

Women's Center Calendar for May 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. 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

Beading Group. Mondays (not 5/28), 1:30-4:30pm. Materials provided! Info: thebeadinggroup@gmail.com

Earring Designs: Reinvented and Recycled! Wed. (weekly). 5-6:30pm. Create your own one-of-a kind earrings with Elizabeth from *Vivalashiekh Designs*. Info: vivalashiekhdesigns@icloud.com

***Feminist Book Club.** Monday, 5/7, 7-8pm. We discuss books through the lens of feminism and our own experiences. May's book: *Heart Berries: A Memoir* by Therese Marie Mailhot 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> 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. Info: joettamaue@gmail.com

***Poetry Group.** Wednesday, 5/2, 5-6pm 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, etc. No experience needed. Info, Karlotta: graciegeorgie@gmail.com

Write Your Story. Tuesdays 5/15 and 5/22. 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.** 5/4 (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, 5/18 (3rd Fridays), 6-7:30pm. Inclusive group for women attracted to women. Topic: *Dating vs Commitment*. Info: jojo.bischof@web.de

***Reconciling Support Group.** Friday, 5/25 (4th 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

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 & Yoga

<NEW> Breathe & Believe Yoga. Mondays (no class 5/29), 6:30-7:30pm with Anna Shults. No experience needed/all are welcome! Preregister by 4pm: jenniferchan@breatheandbelieveyoga.com

Meditation for Deep Relaxation. Wednesday, 5/9, 6-7:30pm. Together we will practice meditations for deep relaxation and rest, including body scan, mindfulness, and guided visualization of a peaceful scene. No previous meditation experience necessary. For info contact: Christine: christineradice@yahoo.com

<NEW> Spring Yoga and Relax. Wednesday, 5/9, 11am-12:15pm. Build strength & flexibility to body & mind through slow flow yoga. Come renew and relax. Beginner level. All welcome. Limited space, so register before 9am at ScandiYoga@gmail.com

Professional Assistance

Family Law Workshop. Thursday, 5/17, 12-2pm. This is a practical workshop for women with questions about family law issues. Although pre-registration is not required, if you can, please call Isabella at (781) 899-2929 or email her to let her know you are coming: isabellajancourtz@yahoo.com

Trauma Survivors' Groups

A Survivor's Write to Heal. Mondays (not 5/28), 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, and preserve it anonymously on a blog. Info, Rawda: rawda.aljawhary@gmail.com

Healing Through Creative Arts Workshop. Saturday 5/19, 12:30-3pm. *The Mourning After:* A multimodal embodied writing workshop for resentment, grief, and loss. Facilitated by Keyona Aviles. Info: martharogersmusic@gmail.com or call 978-408-9233.

Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse. Friday 5/18, 6-7:30pm. Topic: *Creativity in Recovery*. 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

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

<SPECIAL EVENT> Book Reading & Audience Dialogue, Sunday, 5/20, 2-4pm at the Cambridge Public Library, 449 Broadway (Lower Level 2). Donna Jensen will read from her new book, *Healing My Life from Incest to Joy*, a detailed account of what helped her build a life of meaning. Discussion with the audience will follow. FREE!

Wellness/Self-Help

After Abortion Well-Being. Tuesday, 5/22, 6-7:30pm. Be in a healing space free of judgement and stigma with other women who have experienced abortion. This month's topic: *Healing Through Gratitude* Info: abortionhealingboston@gmail.com

<NEW> Endometriosis Somerville Support Group. Friday 5/25, (4th Fridays), 6-8pm. Endometriosis Somerville is a bi-weekly support group that meets at members' homes and the Women's Center. We invite you to join in community with others who survive and thrive with endo. Info: endometriosisomerville@gmail.com

SELF-CARE: Its Power and Healing Properties. Fridays, 4-5:30pm. Do you feel like you need to practice self-care on a deeper level? Taking care of yourself is essential! Come join for enhanced self-care. Info: Elizabeth, ef1916@yahoo.com

***Spanish-English Conversation Exchange.** Mondays (not 5/28), 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, 5/16, 2-3:30pm. Topic: *Anxieties & Phobias*. Come for useful & enjoyable conversations. Info: judy@cambridgewomenscenter.org

<NEW> *Women's Healing Circle, Tuesdays, 5-7pm (not 5/1 & 22). 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

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.

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***Open Luncheons at the Women's Center.** Tuesdays, 5/1 and 5/15, 12:30-1:30pm. Info: 617-354-6394.

Women's Center Board of Trustees Meeting. Monday, 5/21, 6-7:30pm. Info: board@cambridgewomenscenter.org

May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Hours for Drop-in and Computer Labs Mon-Fri 10am-8pm Sat 10am-3pm </div>	<p>1 <u>12:30-1:30pm</u> Luncheon (LR) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>2 <u>10-11:15pm</u> Spring Yoga & Relax (need to preregister by 9am) (3FR) <u>5-6pm</u> Poetry Group (LR) <u>5-6:30pm</u> Earring Designs: Reinvented and Recycled by Vivalasheikh Designs (2FR)</p>	<p>3 <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>4 <u>10am-2pm</u> Nest Collective offers Mother Studio Hours (3FR & 3FL) <u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties (3FR) <u>6:30-8pm</u> Bay State Butches (LR)</p>	5	
<p>7 <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>6-8pm</u> A Survivors Write to Heal (3FL) <u>6:30-7:30pm</u> Breathe & Believe Yoga (3FR) <u>7-8pm</u> Feminist Book Club (LR)</p>	<p>8 <u>5-7pm</u> Women's Healing Circle (LR) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>9 <u>11-12:15pm</u> Spring Yoga & Relax (need to preregister by 9am) (3FR) <u>5-6:30pm</u> Earring Designs: Reinvented and Recycled by Vivalasheikh Designs (2FR) <u>6-7:30pm</u> Meditation for Deep Relaxation (3FR)</p>	<p>10 <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>11 <u>10am-2pm</u> Nest Collective offers Mother Studio Hours (3FR & 3FL) <u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties (3FR)</p>	12	
<p>14 <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>6-8pm</u> A Survivors Write to Heal (3FL) <u>6:30-7:30pm</u> Breathe & Believe Yoga (3FR) <u>7-9pm</u> Closed group (LR)</p>	<p>15 <u>12:30-1:30pm</u> Luncheon (LR) <u>2-3pm</u> Write Your Story (3FL) <u>5-7pm</u> Women's Healing Circle (LR) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>16 <u>2-3:30pm</u> Women 65+ Discussion (LR) <u>5-6:30pm</u> Earring Designs: Reinvented and Recycled by Vivalasheikh Designs (2FR)</p>	<p>17 <u>10am-12pm</u> Sewing Group (3FR) <u>12-2pm</u> Family Law Workshop (2FR) <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>18 <u>10am-2pm</u> Nest Collective offers Mother Studio Hours (3FR & 3FL) <u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties (LR) <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>19 <u>12:30-3pm</u> Healing Through Creative Arts Workshop. <i>The Mourning After: A</i> multimodal embodied writing workshop for resentment, grief, and loss (3FR)</p>	
<p>20 <u>2-4pm</u> at Cambridge Public Library: <i>Healing My Life from Incest to Joy</i>, reading with author Donna Jenson</p>	<p>21 <u>12pm-2pm</u> Spanish-English Conversation Exchange (3FR) <u>1:30-4:30pm</u> Beading (2FR) <u>6-8pm</u> A Survivors Write to Heal (3FL) <u>6-8pm</u> CWC Board Meeting (LR) <u>6:30-7:30pm</u> Breathe & Believe Yoga (3FR)</p>	<p>22 <u>2-3pm</u> Write Your Story (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR) <u>6-7:30pm</u> After Abortion Well-Being (2FR)</p>	<p>23 <u>1-3pm</u> Art Group (2FR) <u>5-6:30pm</u> Earring Designs: Reinvented and Recycled by Vivalasheikh Designs (2FR)</p>	<p>24 <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>25 <u>10am-2pm</u> Nest Collective offers Mother Studio Hours (3FR & 3FL) <u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties (3FR) <u>6-8pm</u> Endometriosis Somerville Support Group (3FR) <u>6:30-8pm</u> Reconciling Support Group (LR)</p>	26
28 CLOSED for Memorial Day	<p>29 <u>5-7pm</u> Women's Healing Circle (LR) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>30 <u>1-3pm</u> Art Group (2FR) <u>5-6:30pm</u> Earring Designs: Reinvented and Recycled by Vivalasheikh Designs (2FR)</p>	<p>31 <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>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> ROOM LOCATIONS LR – Living Room 2FR - 2nd Floor Right 3FR - 3rd Floor Right 3FL - 3rd Floor Left </div>		