

# Women's Center Calendar for JUNE 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.** Wednesdays, 5/23 & 30, 1-3pm. A welcoming space to create art of any medium. Fun, rewarding class. No art background needed. Info: Michelle, [mshellspages@gmail.com](mailto:mshellspages@gmail.com)

**Beading Group.** Mondays, 1:30--4:30pm. Materials provided! Info: [thebeadinggroup@gmail.com](mailto:thebeadinggroup@gmail.com)

**<NEW> Craft Time with Cookie,** Tuesday, 6/12, 10:30am-12:30pm. We'll make necklaces and eat cake and ice cream. Supplies included, all women and children welcome. Info: Cookie, [christinabaynes@yahoo.com](mailto:christinabaynes@yahoo.com)

**\*Feminist Book Club.** Monday, 6/4, 7-8pm. We discuss books through the lens of feminism and our own experiences. June's book: *A Safe Girl to Love* by Casey Plett. Info: [lizabeth@bu.edu](mailto:lizabeth@bu.edu)

**<NEW> Nest Collective Offers Mother Studio Hours.** Fridays, 10am-2pm. Do creative work in a "room of your own" while we share caring for the children in another room. A great way to carve out time for our creative pursuits. Please email [joettamaue@gmail.com](mailto:joettamaue@gmail.com) to confirm a meeting is happening.

**Sewing Group.** Thursdays, 10am-12pm. For women to sew or mend with a machine or by hand. Make or mend bags, clothing, etc. No experience needed. Info, Karlotta: [graciegeorgie@gmail.com](mailto:graciegeorgie@gmail.com)

**<NEW> Songwriting Workshop.** Tuesdays, 5-6pm. Come learn how to write your own songs! No previous musical experience required. Great way to express yourself, instill confidence and unleash your creativity. Info: Amanda, [rocknroll@whc.net](mailto:rocknroll@whc.net)

**Write Your Story.** Tuesday 6/5. 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.** 6/1 (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)

**<NEW> Coming out as a lesbian in 1910.** Wednesday, 6/20, 6-7pm. Author Ellen Levy will talk about and read from her historical romance novel detailing a relationship between two Jewish young women who must hide from their friends and family as they fall in love in 1910. Info: [eye50@hotmail.com](mailto:eye50@hotmail.com)

**\*Lesbian and Bi Women's Discussion Group.** Friday, 6/15 (3<sup>rd</sup> Fridays), 6-7:30pm. Inclusive group for women attracted to women. Topic: *Navigating (Queer vs Straight) Spaces*. Info: [jojo.bischof@web.de](mailto:jojo.bischof@web.de)

**\*Reconciling Support Group.** Friday, 6/22 (4<sup>th</sup> Fridays), 6:30-8pm. For individuals assigned female at birth, who are dysphoric/identified as something other than female, and want to reconcile with being female, process & heal. [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

**<NEW> Breathe and Believe Yoga.** Mondays, 6:30-7:30pm with Anna Shults. Anna began practicing yoga to help with her scoliosis and marathon training. She believes that yoga is for every body. If you have done yoga before or are brand new to it, check it out! Preregister by 4pm: [jenniferchan@breatheandbelieveyoga.com](mailto:jenniferchan@breatheandbelieveyoga.com)

**Meditation for Inner Peace,** Wednesday, 6/13, 6-7:30pm. Together we will practice a variety of meditations including enjoyment of breath, gratitude, and deep relaxation. No previous experience needed. Info:Christine: [christineradice@yahoo.com](mailto:christineradice@yahoo.com)

**<NEW> Summer Yoga and Relax.** Wednesdays, 6/13, 20 & 27, 11am-12:15pm. Build strength and flexibility to body and mind through slow flow yoga. Come renew and relax. Beginner level. All welcome. Limited space, so register before 9am at [ScandiYoga@gmail.com](mailto:ScandiYoga@gmail.com)

## Trauma Survivors' Groups

**A Survivor's Write to Heal.** Mondays, 6-8pm. 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. Topics: 6/4: *Holding people responsible*; 6/11: *Mothers*. Info: Rawda: [rawda.aljawhary@gmail.com](mailto:rawda.aljawhary@gmail.com)

**Healing Through Creative Arts:** Loving Kindness Meditation Collages. Saturday, 6/23, 12:30-3:00 pm. Facilitated by Gail and Pata. Offered by Survivor Theatre Project. Walk-ins welcome or register with [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 6/15, 6-7:30pm. Topic: *Moving Forward*. You must come on time! No one admitted after 6:15pm so group process will not be disrupted.

**Survivors of Incest Anonymous.** Tuesdays. 6:15-7:45pm. A 12-Step group for women survivors of childhood sexual abuse. For info contact: [SIAWomenCambridge@gmail.com](mailto:SIAWomenCambridge@gmail.com)

**Trauma Support/Discussion Group.** Thursdays, 6:30-7:30pm. A place to share & get support for all forms of trauma, past & present.

**Writing as Transformative Tool for Survivors of Trauma,** 5:30-6:30pm, 6/21. Special workshop before the trauma group. Info: [groupcambridge@gmail.com](mailto:groupcambridge@gmail.com)

## Wellness/Self-Help

**<NEW> Endometriosis Somerville Support Group.** Friday 6/22, (4<sup>th</sup> Fridays), 6-8pm. A bi-weekly group that meets at members' homes and the Women's Center. Join in community with others who survive & thrive with endo. Info: [endometriossomerville@gmail.com](mailto:endometriossomerville@gmail.com)

**<NEW> Feminism Across Generations.** Wed, 6/13, 6-8pm. Let's create a dialogue between women of different ages, races, classes and other varying identities. Share your experience, listen to others, and be part of an inclusive feminist conversation. Info: [jshiner@qm.slc.edu](mailto:jshiner@qm.slc.edu)

**Fertility Awareness Meetup,** Wed, 6/13, 6:30-7:30pm. A space for women to connect around menstrual cycle awareness, fertility, and natural birth control. Info: Anna, [anna@acfertilityawarness.com](mailto:anna@acfertilityawarness.com)

**<NEW> \*Know Your Rights!** Wed, 6/27, 6-7:30pm. A workshop about the rights of women, LGBTQ+ and others in Massachusetts; the different types of discrimination in employment, housing, and public accommodations; and the complaint process. Plenty of time for questions. Provided by the Massachusetts Commission Against Discrimination (MCAD). Info: [training.assistant@state.ma.us](mailto:training.assistant@state.ma.us)

**\*SELF-CARE: Its Power & Healing Properties.** Fridays (weekly), 4-5:30pm. Info: Elizabeth, [ef1916@yahoo.com](mailto:ef1916@yahoo.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, 6/20, 2-3:30pm. Topic: *Having Fun*. Come for useful & enjoyable conversations. Info: [judy@cambridgewomenscenter.org](mailto:judy@cambridgewomenscenter.org)

**<NEW> \*Women's Healing Circle,** Tuesdays, 6/5 & 19, 6-7:30pm. Are you ready to heal yourself to become who you really are? Do you want to understand how your mind and emotions work? Come to process your pain, overcome limiting beliefs, and start living with ease and purpose! Info: [ashleyheacock@gmail.com](mailto:ashleyheacock@gmail.com)

**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.** Tuesdays, 6/5 and 19 and Monday, 6/25, 12:30-1:30pm. Info: 617-354-6394.

**Women's Center Board of Trustees Meeting.** Wednesday, 6/20, 6-7:30pm. Info: [board@cambridgewomenscenter.org](mailto:board@cambridgewomenscenter.org)

**June 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <b>Hours for Drop in and Computer labs</b>            Mon-Fri 10am-8pm            Sat 10am-3pm         </div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <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         </div>			<b>1</b> <u>10am-2pm</u> Nest Collective offers Mother Studio Hours Women should email <a href="mailto:joettamaue@gmail.com">joettamaue@gmail.com</a> to confirm the meeting is on <b>(3FR &amp; 3FL)</b> <u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties <b>(LR)</b> <u>6:30-8pm</u> Bay State Butches <b>(LR)</b> <u>6-7pm</u> Job interview <b>(2FR)</b>	<b>2</b>
<b>4</b> <u>12pm-2pm</u> Spanish-English Conversation Exchange <b>(LR)</b> <u>1:30-4:30pm</u> Beading <b>(2FR)</b> <u>6-8pm</u> A Survivors Write to Heal <b>(3FL)</b> <u>6:30-7:30pm</u> Breathe & Believe Yoga <b>(3FR)</b> <u>7-8pm</u> Feminist Book Club <b>(LR)</b>	<b>5</b> <u>12:30-1:30pm</u> Luncheon <b>(LR)</b> <u>2-3pm</u> Write Your Story <b>(3FL)</b> <u>5-6pm</u> Songwriting <b>(3FR)</b> <u>6-7:30pm</u> Women's Healing Circle <b>(LR)</b> <u>6:15-7:45pm</u> Survivors of Incest Anonymous <b>(3FR)</b> <u>6:30-8:30pm</u> Job Interviews <b>(2FR)</b>	<b>6</b>	<b>7</b> <u>10am-12pm</u> Sewing Group <b>(3FR)</b> <u>6:30-7:30pm</u> Trauma Support/Discussion Group <b>(3FR)</b> <u>6:30-8pm</u> Women's NA <b>(LR)</b>	<b>8</b> <u>10am-2pm</u> Nest Collective offers Mother Studio Hours Women should email <a href="mailto:joettamaue@gmail.com">joettamaue@gmail.com</a> to confirm the meeting is on <b>(3FR &amp; 3FL)</b> <u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties <b>(LR)</b>	<b>9</b>
<b>11</b> <u>12pm-2pm</u> Spanish-English Conversation Exchange <b>(LR)</b> <u>1:30-4:30pm</u> Beading <b>(2FR)</b> <u>6-8pm</u> A Survivors Write to Heal <b>(3FL)</b> <u>6:30-7:30pm</u> Breathe & Believe Yoga <b>(3FR)</b> <u>7-9pm</u> Closed group <b>(LR)</b>	<b>12</b> <u>10:30am-12:30pm</u> Craft Time with Cookie <b>(2FR)</b> <u>5-6pm</u> Songwriting <b>(3FR)</b> <u>6:15-7:45pm</u> Survivors of Incest Anonymous <b>(3FR)</b>	<b>13</b> <u>11am-12:15pm</u> Summer Yoga & Relax (need to preregister by 9am) <b>(3FR)</b> <u>6-7:30pm</u> Meditation for Deep Relaxation <b>(LR)</b> <u>6:30-7:30pm</u> Fertility Awareness <b>(3FL)</b> <u>6-8pm</u> Feminism Across Generations <b>(3FR)</b>	<b>14</b> <u>10am-12pm</u> Sewing Group <b>(3FR)</b> <u>6:30-7:30pm</u> Trauma Support/Discussion Group <b>(3FR)</b> <u>6:30-8pm</u> Women's NA <b>(LR)</b>	<b>15</b> <u>10am-2pm</u> Nest Collective offers Mother Studio Hours Women should email <a href="mailto:joettamaue@gmail.com">joettamaue@gmail.com</a> to confirm the meeting is on <b>(3FR &amp; 3FL)</b> <u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties <b>(LR)</b> <u>6-7:30pm</u> Survivors of Child Sexual Abuse Discussion Group. (no one admitted after 6:15pm) <b>(3FR)</b> <u>6-7:30pm</u> Lesbian & Bi Women's Discussion Group <b>(LR)</b>	<b>16</b>
<b>18</b> <u>12pm-2pm</u> Spanish-English Conversation Exchange <b>(LR)</b> <u>1:30-4:30pm</u> Beading <b>(2FR)</b> <u>6-8pm</u> A Survivors Write to Heal <b>(3FL)</b> <u>6:30-7:30pm</u> Breathe & Believe Yoga <b>(3FR)</b>	<b>19</b> <u>12:30-1:30pm</u> Luncheon <b>(LR)</b> <u>5-6pm</u> Songwriting <b>(3FR)</b> <u>6-7:30pm</u> Women's Healing Circle <b>(LR)</b> <u>6:15-7:45pm</u> Survivors of Incest Anonymous <b>(3FR)</b>	<b>20</b> <u>11am-12:15pm</u> Summer Yoga & Relax (need to preregister by 9am) <b>(3FR)</b> <u>2-3:30pm</u> Women 65+ Discussion <b>(LR)</b> <u>6-7pm</u> Coming out as a lesbian in 1910. Author talk <b>(3FR)</b> . <u>6-7:30pm</u> Board Meeting <b>(LR)</b>	<b>21</b> <u>10am-12pm</u> Sewing Group <b>(3FR)</b> <u>5:30-6:30pm</u> Writing workshop for trauma survivors (for Trauma Group participants and other trauma survivors) <b>(3FR)</b> <u>6:30-7:30pm</u> Trauma Support/Discussion Group <b>(3FR)</b> <u>6:30-8pm</u> Women's NA <b>(LR)</b>	<b>22</b> <u>10am-2pm</u> Nest Collective offers Mother Studio Hours Women should email <a href="mailto:joettamaue@gmail.com">joettamaue@gmail.com</a> to confirm the meeting is on <b>(3FR &amp; 3FL)</b> <u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties <b>(LR)</b> <u>6-8pm</u> Endometriosis Somerville Support Group <b>(3FR)</b> <u>6:30-8pm</u> Reconciling Support Group <b>(LR)</b>	<b>23</b> <u>12:30-3pm</u> Healing Through Creative Arts. Loving Kindness Meditation Collages <b>(2FR)</b>
<b>25</b> <u>12pm-2pm</u> Spanish-English Conversation Exchange <b>(3FR)</b> <u>12:30-1:30pm</u> Open Luncheon <b>(LR)</b> <u>1:30-4:30pm</u> Beading <b>(2FR)</b> <u>6-8pm</u> A Survivors Write to Heal <b>(3FL)</b> <u>6:30-7:30pm</u> Breathe & Believe Yoga <b>(3FR)</b>	<b>26</b> <u>5-6pm</u> Songwriting <b>(3FR)</b> <u>6:15-7:45pm</u> Survivors of Incest Anonymous <b>(3FR)</b>	<b>27</b> <u>11am-12:15pm</u> Summer Yoga & Relax (need to preregister by 9am) <b>(3FR)</b> <u>6-7:30pm</u> Know Your Rights Workshop <b>(LR)</b>	<b>28</b> <u>10am-12pm</u> Sewing Group <b>(3FR)</b> <u>6:30-7:30pm</u> Trauma Support/Discussion Group <b>(3FR)</b> <u>6:30-8pm</u> Women's NA <b>(LR)</b>	<b>29</b> <u>10am-2pm</u> Nest Collective offers Mother Studio Hours Women should email <a href="mailto:joettamaue@gmail.com">joettamaue@gmail.com</a> to confirm the meeting is on <b>(3FR &amp; 3FL)</b> <u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties <b>(LR)</b>	<b>30</b>