

Women's Center Calendar for March 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

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

Beading Group. Mondays, 1:30-3:30pm. Materials provided! Info: thebeadinggroup@gmail.com

Earring Designs: Reinvented and Recycled by Vivalashiekh Designs! Now weekly! Wednesdays, starting 3/14, 5-6:30pm Come create your own one of a kind earring design with Elizabeth from Vivalashiekh Designs. Info: Elizabeth, ef1916@yahoo.com

Creative Expression and Mindfulness. Fridays, 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

***Feminist Book Club.** Monday, 3/5, 7-8pm. *I Know I Am, But What Are You?* by Samantha Bee. We discuss books through the lens of feminism and our own experiences. Info: 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

<NEW> *Poetry Group. Wednesdays, 5-6pm. (Not meeting 3/7) Come write and share your poetry! All are welcome! 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

Write Your Story. Tuesdays, 3/6 & 3/20, 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

LGBTQ+ Support & Discussion Groups

***Bay State Butches.** 3/2 (1st 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

***Lesbian and Bi Women's Discussion Group.** Friday, 3/16 (3rd Fridays), 6-7:30pm. Inclusive group for women attracted to women. This month's topic: *Is it a date or just coffee?* Info: jojo.bischof@web.de

<NEW> *Queer Women of Color Discussion Group. 3/21 (3rd Wednesdays), 6-7:30pm. This is a group for queer women of color to affirm and empower our identities. Join us for friendship and good conversation! Info: tiffany@cambridgewomenscenter.org

<NEW> *Reconciling Support Group. 3/23 (4th Fridays), 6:30-8pm. A support group for individuals assigned female at birth, who are dysphoric/identified as something other than a woman, and are now reconciling with being female and want to heal and process. For questions, contact Lane at 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

Meditation

<NEW> Group Reiki Healing. 3/2 (1st Fridays), 6-7pm. Join Alex from Empowher You, for a group Reiki session on the first Friday of each month. Through healings and teachings, Alex and Empowher You can help you take your life back! For info contact Alex: alex@empowheryou.com

Meditation for Deep Relaxation. Wednesday, 3/14, 6-7:30pm. Together we will practice meditations for deep relaxation and rest, including body scan, mindfulness, and guided visualization. No previous meditation experience necessary. For info contact Christine: christineradice@yahoo.com

Professional Assistance

<NEW> Family Law Workshop. Thursday, 3/15, 12-2pm. Practical workshop for women needing help with family law issues, including divorce, modification and contempt. Probate and Family Court forms and other resources will be available. Registration not required. For more info: Isabella: isabellajancourtz@yahoo.com or 781 899-2929.

Tech Tips and Tricks. How to use a computer, set up email, make a document, use your smart phone? Help via jcarnott@gmail.com

Trauma Survivors Groups

A Survivor's Write to Heal. Mondays, 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

Healing Through Creative Arts Workshop by Survivor Theatre Project. Saturday 3/24, 12-3pm. *Sharing Our Stories: Using the Language of Our Bodies.* Facilitated by Noemi Paz. For info martharogersmusic@gmail.com or call 978-408-9233

Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse. Friday 3/16, 6-7:30pm. Topic: *Trauma and Re-Enactment.* You must come on time! No one admitted after 6:15pm so group process will not be disrupted!

<NEW> 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

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

Wellness /Self-Help

After Abortion Well-Being. Tuesday, 3/13, 6-7:30pm. 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

<NEW> How to Achieve Self-Empowerment and Subsequent Personal Growth. Tuesday, 3/13, 5-6:30pm. Learn navigational tools to self-empowerment, self-growth, and self-value with support, understanding and compassion from someone who 'Walked Her Talk.' For info contact: Lena at lenayoung13@gmail.com

<NEW> Self-Care Group. Fridays, 4-5:30pm. (Starting 3/16) Do you feel like you need to practice self-care on a deeper level? Self-care is crucial! Taking care of yourself is essential. Come join for enhanced self-care. For info: Elizabeth, 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

***Women 65+ Discussion Group.** Wednesday, 3/21, 2-3:30pm. Topic: *De-cluttering.* Let's age better together! Come for useful and enjoyable conversations. 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.** Tuesdays, 3/6 & 3/20, and Monday, 3/26, 12:30-1:30pm. Info: 617-354-6394.

<NEW> *Movie Night! Friday, 3/9 (2nd Fridays), 6pm. Friday movie nights at CWC. We will be watching *Girl Rising*. Info: Tiffany@cambridgewomenscenter.org

*** Cambridge Women's Center Annual Meeting.** Monday, 3/19, 6-8pm. Discussion topic: Nurturing a climate of mutual respect at the Women's Center. Come join us! Light Refreshments. Info: board@cambridgewomenscenter.org

March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 5px; background-color: #e0e0e0;"> <p>ROOM LOCATIONS 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; background-color: #e0e0e0;"> <p>Hours for Drop in and Computer labs Mon-Fri 10am-8pm Sat 10am-3pm</p> </div>		<p>1 <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30pm</u> Knitting (LR) <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)</p>	<p>2 <u>10:30am-12:30pm</u> Creative Expression & Mindfulness (2FR) <u>6-7pm</u> Group Reiki Healing (3FR) <u>6:30-8pm</u> Bay State Butches (LR)</p>	<p>3</p>
<p>5 <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR) <u>1:30-3:30pm</u> Beading (2FR) <u>5:30-7:30pm</u> A Survivors Write to Heal (3FL) <u>7-8pm</u> Feminist Book Club (LR)</p>	<p>6 <u>12-2pm</u> Art Group (2FR) <u>12:30-1:30pm</u> Luncheon (LR) <u>2-3pm</u> Write Your Story (3FL) <u>6-8pm</u> Closed group (LR) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>7</p>	<p>8 <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30pm</u> Knitting (LR) <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)</p>	<p>9 <u>10:30am-12:30pm</u> Creative Expression & Mindfulness (2FR) <u>6-8pm</u> Movie Night! Girl Rising (LR)</p>	<p>10</p>
<p>12 <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR) <u>1:30-3:30pm</u> Beading (2FR) <u>5:30-7:30pm</u> A Survivors Write to Heal (3FL) <u>7-9pm</u> Closed group (LR)</p>	<p>13 <u>12-2pm</u> Art Group (2FR) <u>5-6:30pm</u> How to Achieve Self-Empowerment and Subsequent Personal Growth (3FR) <u>6-7:30pm</u> After Abortion Well-Being (2FR) <u>6-8pm</u> Closed group (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>14 <u>5-6:30pm</u> Earring Designs: Reinvented and Recycled by Vivalasheikh Designs (2FR) <u>5-6pm</u> Poetry Group (LR) <u>6-7:30pm</u> Meditation for Deep Relaxation Workshop (3FR)</p>	<p>15 <u>10am-12pm</u> Sewing Group (3FR) <u>12-2pm</u> Family Law Workshop (2FL) <u>12:30-1:30pm</u> Knitting (LR) <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)</p>	<p>16 <u>10:30am-12:30pm</u> Creative Expression & Mindfulness (2FR) <u>4-5:30pm</u> Self Care Group (3FR) <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 & Bi Women's Discussion Group (LR)</p>	<p>17</p>
<p>19 <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR) <u>1:30-3:30pm</u> Beading (2FR) <u>5:30-7:30pm</u> A Survivors Write to Heal (3FL) <u>6-8pm</u> Cambridge Women's Center Annual Meeting (LR)</p>	<p>20 <u>12-2pm</u> Art Group (2FR) <u>12:30-1:30pm</u> Luncheon (LR) <u>2-3pm</u> Write Your Story (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>21 <u>2-3:30pm</u> Women 65+ Discussion (LR) <u>5-6:30pm</u> Earring Designs: Reinvented and Recycled by Vivalasheikh Designs (2FR) <u>5-6pm</u> Poetry Group (LR) <u>6-7:30pm</u> Queer Women of Color Discussion Group (LR)</p>	<p>22 <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30pm</u> Knitting (LR) <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)</p>	<p>23 <u>10:30am-12:30pm</u> Creative Expression & Mindfulness (2FR) <u>4-5:30pm</u> Self Care Group (3FR) <u>6:30-8pm</u> Reconciling Support Group (LR)</p>	<p>24 <u>12-3pm</u> Healing Through Creative Arts Workshop sponsored by Survivor Theatre Project. (3FR)</p>
<p>26 <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> A Survivors Write to Heal (3FL)</p>	<p>27 <u>12-2pm</u> Art Group (2FR) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>28 <u>5-6:30pm</u> Earring Designs: Reinvented and Recycled by Vivalasheikh Designs (2FR) <u>5-6pm</u> Poetry Group (LR)</p>	<p>29 <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30pm</u> Knitting (LR) <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)</p>	<p>30 <u>10:30am-12:30pm</u> Creative Expression & Mindfulness (2FR) <u>4-5:30pm</u> Self Care Group (3FR)</p>	<p>31</p>