

Women's Center Calendar for NOVEMBER 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

Help Accessing Services

<NEW> Housing Specialist. Monday 11/19 (3rd Mondays), 3-5pm. Come to drop-in hours with Just-a-Start's case worker for housing questions & concerns. Get help with a housing search process, resolve conflicts, understand your rights. No appointment needed.

<NEW> Ayuda para hispanoparlantes. Martes (no 11/13) 1-2pm y miércoles 11/7 y 21, 6-7pm. Maria le puede ayudar a llenar y traducir aplicaciones o documentos, como aplicaciones para shelter o housing, documentos legales, o cartas en inglés. También, si necesita hacer una llamada para obtener un seguro de salud, pagar una factura, etc. No se necesita cita.

Artistic Expression and Creativity

<NEW> A Part of the Circle. Thursdays 11/15 & 29, 2-3:30pm. Come access your inner resources through theatre, play, and exploration. In a judgement-free zone, we will cultivate a sense of community. No experience needed. Apartofthecircle@gmail.com

Beading Group. Mondays (weekly, but not 11/12), 1:30--4:30pm. No experience needed. Beginners are welcome & materials provided! Info: thebeadinggroup@gmail.com

<NEW> Craft Time with Cookie, Tuesday 11/13, 10:30am-12:30pm. Supplies included, all women and children welcome. Info: Cookie, christinabaynes@yahoo.com

***Feminist Book Club.** Monday, 11/5, 7-8pm. We discuss books through the lens of feminism and our own experiences. The book is *Educated* by Tara Westover. Info: lizbada@bu.edu

<NEW> Healing through Art. Thursdays, starting 11/8, 12-2pm A space for women to come together & use the creative process to heal ourselves. All women welcome. No experience needed. Info: Forest 617-416-1297 or elizagburke@gmail.com

Sewing Group. Thursdays, 10am-12pm (not 11/22). 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> Wire Wrapping Bracelet Workshop. Fridays (not 11/23), 10am-noon. Covered copper armature wire 22 gauge, wire cutters, flat pliers, ruler, directions, provided. You can bring your special beads if you want. Info Karlotta: graciegeorgie@gmail.com

Write Your Story. Tuesdays, 11/6 & 13, 2-3:15pm. The writing process can be challenging but it is also a satisfying way to communicate your thoughts. This friendly group will help you learn how to tell the stories you want to tell, fiction and nonfiction. Led by novelist Laura van den Berg. Info: vandenberg8@gmail.com

Write Your Way. Tuesdays (not 11/20), 5:30-6:30pm. 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.** 11/2 (1st Friday), 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 11/16 (3rd Fridays), 6-7:30pm. Inclusive group for women attracted to women. Topic: *Date Ideas*. Info: jojo.bischof@web.de

***Reconciling Support Group.** Friday 11/30 (usually 4th Fridays), 6:30-8pm. For individuals assigned female at birth, who identified as something other than female/are dysphoric, & 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

***Meditations for Gratitude.** Wed 11/14, 5:30-6:30pm. Together we'll practice meditations for gratitude and inner stillness--mindful breathe, body scan/relaxation, visualization, and more. No previous experience necessary. Info: Christine: christineradice@yahoo.com

Trauma Survivors' Groups

A Survivor's Write to Heal. Mondays, 11/5 & 12, 6-8pm. Writing workshops designed to embolden female survivors of trauma and abuse by providing an expressive outlet in a nurturing setting. We discuss, write & share our work. Info: dianesteinkamp@hotmail.com

Healing Through Creative Arts. Saturday 11/17, 12:30-3pm. *Movement as Poetry: Opening to creative flow.* Facilitated by Jacey Rubinstein. Unlock new creativity blending movement and writing! For survivors of sexual violence. Space limited; to register call 978-408-9233 or contact martharogersmusic@gmail.com

Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse, Friday 11/16 (3rd Fridays, September-June), 6-7:30pm. Topic: *Family*. 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. Info: SIAWomenCambridge@gmail.com

<NEW> Transforming Violence Through Mindful Art-Making. Sunday 11/18, 9am-noon. Join us for a morning of art for trauma survivors. Space is limited, preregistration required. To register: jessye@cambridgewomenscenter.org

Trauma Support/Discussion Group. Thursdays (not 11/8 or 22), 6:30-7:30pm. An intimate group where women can share and get support for all forms of trauma, past and present. For topics, more info: <http://cwctraintraumagroup.org/> or email groupcambridge@gmail.com

Wellness/Self-Help/Conversation

Fertility Awareness Meetup. Wed 11/14, 7-8pm. A space for women to connect around menstrual cycle awareness, fertility, and natural birth control. Info Anna: anna@acfertilityawareness.com

<NEW> Healthy Mind, Body and Soul. Wednesdays (not 11/21), 6-7:30pm. Join us for restorative self-care practices focused on healing and connecting to yourself and others. Info: Erika, erikamagone@gmail.com

***Spanish-English Conversation Exchange.** New day & time! Wednesdays, weekly, 12:30-2:30pm. Are you an English speaker interested in improving your Spanish? ¿Hablas español y estás interesada en mejorar tu inglés? Come learn in a relaxing way. All levels welcome! womenspanishenglishclass@hotmail.com

***Women 65+ Discussion Group.** New day! 11/8 (2nd Thursdays), 2-3:30pm. This month's topic: *Friendship. Making and Keeping Friends*. Info: judy@cambridgewomenscenter.org

Women's Narcotics Anonymous (NA) Meeting. "Ladies, Let's Talk About It." Thursdays, 6:30-8pm (not 11/22). Support group for women recovering from drug/alcohol abuse. Info: Neile, 617-953-4878.

Yoga

<NEW> Yoga & Relaxation with Dorte. Wednesdays, 12-1:15pm. Nourish body & mind through basic yoga poses & breathing. For all levels. Register by 9am at the latest: ScandiYoga@gmail.com

♦ ♦ ♦ ♦ ♦ AND MORE ♦ ♦ ♦ ♦ ♦

***Open Luncheons at the Women's Center.** Come eat and chat. Monday 11/5 & Tuesday 11/20, 12:30-1:30pm. Info: 617-354-6394.

Women's Center Board of Trustees Meeting. Wednesday, 11/28, 6-7:30pm. Info: board@cambridgewomenscenter.org

***SPECIAL EVENTS! AUTUMN OPEN HOUSE, Sunday 11/4, 3-6pm. All genders & ages welcome! Food, fun, kids' activities & more. THANKSGIVING at the Women's Center. Thursday 11/22, 12noon-4pm!! All women and children welcome to share in the feast!**

Women's Center Calendar for November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>	<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>		1 <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)	2 <u>10am-12pm</u> Wire- Wrapping Bracelet Workshop (2FR) <u>6:30-8pm</u> Bay State Butches (LR)	3 No groups <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SUNDAY Nov 4 3-6pm Open House All ages and genders welcome </div>
5 <u>12:30-1:30pm</u> Open Luncheon (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>6:30-7:30pm</u> Breathe & Believe Yoga (need to preregister by 4pm) (3FR) <u>6-8pm</u> Survivors Write to Heal (3FL) <u>7-8pm</u> Feminist Book Club (LR)	6 <u>1-2pm</u> Ayuda para hispanoparlantes (3FL) <u>2-3:15pm</u> Write Your Story (3FL) <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)	7 <u>12-1.15pm</u> Yoga with Dorte (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FR) <u>6-7pm</u> Ayuda para hispanoparlantes (3FL)	8 <u>10am-12pm</u> Sewing Group (3FR) <u>12-2pm</u> Healing thru Art (2FR) <u>2-3:30pm</u> Women 65+ Discussion Group (LR) <u>6:30-8pm</u> Women's NA (LR)	9 <u>10am-12pm</u> Wire- Wrapping Bracelet Workshop (2FR))	10
12 <u>6-8pm</u> Survivors Write to Heal (3FL) <u>7-9pm</u> Closed Group (LR)	13 <u>10:30-12:30pm</u> Craft Time with Cookie (2FR) <u>2-3:15pm</u> Write Your Story (3FL) <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)	14 <u>12-1.15pm</u> Yoga with Dorte (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) 5:30-6:30pm Meditations for Gratitude (LR) <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FR) <u>7-8pm</u> Fertility Awareness Meet- up (3FL)	15 <u>10am-12pm</u> Sewing Group (3FR) <u>12-2pm</u> Healing thru Art (2FR) <u>2-3:30pm</u> A Part of the Circle (3FR) <u>6:30-8:30pm</u> BARCC Volunteer Training (2FR) (closed) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	16 <u>10am-12pm</u> Wire- Wrapping Bracelet Workshop (2FR) <u>6-7:30pm</u> Lesbian & Bi Women's Discussion Group (LR) <u>6-7:30pm</u> Survivors of Child Sexual Abuse Discussion Group. (no one admitted after 6:15pm) (3FR)	17 <u>12:30-3pm</u> Healing thru Creative Arts – (3FR) <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Sunday, Nov. 18 <u>9am-Noon</u> Transformative Art Project for trauma survivors (3FR) (must preregister) </div>
19 <u>1:30-4:30pm</u> Beading (2FR) <u>3-5pm</u> Housing Specialist (3FL)	20 <u>12:30-1:30pm</u> Open Luncheon (LR) <u>1-2pm</u> Ayuda para hispanoparlantes (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)	21 <u>12-1.15pm</u> Yoga with Dorte (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>6-7pm</u> Ayuda para hispanoparlantes (3FL)	22 THANKSGIVING 12-4pm – Cambridge Women's Center will be open for Thanksgiving dinner and drop-in	23	24
26 <u>1:30-4:30pm</u> Beading (2FR)	27 <u>1-2pm</u> Ayuda para hispanoparlantes (3FL) <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)	28 <u>12-1.15pm</u> Yoga with Dorte (3FR) <u>12:30-2:30pm</u> Spanish-English Conversation Exchange (LR) <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FR) <u>6-7:30pm</u> Board Meeting (LR) <u>6:30pm-8pm</u> Volunteer Self-care Training (3FL) (closed)	29 <u>10am-12pm</u> Sewing Group (3FR) <u>12-2pm</u> Healing thru Art (2FR) <u>2-3:30pm</u> A Part of the Circle (3FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	30 <u>10am-12pm</u> Wire- Wrapping Bracelet Workshop (2FR) <u>6:30-8pm</u> Reconciling Support Group (LR)	