

# Women's Center Calendar for May 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](http://www.cambridgewomenscenter.org)

## Monday (Women's Center closed May 29, Memorial Day)

**Beading Group.** Weekly (no meeting 5/29), 2:30-4:30pm. Materials provided. Info: [thebeadinggroup@gmail.com](mailto:thebeadinggroup@gmail.com)

**Basic Yoga with Marilyn.** Weekly (no meeting 5/29), 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)

**\*Feminist Book Club.** 5/1 (1<sup>st</sup> Mondays), 7-8pm. We discuss books through the lens of feminism & our own experiences. The book: *Swing Time* by Zadie Smith. Info: [jilldfisher@gmail.com](mailto:jilldfisher@gmail.com)

**Improve your English! (ESL).** Weekly (no meeting 5/29), 6-7:30pm. Sharpen your grammar, vocabulary, and pronunciation skills in a fun, supportive environment. All levels welcome. Info: Samantha, [WomensCenterEnglish@gmail.com](mailto:WomensCenterEnglish@gmail.com)

**\*Board Meeting.** 5/15, 6-7:30pm. Info: 617-354-6394.

**<NEW> \*Dinner and Movies.** 5/22, 5:30-8pm. Better than date night! We'll eat a scrumptious meal & watch movies with strong female leads in the living room. Info: [women4film@gmail.com](mailto:women4film@gmail.com)

## Tuesday

**Art Class.** Weekly, 12-2pm (except meets 1-3pm on 5/2) A welcoming space to create art of any medium. Fun & rewarding class for creative expression. No art background needed - all are welcome! Info: Michelle Spages, [mshellspages@gmail.com](mailto:mshellspages@gmail.com)

**Self-Care Group.** 5/2, 9 & 16, 4-5:30pm. Your mental health is important; caring for it starts with you. Join us to discuss and practice self-care. Info: [JamieKathleen21@gmail.com](mailto:JamieKathleen21@gmail.com)

**<NEW> \*Women For Political Action.** 5/2 (First Tuesdays), 6-7pm. Come to share, discuss, and plan political actions we can take in our community and beyond! We can make a difference! Info: [courtney.cambridgewomenscenter@gmail.com](mailto:courtney.cambridgewomenscenter@gmail.com)

**<NEW> Find a Roommate Mixer.** Tuesday, 5/23, 6-7:30pm. In need of a room? Have a room you need filled? Want to discuss issues finding housing? Join us! Light refreshments. Info: [courtney.cambridgewomenscenter@gmail.com](mailto:courtney.cambridgewomenscenter@gmail.com)

**<NEW> Self-Empowerment Workshop.** 5/30. 6-7:30pm. How to take control of your self-esteem, bounce back from negativity, find your center in the face of conflict and chaos. Info: Patricia Lotterman, LMHC [patricia@lotterman.org](mailto:patricia@lotterman.org) or 617-818-6758.

## 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](mailto:womenspanishenglishclass@hotmail.com)

**Write Your Story.** 5/3 & 17, 2-3:30pm. Come write stories, both fiction and nonfiction. Use this friendly, supportive group to further your writing endeavors and to learn how to tell both true and imagined stories. Facilitated by novelist Laura van den Berg. Info: [vandenber8@gmail.com](mailto:vandenber8@gmail.com)

**\*Navigating Aging: Women 65+ Discussion Group.** 5/24, 2-3:30pm. Topic: *Anxieties about Food*. We talk about aging: our difficulties, triumphs, and insights, in a supportive and collaborative atmosphere. [judy@cambridgewomenscenter.org](mailto:judy@cambridgewomenscenter.org)

**Meditation for Deep Relaxation.** 5/17, 6-7:30pm. Together we will practice meditations for deep relaxation and rest, No prior experience needed. Info: Christine, [christineradice@yahoo.com](mailto:christineradice@yahoo.com)

## Thursday

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

**\*Stitch'n Bitch Knitting Circle.** Weekly, 1-2pm. Come knit with us! Open to all levels, no experience necessary! Materials are available. Info: Anne Roseman, [aroseman@lesley.edu](mailto:aroseman@lesley.edu)

## Thursday (continued)

**\*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 (not 5/25), 6:30-7:30pm. An intimate group where women share/get support for all forms of trauma, past & present. [groupcambridge@gmail.com](mailto:groupcambridge@gmail.com)

**\*Parenting Discussion Group.** 5/18, 10:15-11:15am. Topic: *Developing Children's Self Esteem*. For all moms, grandmas, & other female caretakers. Facilitated by Marianne Saccardi, M.A. Supervised arts/crafts/playtime available for children in the children's/art room upstairs while the group is meeting. Info: [m.saccardi@gmail.com](mailto:m.saccardi@gmail.com)

## Friday

**<NEW> \*Bay State Butches.** 5/5 (1<sup>st</sup> Fris), 6:30-8pm Join other butch lesbians to socialize with & support one another & talk about our experiences! Info: Lane, [defaultlane@aim.com](mailto:defaultlane@aim.com)

**<NEW> \*Queer in the Headlights.** 5/12 (2<sup>nd</sup> Fridays), 6:30-7:30pm. Topic: *Queer Activism and Self-Care: Showing Up For Others While Taking Care of Yourself*. After, attendees can go out for food/drinks nearby. For all who identify as non-male, non-straight. Info: [queerheadlights@gmail.com](mailto:queerheadlights@gmail.com)

**Incest Resources' Drop-In Discussion Group for Survivors of Child Sexual Abuse.** 5/19, 6-7:30pm. Topic: *Intimacy*. Meet other survivors, share coping strategies & commonalities. 3<sup>rd</sup> Fridays, September-June. Come on time! No one will be admitted after 6:15pm so group process will not be disrupted!

## Saturday

**<NEW> \*Women's Ovarian Cancer Support Group.** 5/6 & 20, 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](mailto:womenscancergroup@gmail.com)

**\*Boston Feminists for Liberation (BFL) Consciousness-Raising Group.** 5/13, 10am-noon. Come learn about BFL and join a discussion on a topic that affects us on a personal level. Info: [bostonfeministsforliberation@gmail.com](mailto:bostonfeministsforliberation@gmail.com)

**Healing Through Creative Arts Workshop: *Loving Kindness Meditation Collages: an art form to develop self-compassion.*** 5/20, 12:30-2:30pm. Join other survivors of childhood sexual abuse in a relaxed fun workshop. All supplies provided. Led by Gail and Pata. Registration preferred, not required. To register [martharogersmusic@gmail.com](mailto:martharogersmusic@gmail.com) or 978-408-9233

**\*Boston New Daughters of Bilitis (BNDOB).** 5/20 (note date change - usually last Sat), 6:30-8pm. Topic: *June Camping Trip and Fall Event Discussion*. A space for lesbians to socialize & discuss lesbian issues. Info: [journey.murry@gmail.com](mailto:journey.murry@gmail.com)

**<NEW> \*Navigating Divorce in Massachusetts with or without a Lawyer,** 5/27, 11am-1pm. Led by attorney Isabella Jancourtz. Learn what is needed to get a divorce in MA, how to reach agreement, and whether or not to litigate. All women are welcome. Info: [isabellajancourtz@yahoo.com](mailto:isabellajancourtz@yahoo.com)

**<NEW> Songwriting Workshop,** 5/27, 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](mailto:rocknroll@whc.net)

♦ ♦ ♦ ♦ ♦ AND MORE! ♦ ♦ ♦ ♦ ♦

**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)

**\*Open Luncheons at the Women's Center.** 5/16 (3<sup>rd</sup> Tuesdays) & 5/22 (4<sup>th</sup> 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](mailto:jcarnott@gmail.com)

# May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <u>2:30-4:30pm</u> Beading (2FR) <u>6-7:30pm</u> ESL Class (3FL) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR) <u>7-8pm</u> Feminist Book Club (LR)	<b>2</b> <u>1-3pm</u> Art Class (2FR) ( <b>special time!</b> ) <u>2-3:30pm</u> Get to Work (LR) <u>4-5:30pm</u> Self-Care Group (2FR) <u>6-7pm</u> Women For Political Action (LR)	<b>3</b> <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>2-3:30pm</u> Write Your Story (2FR)	<b>4</b> <u>10am-12pm</u> Sewing Group (3FR) <u>1-2pm</u> Knitting Circle (LR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	<b>5</b> <u>6:30-8pm</u> Bay State Butches (LR)	<b>6</b> <u>1-2:30pm</u> Women's Ovarian Cancer Support Group (LR)
<b>8</b> <u>2:30-4:30pm</u> Beading (2FR) <u>6-7:30pm</u> ESL Class (3FL) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR) <u>7-9pm</u> Closed group (LR)	<b>9</b> <u>12-2pm</u> Art Class (2FR) <u>4-5:30pm</u> Self-Care Group (2FR)	<b>10</b> <u>11am-1pm</u> Spanish-English Conversation Exchange (LR)	<b>11</b> <u>10am-12pm</u> Sewing Group (3FR) <u>1-2pm</u> Knitting Circle (LR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	<b>12</b> <u>6:30-7:30pm</u> Queer in the Headlights (LR)	<b>13</b> <u>10am-12pm</u> Boston Feminists for Liberation Consciousness Raising Group (open) (2FR)
<b>15</b> <u>2:30-4:30pm</u> Beading (2FR) <u>6-7:30pm</u> ESL Class (3FL) <u>6-7:30pm</u> Board Meeting (LR) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR)	<b>16</b> <u>12-2pm</u> Art Class (2FR) <u>12:30-1:30pm</u> Open Luncheon (LR) <u>4-5:30pm</u> Self-Care Group (2FR)	<b>17</b> <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>2-3:30pm</u> Write Your Story (2FR) <u>6-7:30pm</u> Meditation for Deep Relaxation (3FR) <u>6-7:30pm</u> Volunteer Training (closed) (LR)	<b>18</b> <u>10am-12pm</u> Sewing Group (3FR) <u>10:15-11:15am</u> Parenting Discussion Group (LR) <u>1-2pm</u> Knitting Circle (LR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	<b>19</b> <u>6-7:30pm</u> Incest Resources Drop-in Discussion for Survivors of Child Sexual Abuse. (no-one admitted after 6:15pm) (3FR)	<b>20</b> <u>1-2:30pm</u> Women's Ovarian Cancer Support Group (LR) <u>12:30-2:30pm</u> Healing through Creative Arts workshop (3FR) <u>6:30-8pm</u> Boston New Daughters of Bilitis (lesbian discussion group) (LR)
<b>22</b> <u>12:30-1:30pm</u> Open Luncheon (LR) <u>2:30-4:30pm</u> Beading (2FR) <u>5:30-8pm</u> Dinner and Movies (LR) <u>6-7:30pm</u> ESL Class (3FL) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR)	<b>23</b> <u>12-2pm</u> Art Class (2FR) <u>6-7:30pm</u> Find a Roommate Mixer (LR)	<b>24</b> <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>2-3:30pm</u> Navigating Aging: Women 65+ Discussion Group (LR)	<b>25</b> <u>10am-12pm</u> Sewing Group (3FR) <u>1-2pm</u> Knitting Circle (LR) <u>6:30-8pm</u> Women's NA (LR)	<b>26</b>	<b>27</b> <u>11am-1pm</u> Navigating Divorce (LR) <u>11am-12:30pm</u> Songwriting Workshop (3FR)
<b>29</b> <span style="border: 1px solid black; padding: 2px;">Memorial Day -</span> Women's Center CLOSED	<b>30</b> <u>12-2pm</u> Art Class (2FR) <u>6-7:30pm</u> Self-Empowerment Workshop (LR)	<b>31</b> <u>11am-1pm</u> Spanish-English Conversation Exchange (LR)	<b>ROOM LOCATIONS</b> LR – Living Room 2FR - 2 <sup>nd</sup> Floor Right 3FR - 3 <sup>rd</sup> Floor Right 3FL - 3 <sup>rd</sup> Floor Left KITCH - Kitchen	<b>HOURS FOR DROP-IN AND COMPUTER LABS</b> Mon - Fri 10am-8pm Sat 10am-3pm	