

Women's Center Calendar for July 2017

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

Sunday

<SPECIAL EVENT> Sanctuary Open House--Welcoming Our Neighbors, 7/16, 3-6pm. Cambridge is a sanctuary city that welcomes immigrants & refugees. Immigrants & refugees of all genders, & their allies, are invited to join this celebration. Refreshments, music, children's activities & much more. All are welcome to this family-friendly event, Info: office@w4pa.org

Monday

Beading Group. 2:30-4:30pm, 7/3, 10 & 17. Materials provided. Beading group Info: thebeadinggroup@gmail.com AND

<SPECIAL EVENT> BEADING GROUP SHOW AND SALE. Noon-6pm, July 24 & 31. Display of unique handcrafted items made by Beading Group members, including jewelry and other pieces. Many items for sale (cash or checks only). Drop by anytime between noon and 6pm. thebeadinggroup@gmail.com

Basic Yoga with Marilyn. Weekly (not on 7/3), 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

*Feminist Book Club. 7/3 (1st Mon.), 7-8pm. We discuss books through the lens of feminism & our own experiences. The book: *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. For more information, please email Alex, alexmarisa1@aol.com

Improve your English! (ESL class). 7/31 (usually weekly), 6-7:30pm. Sharpen your grammar, vocabulary, and pronunciation skills in a fun, supportive environment. All levels welcome. Info: Samantha, WomensCenterEnglish@gmail.com

*Board Meeting. 7/24, 6-7:30pm. Info: 617-354-6394.

Tuesday

Art Group. Weekly (no meeting 7/18), 12-2pm A welcoming space to create art of any medium. Fun and rewarding class for creative expression. No art background needed - all are welcome! Info: Michelle Spages, mshellspages@gmail.com

<NEW> Crafternoons. Weekly, 3-4pm. Come learn fun and easy crafts and socialize. scolbathness@gmail.com

*Women For Political Action. 7/11 (usually first Tuesdays), 6-7:30pm. Come to share, discuss, and plan political actions we can take in our community and beyond! We can make a difference! More info: office@w4pa.org

Meditation for Stress Management. 7/25, 6-7:30pm. Learn and practice relaxing meditations. No prior meditation experience needed. Info: Christine, christineradice@yahoo.com

<NEW> After Abortion Well Being, 7/11 & 25, 6-7:30pm (meets two Tuesdays/month). Whether an abortion was recent or not, the healing process is ongoing and can take many forms. Come feel heard, supported, and comforted in a respectful space. We will explore healing through story sharing and discussion, art, and more. Your identity and experiences will be confidential. Info: abortionhealingboston@gmail.com

Wednesday

*Spanish-English Conversation Exchange. Weekly, 11am-1pm. 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

<NEW> *Healthy Self-Esteem, Weekly, 6-7:30pm. Learn how to cope with stress through sharing stories and positive affirmations. Info: cdevlin@wellesley.edu

Write Your Story. 7/19, 2-3:30pm. Come write stories. Use this friendly, supportive group to further your writing endeavors and to learn how to tell true and imagined stories. Facilitated by novelist Laura van den Berg. Info: vandenbergs8@gmail.com

Wednesday (continued)

<NEW> Find a Roommate Mixer. 7/12, 6-7:30pm. In need of a room? Have a room you need filled? Want to discuss issues finding housing? Join us for light refreshments and meet potential roommates! Info: helen01cp@gmail.com

*Navigating Aging: Women 65+ Discussion Group. 7/19, 2-3:30pm. Topic: *Overcoming/Accepting Limitations*. We talk about aging: our difficulties, triumphs, insights, in a supportive collaborative atmosphere. judy@cambridgewomenscenter.org

Thursday

Sewing Group. Weekly, 10am-12pm. For women to sew or mend with a machine or by hand. Make or mend bags, clothing....No experience needed. graciegeorgie@gmail.com

*Knitting and Crocheting Group. Weekly, 12:30-1:30pm. Come knit with us! Open to all levels, no experience necessary! Materials are available. Info: graciegeorgie@gmail.com

<SPECIAL EVENT> Fun in the Sun, 7/6, 3:15-5:15pm. Join us for outdoor games, snacks, and other merriment! Info: courtney.cambridgewomenscenter@gmail.com

*Women's Narcotics Anonymous (NA) Meeting. "Ladies, Let's Talk About It." Weekly, 6:30-8pm. Support group for women recovering from drug/alcohol abuse. Info: 617-354-6394.

Trauma Support/Discussion Group. Weekly, 6:30-7:30pm. An intimate group where women share/get support for all forms of trauma, past and present. groupcambridge@gmail.com

Friday

<NEW> Find Emotional Support Online. Weekly, 3-4pm. Come learn more about using a computer to search online, and how to use Reddit, a simple online resource for finding support for all kinds of issues. Info: cdevlin@wellesley.edu

<NEW> *Queer in the Headlights. 7/14 (2nd Fridays), 6:30-7:30pm. Topic: "Summer Horoscopes." Join us for a fun discussion and activity focused on the zodiac and its significance in queer culture. After, attendees can go for food/drinks nearby. For all who identify as non-male, non-straight. Info: queerheadlights@gmail.com

<NEW> Summer Meetings for Survivors of Child Sexual Abuse. 6-7:30pm, 7/21 (& 8/18). While the IR group is on break, survivors can still come together for connection, support and discussion. 7/21 topic: *Self-Care*. You need to come on time! No one will be admitted after 6:15pm so group process will not be disrupted! Info: cynmocho@aol.com

Saturday

<NEW> *Women's Ovarian Cancer Support Group. 7/1 & 15, 1-2:30pm. Let's support, share, & learn from each other along the varied stages of cancer diagnoses. No need to sign up. All ages & stages welcome! Info: womenscancergroup@gmail.com

<NEW> Songwriting Workshop, 7/29, 11am-12:30pm. Come learn how to write your own songs! Great way to express, instill confidence, unleash your creativity. No previous musical experience required. Info: Amanda: rocknroll@whc.net

♦ ♦ ♦ ♦ ♦ AND MORE! ♦ ♦ ♦ ♦ ♦

<NEW> A Survivor's Write to Heal. Mons 7/24 & 31 & Thurs, 7/27, 4-5:30pm (continues in Aug.). Come as often as you like. For trauma & abuse survivors. Info: cindyinthehub@gmail.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

*Open Luncheons at the Women's Center. 7/18 (3rd Tuesdays) & 7/24 (4th Mons), 12:30-1:30pm. Info: 617-354-6394.

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

July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> ROOM LOCATIONS LR – Living Room 2FR - 2nd Floor Right 3FR - 3rd Floor Right 3FL - 3rd Floor Left </div>			<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> HOURS FOR DROP-IN AND COMPUTER LABS Mon - Fri 10am-8pm Sat 10am-3pm </div>		1 1-2:30pm Women's Ovarian Cancer Support Group (LR)
3 <u>2:30-4:30pm</u> Beading (2FR) <u>7-8pm</u> Feminist Book Club (LR)	4 CLOSED	5 <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>6-7:30pm</u> Healthy Self-esteem (LR)	6 <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30pm</u> Knitting and Crocheting Group (LR) <u>3:15-5:15pm</u> . Fun In The Sun (LR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	7 <u>3-4pm</u> Find Emotional Support Online (3FL) <u>4-5pm</u> Reach in, Reach out (closed group) (LR)	8
10 <u>2:30-4:30pm</u> Beading (2FR) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR) <u>7-9pm</u> Closed group (2FR)	11 <u>12-2pm</u> Art Group (2FR) <u>3-4pm</u> Crafternoons (2FR) <u>6-7:30pm</u> After Abortion Well-Being (2FR) <u>6-7:30pm</u> Women For Political Action (LR)	12 <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>6-7:30pm</u> Healthy Self-esteem (LR) <u>6-7:30pm</u> Find a Roommate Mixer (3FR)	13 <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30pm</u> Knitting and Crocheting Group (LR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	14 <u>6:30-7:30pm</u> Queer in the Headlights (LR) <u>3-4pm</u> Find Emotional Support Online (3FL) <u>4-5pm</u> Reach in, Reach out (closed group) (LR)	15 <u>1-2:30pm</u> Women's Ovarian Cancer Support Group (LR)
16 SUNDAY <u>3-6 pm</u> SANCTUARY OPEN HOUSE ALL AGES AND GENDERS ARE INVITED!	17 <u>2:30-4:30pm</u> Beading (2FR) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR)	18 <u>12:30-1:30pm</u> Open Luncheon (LR) <u>3-4pm</u> Crafternoons (2FR)	19 <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>2-3:30pm</u> Write Your Story (2FR) <u>2-3:30pm</u> Navigating Aging: Women 65+ Discussion Gp (LR) <u>6-7:30pm</u> Healthy Self-esteem (LR)	20 <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30pm</u> Knitting and Crocheting Group (LR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	21 <u>3-4pm</u> Find Emotional Support Online (3FL) <u>4-5pm</u> Reach in, reach out (closed gp) (LR) <u>6-7:30pm</u> Summer meeting for survivors of child sexual abuse. (no-one admitted after 6:15pm) (3FR)
24 <u>12:30-1:30pm</u> Open Luncheon (LR) <u>12-6pm</u> BEADING SHOW & SALE (LR) <u>4-5:30pm</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)	25 <u>12-2pm</u> Art Group (2FR) <u>3-4pm</u> Crafternoons (2FR) <u>6-7:30pm</u> Meditation for Stress Management (LR) <u>6-7:30pm</u> After Abortion Well-Being (2FR)	26 <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>6-7:30pm</u> Healthy Self-esteem (LR)	27 <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30pm</u> Knitting and Crocheting Group (LR) <u>4-5:30pm</u> Survivors Write to Heal (3FL) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	28 <u>3-4pm</u> Find Emotional Support Online (3FL) <u>4-5pm</u> Reach in, reach out (closed group) (LR)	29 <u>11am-12:30pm</u> Songwriting Workshop (3FR)
31 <u>12-6pm</u> BEADING SHOW & SALE (LR) <u>4-5:30pm</u> Survivors Write to Heal (3FL) <u>6-7:30pm</u> ESL Class (3FL) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR)					