

Women's Center Calendar for May 2019

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

<NEW> ***Community Meetings**, Tuesday 5/21, 2pm & 5:30pm. Join us for conversation to hold space for feedback, concerns, and community input. Two meeting time options are offered to reach a broader audience. Info: Jessye@Cambridgewomenscenter.org

Artistic Expression and Creativity

<NEW> **Art Journaling Workshop**. Sat., 5/18, 12-2pm. No need to know how to do art or journaling, just bring your awesome self! Materials/journals provided. Info: Julie, another_julie@email.com

Beading Group. Mondays (not 5/27), 1:30--4:30pm. Work on your own project. Materials available. Info: thebeadinggroup@gmail.com

<NEW> **De-stress with drama!** Weds, 5/1 & 8, 5-6pm. Come play drama games and exercises that will stretch your imagination and your sense of self! Play different characters or roles, improvise, and more, in a fun, accepting space. No acting experience needed. Info? Contact Molly, apartofthecircle@gmail.com

***Feminist Book Club**. Monday 5/6, 7-8pm. We discuss books through the lens of feminism and our own experiences. Today's book: *You Can't Touch My Hair* by Phoebe Robinson. Info: Ellis, ellisbada@gmail.com

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

<NEW> **Songshare/Artshare**. Thursdays, 5/2, 9, and 16, 5-6pm. What song is in your heart? We'll listen to a song you love and explore how it resonates with the group via self-directed art-making. Info: Julie, Another_Julie@email.com

Write Your Story. Tuesdays, 5/14 & 28, 2-3pm. This friendly group will guide you through the writing process and help you write new stories. Creative exercises, prompts, and conversation. Led by novelist Laura van den Berg. lauravandenberg@fas.harvard.edu

Write Your Way. Tuesdays (not 5/28), 6-7:15pm. Whether you're new to writing or it's a lifelong habit, come join us. We'll write, exploring memory, identity, relationships, wellness, and more, and share if we choose. Info: adrianacgrant@gmail.com

LGBTQ+ Support & Discussion Groups

***Bay State Butches**. Friday, 5/3 (1st Fridays), 6:30-8pm. Topic: *How class, race & other intersections influence butch identity*. Join other butch lesbians to discuss. Info: Lane, defaultlane@aim.com

***Lesbian and Bi Women's Discussion Group**. Friday, 5/17 (3rd Fridays), 6-7:30pm. Topic: *Pride*. Inclusive group for women attracted to women. Info: erica.m.rigby@gmail.com

***Reconciling Support Group**. Friday, 5/24 (4th Fridays), 6:30-8pm. For individuals assigned female at birth, who identified as something other than female/are dysphoric, and want to process, reconcile with being female, and heal. Info: 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 and Yoga

Meditation for Deep Relaxation. Tuesday, 5/14, 5:30-6:30pm. Together we will practice meditations, including body scan, mindfulness, and guided visualization of a peaceful scene. No previous experience necessary. Info: christineradice@yahoo.com

<NEW> **Vinyasa Flow Yoga**, Tuesdays (starts 5/14), 10:30-11:30am. Begin your day on an uplifting note and leave feeling energized. We'll move from one pose to another, linking breath to movement. No experience needed. For more info email Greta, gretazeq@gmail.com

Yoga for Women. Wednesdays, 12:30-1:30pm. If you long to move your body & spend quality time with yourself, join us! Beginner yoga. All women welcome. Ends with guided relaxation. Mats and props provided. Limited space, register before 9am: ScandiYoga@gmail.com

FUN!

***Movie Musical**. Monday, 5/20, 12-2pm: **Hairspray** (2007). Come join us in the living room!

Practical Assistance

Family Law Workshop, Monday, 5/20, 5:30-7pm. A practical workshop about whatever participants need help with, such as social security, child custody & support, separation, divorce, enforcement of court orders, protection from abuse, wills... Pre-register by noon on 5/10. Attorney Isabella Jancourtz: isabellajancourtz@yahoo.com

<NEW> **Finance 101: Money Management**. Monday, 5/13, 6-8pm. Come to a workshop about managing your money, led by certified financial planners. Questions? email: skulaswfg@gmail.com

<NEW> **Free Tailoring and Mending by Seamstress Amelia**. 11am-3pm, Saturday 5/11. Come drop-in between 11pm-3pm to get something fixed up, or learn how to fix it. Questions? Email programs@cambridgewomenscenter.org

<NEW> **Money Coaching**. 3 1-hour sessions. Partner with financial coach Jennifer in a thought provoking, creative and fun process to learn, grow and understand how to manage your money! Pre-registration required. Info: programs@cambridgewomenscenter.org

Trauma Survivors' Groups

Healing Through Creative Arts Workshop. Sunday, 5/19, 1-3:30pm. "Natural Healing Arts: Self-care for Survivors." Facilitated by Rebecca LaRose. For survivors of sexual violence. To register (not required): martharogersmusic@gmail.com or call 978-408-9233. Walk-ins welcome. Everyone needs to arrive by 1:10pm. Sponsored by Survivor Theatre Project.

Drop-in Discussion Group for Survivors of Child Sexual Abuse, Friday, 5/17, 6-7:30pm. Topic: *Intimacy*. You must come on time! No one admitted after 6:15pm so group process will not be disrupted. Meets on 3rd Fridays, September-June.

Trauma Support/Discussion Group. Thursdays, 6:30-7:30pm. An intimate group where women can share and get support for all forms of trauma, past and present. For topics, info: <http://cwctraumagroup.org/> or email groupcambridge@gmail.com

Wellness/Self-Help/Conversation

<NEW> ***Fat Babes: A Body Positive Support Group**. Monday 5/20 (3rd Mondays), 6-7:30pm. Join us for supportive discussions about being fat-identified women in this world. A collaborative group, where we all participate in leading discussions/activities to support each other. Questions? Email jessye@cambridgewomenscenter.org

<NEW> **Let's Talk about Sex**. Thursday, 5/23, 6:30-7:30pm. Come to get questions answered and join in discussion or just listen. What we talk about will depend on participants' interests and questions. Some possibilities: consensual sex, fears about sex, avoiding disease, sexual or gender identity. Sex educator Eden will facilitate and would love to see you there. Info: Eden, Cwceden@gmail.com

***Spanish-English Conversation Exchange**. Wednesdays, 12:30-2:30pm. Are you an English speaker interested in improving your Spanish? ¿Hablas español y estás interesada en mejorar tu inglés? Info: womenspanishenglishclass@hotmail.com

***Women 65+ Discussion Group**. 5/9 (2nd Thursdays), 2-3:30pm. Come for discussion and info on issues we face. Topic: *Self-care & Asking for/accepting Help*. 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 ♦ ♦ ♦ ♦ ♦

***Women's Center Board of Trustees**. Wednesday 5/15, 6-7:30pm. Info: board@cambridgewomenscenter.org

***Open Luncheon at the Women's Center**. Tuesday, 5/21, 12:30-1:30pm from Community Cooks. Includes vegetarian dishes.

Cambridge Women's Center Calendar for May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ROOM LOCATIONS LR – Living Room (1 st floor right) 2FR – 2 nd floor right (Art Room) 3FR – 3 rd floor right 3FL – 3 rd floor left	Hours for Drop-in and Computer Labs Mon-Fri 10am - 8pm Sat 10am – 3pm	1 <u>12:30-1:30pm</u> Yoga 4 Women (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>5-6pm</u> De-stress with Drama (3FR)	2 <u>10am-12pm</u> Sewing Group (3FR) <u>5-6pm</u> Songshare/Artshare (2FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	3 <u>6:30-8pm</u> Bay State Butches (LR)	4
6 <u>1:30-4:30pm</u> Beading (2FR) <u>7-8pm</u> Feminist Book Club (LR)	7 <u>6-7pm</u> Shifting Your Mindset (closed) (2FR) <u>6-7:15pm</u> Write Your Way (3FL)	8 <u>12:30-1:30pm</u> Yoga 4 Women (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>5-6pm</u> De-stress with Drama (3FR)	9 <u>10am-12pm</u> Sewing Group (3FR) <u>2-3:30pm</u> Women 65+ Discussion Group (LR) <u>5-6pm</u> Songshare/Artshare (2FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	10 <u>6:30-8pm</u> Closed group (LR)	11 <u>11am-3pm</u> Free Tailoring and Mending by Seamstress Amelia (2FR)
13 <u>1:30-4:30pm</u> Beading (2FR) <u>6-8pm</u> Finance 101: Money Management (3FR) <u>7-9pm</u> Closed Group (LR)	14 <u>10:30-11:30am</u> Vinyasa Yoga (3FR) <u>2-3pm</u> Write Your Story (3FL) <u>5:30-6:30pm</u> Meditation for Deep Relaxation (3FR) <u>6-7:15pm</u> Write Your Way (3FL)	15 <u>12:30-1:30pm</u> Yoga 4 Women (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>6-7:30pm</u> Board Meeting (LR)	16 <u>10am-12pm</u> Sewing Group (3FR) <u>5-6pm</u> Songshare/Artshare (2FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	17 <u>6-7:30pm</u> Lesbian & Bi Women's Discussion Group (LR) <u>6-7:30pm</u> Survivors of Child Sexual Abuse Discussion Group Topic: <i>Intimacy</i> (no one admitted after 6:15pm) (3FR)	18 <u>Noon-2pm</u> Art Journaling Workshop (2FR)
19 SUNDAY <u>1-3:30pm</u> Healing Through Creative Arts Workshop (3FR)	20 <u>12-2pm</u> Movie Musical: <i>Hairspray</i> (2007) (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>5:30-7pm</u> Family Law Workshop (2FR) (must preregister) <u>6:30-8pm</u> Fat Babes: a Body Positive Support Group (LR)	21 <u>10:30-11:30am</u> Vinyasa Yoga (3FR) <u>12:30-1:30pm</u> Open Luncheon (LR) <u>2pm</u> and <u>5:30pm</u> -Community Meetings (two time options) (LR) <u>6-7pm</u> Shifting Your Mindset (closed) (2FR) <u>6-7:15pm</u> Write Your Way (3FL)	22 <u>12:30-1:30pm</u> Yoga 4 Women (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR)	23 <u>10am-12pm</u> Sewing Group (3FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR) <u>6:30-7:30pm</u> Let's Talk about Sex (3FL)	24 <u>6:30-8pm</u> Reconciling Support Group (LR)
27 Memorial Day - closed	28 <u>10:30-11:30am</u> Vinyasa Yoga (3FR) <u>2-3pm</u> Write Your Story (3FL)	29 <u>12:30-1:30pm</u> Yoga 4 Women (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR)	30 <u>10am-12pm</u> Sewing Group (3FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	31	