday, January 14, 12-2pm

Grease, Tuesday, January 22, 12-2pm.

Come join us to watch these movie musicals in the living room.

Meditation

Meditations for the New Year. Tuesday 1/15, 5:30-6:30pm. In this workshop, we will learn and practice mindfulness, body scan, and loving-kindness meditations. No previous experience necessary. Info: Christine: christineradice@yahoo.com

Trauma Survivors' Groups

A Survivor's Write to Heal. Mondays, 1/7 & 21, 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. 1/26, 12:30-3pm. Loving Kindness Meditation Collages: an art form to develop self-compassion. Facilitated by Pata and Gail. Join us in a loving, supportive and sacred space 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 1/18 (3rd Fridays, September-June), 6-7:30pm. Topic: *Mourning.* 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://cwctraumagroup.org/> or email groupcambridge@gmail.com

Wellness/Self-Help/Conversation

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

***Women 65+ Discussion Group.** 1/10 (2nd Thursdays), 2-3:30pm. This month we'll talk about "The challenges of change" – making changes, adjusting to changes in living situations, our health, our capacities, etc. 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.

♦ ♦ ♦ ♦ ♦ AND MORE ♦ ♦ ♦ ♦ ♦

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

Women's Center Board of Trustees Meeting. Wednesday, 1/30, 6-7:30pm. Info: board@cambridgewomenscenter.org

Holiday hours

Closed on 1/1, New Year's Day

Open on 1/21, Martin Luther King Jr. Day.

Cambridge Women's Center Calendar for January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JANUARY 1, 2019 HAPPY NEW YEAR! WOMEN'S CENTER WILL BE CLOSED	2 12:30-2:30pm Spanish-English Conversation Exchange (LR)	3 10am-12pm Sewing Group (3FR) 1-2:30pm Art Group (2FR) 6:30-7:30pm Trauma Support/Discussion Group (3FR) 6:30-8pm Women's NA (LR)	4 6:30-8pm Bay State Butches (LR)	5
7 11am-3pm Ayuda con la traducción del español al inglés 1:30-4:30pm Beading (2FR) 6-8pm Survivors Write to Heal (3FL) 7-8pm Feminist Book Club (LR)	8 10am-2pm Ayuda con la traducción del español al inglés 6-7:15pm Write Your Way (3FL)	9 12:30-2:30pm Spanish-English Conversation Exchange (LR) 2-8pm Ayuda con traducción del español al inglés	10 10am-12pm Sewing Group (3FR) 1-2:30pm Art Group (2FR) 2-3:30pm Women 65+ Discussion Group (LR) 6:30-7:30pm Trauma Support/Discussion Group (3FR) 6:30-8pm Women's NA (LR)	11 6:30-8pm Closed group (LR)	12
14 Noon-2pm Movie: All That Jazz (LR) 1:30-4:30pm Beading (2FR) 7-9pm Closed Group (LR) 6:30-8pm Volunteer training (3FR)	15 12:30-1:30pm Open Luncheon (LR) 1-6pm Ayuda con la traducción del español al inglés 5:30-6:30pm Meditations for the New Year (3FR) 6-7:15pm Write Your Way (3FL)	16 12:30-2:30pm Spanish-English Conversation Exchange (LR) 2-8pm Ayuda con la traducción del español al inglés 4:30pm- 5:45pm Drama, Music, and Finding your Flow! (3FR)	17 10am-12pm Sewing Group (3FR) 1-2:30pm Art Group (2FR) 6:30-7:30pm Trauma Support/Discussion Group (3FR) 6:30-8pm Women's NA (LR)	18 6-7:30pm Lesbian & Bi Women's Discussion Group (LR) 6-7:30pm Survivors of Child Sexual Abuse Discussion Group (no one admitted after 6:15pm) (3FR)	19
21 Martin Luther King Jr. Day; Women's Center is open. 6-8pm Survivors Write to Heal (3FL)	22 Noon-2pm Movie: Grease (LR) 1-6pm Ayuda con la traducción del español al inglés	23 12:30-2:30pm Spanish-English Conversation Exchange (LR) 2-8pm Ayuda con la traducción del español al inglés	24 10am-12pm Sewing Group (3FR) 1-2:30pm Art Group (2FR) 5-6pm Songshare/Artshare.(2FR) 6:30-7:30pm Trauma Support/Discussion Group (3FR) 6:30-8pm Women's NA (LR)	25 2-3pm Open Luncheon with Savannah (LR) 6:30-8pm Reconciling Support Group (LR)	26 12:30-3pm Healing Through Creative Arts: <i>Loving Kindness Meditation Collages</i> (2FR)
28 1:30-4:30pm Beading (2FR)	29 1-6pm Ayuda con la traducción del español al inglés 6-7:15pm Write Your Way (3FL)	30 12:30-2:30pm Spanish-English Conversation Exchange (LR) 2-8pm Ayuda con la traducción del español al inglés 4:30pm- 5:45pm Drama, Music, and Finding your Flow! (3FR) 6-7:30pm Board Meeting (LR)	31 10am-12pm Sewing Group (3FR) 1-2:30pm Art Group (2FR) 5-6pm Songshare/Artshare.(2FR) 6:30-7:30pm Trauma Support/Discussion Group (3FR) 6:30-8pm 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