

Women's Center Calendar for October 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

Monday (closed Columbus Day 10/9)

<NEW> **A Survivor's Write to Heal.** Weekly, 4-5:30pm. 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

<NEW> **Creative Expression and Mindfulness.** Weekly, 11am-1pm. A space to explore our mind-body connection through breathing exercises and creative expression using various art mediums. To observe what unfolds with love & kindness, relieve stress & find healing. Led by Daniell. Info: Daniellcwc@gmail.com

Basic Yoga with Marilyn. Weekly, 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

***Feminist Book Club.** 10/2 (usually 1st Monday), 7-8pm. We discuss books through the lens of feminism and our own experiences. *We will be discussing Out of Line: A Life of Playing with Fire* by Barbara Lynch. Info: lizbada@bu.edu

Women's Center Board of Trustees Meeting. 10/23, 6-7:30pm. Monthly. Info: board@cambridgewomenscenter.org

Tuesday

Art Group. Weekly (not 10/3), 12-2pm. A welcoming space to create art of any medium. Fun and rewarding class for creative expression. No art background needed—all are welcome! Info: Michelle Spages, mshellspages@gmail.com

***Women For Political Action.** 10/3, 6-7:30pm. Come to share, discuss, and plan political actions we can take in our community and beyond. We can make a difference! Info: office@w4pa.org

<NEW> **After Abortion Well-Being.** 10/3 & 17, 6-7:30pm (2 Tuesdays/month). Whether an abortion was recent or not, the healing process is ongoing. Come feel supported in a respectful, confidential space. We will explore healing through story sharing discussion, art & more. Info: abortionhealingboston@gmail.com

Write Your Story. 10/10 & 24, 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: vandenbergs8@gmail.com

Meditation for Welcoming Fall. 10/17, 6-7:30pm. We will practice meditations to welcome fall: mindful breath, body scan/relaxation, gratitude practice, and letting go. No prior experience needed. Info: Christine, christineradice@yahoo.com

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

Managing Your Money. 10/11, 4:30-7:30pm & 10/18, 4:30-6pm. Free one-on-one, forty-five minute confidential consultations with a professional financial planner on handling credit/debts; budgeting; taxes; other issues. Pre-registration required: linda@cambridgewomenscenter.org

***Women 65+ Discussion Group.** 10/18, 2-3:30pm. Today's topic: *Inertia/Procrastination*. Come for supportive discussions on aging issues we all face. judy@cambridgewomenscenter.org

Create your own Earrings! 10/18, 4-5:30pm Come join me for a fun, creative earring design workshop. You'll make your own one-of-a-kind sets of earrings (with help n guidance) using fabric & other materials (provided). Info: Elizabeth, ef1916@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.... No experience needed. graciegeorgie@gmail.com

Thursday (continued)

***Knitting Group.** Weekly, 12:30-1:30pm. Come knit with us! Open to all levels, no experience necessary! Materials available. Info: graciegeorgie@gmail.com

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: Neile, 617-953-4878.

Trauma Support/Discussion Group. An intimate group where women share/get support for all forms of trauma, past and present. 10/5, 6:30-7:30pm. On 10/12, 19 & 26, from 6-7pm, special "Poetry for Trauma Survivors" workshops will precede the regular trauma survivor's group, which will meet 7-8pm. Come to either or both! More info: groupcambridge@gmail.com

Friday

Paint with Your Kids. 10/6, 11:30am-1:30pm This painting workshop will be led by Christina "Cookie" Baynes. She loves and enjoys doing crafts with her kids, and wants to share the experience with other families in her community. Info: christinabaynes@yahoo.com

***Bay State Butches.** 10/6, 6:30-8pm. Join other butch lesbians to socialize with and support one another and talk about our experiences! Info, questions: Lane, defaultlane@aim.com

Non-Binary Discussion Group. 10/13, 6:30pm-8:00pm. Topic: *What it means to identify outside the gender binary*. All who don't identify as male are invited. nonbinaryboston@gmail.com

Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse. 10/20, 6-7:30pm. Topic: *Memory and Validation*. You must come on time! No one will be admitted after 6:15pm so group process will not be disrupted!

<NEW> ***Lesbian & Bi Women's Discussion Group.** 10/20, 6-7:30pm. Inclusive group for women attracted to women. Tonight's topic: *Dating*. Info: jojo.bischof@web.de

<NEW> ***Lesbian, Bi & Trans Circle,** 10/27, 1-2pm. A space for open discussion & socializing, Info: Daniellcwc@gmail.com

<NEW> ***Navigating Divorce in Massachusetts with or without a Lawyer.** 10/27, 11am-1pm. Learn how to represent yourself, when you need a lawyer, how to minimize the cost; how to get emergency restraining orders, temporary orders for custody & support, etc. Drop in any time between 11am & noon and get your questions answered for free. Led by attorney Isabella Jancourtz. Info: isabellajancourtz@yahoo.com

Saturday

***Women's Ovarian Cancer Support Group.** 10/21 (usually 1st & 3rd Saturdays), 1-2:30pm. A place where we can support each other, learn together & share experiences. All ages & stages are welcome! Info: womenscancergroup@gmail.com

Healing Through Creative Arts Workshop. 10/21, 12:30-3pm. Led by Carla Orr. Explore what we need as survivors to feel safe and held. We will build nests from provided materials (you can bring personal items). Registration preferred/not required: For info/to register: martharogersmusic@gmail.com

♦ ♦ ♦ ♦ ♦ AND MORE! ♦ ♦ ♦ ♦ ♦

Beading Group. Now meeting twice a week! Mondays, 1:15-3pm and Tuesdays 2:30-5:30pm Materials provided. Info: thebeadinggroup@gmail.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

***Open Luncheons at the Women's Center.** 10/3 & 17 (1st & 3rd Tues) & 10/30 (last Mon), 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

October 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|---|
| <p>2 <u>11am-12pm</u> Creative Expression & Mindfulness (2FR) <u>1:15-3pm</u> Beading (2FR) <u>5:30-7:30pm</u> Survivors Write to Heal (3FL) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR) <u>7-8pm</u> Feminist Book Club (2FR)</p> | <p>3 <u>12:30-1:30pm</u> Open Luncheon (LR) <u>2:30-5:30pm</u> Beading (2FR) <u>6-7:30pm</u> Women For Political Action <u>6-7:30pm</u> After Abortion Well-Being (2FR)</p> | <p>4 <u>11am-1pm</u> Spanish-English Conversation Exchange (LR)</p> | <p>5 <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) or (LR) <u>6:30-8pm</u> Women's NA (LR) or (2FR)</p> | <p>6 <u>11:30-1:30pm</u> Paint with Your Kids. (2FR) <u>6:30-8pm</u> Bay State Butches (LR)</p> | <p>7</p> |
| <p>9 Indigenous People's Day (aka Columbus Day) -- Closed <u>7-9pm</u> Closed group (LR)</p> | <p>10 <u>12-2pm</u> Art Group (2FR) <u>2-3 pm</u> Write Your Story (3FL) <u>2:30-5:30pm</u> Beading (2FR)</p> | <p>11 <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>4:30-7:30pm</u> Managing Your Money (individual consultations, must preregister) (2FR)</p> | <p>12 <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30pm</u> Knitting (LR) <u>6-8pm</u> Trauma Survivors <u>6-7pm</u>: Poetry for Trauma Survivors workshop; <u>7-8pm</u>: Trauma Group (3FR) or (LR) <u>6:30-8pm</u> Women's NA (LR) or (2FR)</p> | <p>13 <u>6:30-8pm</u> Boston Non-Binary Discussion Group (LR)</p> | <p>14</p> |
| <p>16 <u>11am-12pm</u> Creative Expression & Mindfulness (2FR) <u>1:15-3pm</u> Beading (2FR) <u>5:30-7:30pm</u> Survivors Write to Heal (3FL) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR)</p> | <p>17 <u>12-2pm</u> Art Group (2FR) <u>12:30-1:30pm</u> Open Luncheon (LR) <u>2:30-5:30pm</u> Beading (2FR) <u>6-7:30pm</u> After Abortion Well-Being (2FR) <u>6-7:30pm</u> Meditation for Welcoming Fall (3FR)</p> | <p>18 <u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>2-3:30pm</u> Women 65+ Discussion Group (LR) <u>4-5:30pm</u> Create you own original earrings (2FR) <u>4:30-6pm</u> Managing Your Money (individual consultations, must preregister) (3FL)</p> | <p>19 <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30pm</u> Knitting (LR) <u>6-8pm</u> Trauma Survivors <u>6-7pm</u>: Poetry for Trauma Survivors workshop; <u>7-8pm</u>: Trauma Group (3FR) or (LR) (3FR) or (LR) <u>6:30-8pm</u> Women's NA (LR) or (2FR)</p> | <p>20 <u>6-7:30pm</u> Survivors of Child Sexual Abuse Discussion Grpup (no one admitted after <u>6:15pm</u>) (3FR) <u>6-7:30pm</u> Lesbian & Bi Women's Discussion Group (LR)</p> | <p>21 <u>12:30-3pm</u> Healing Thru Creative Arts Workshop (3FR) <u>1-2:30pm</u> Women's Ovarian Cancer Support Group (LR)</p> |
| <p>23 <u>11am-12pm</u> Creative Expression & Mindfulness (2FR) <u>1:15-3pm</u> Beading (2FR) <u>5:30-7:30pm</u> Survivors Write to Heal (3FL) <u>6-7:30pm</u> Board Meeting (2FR) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR)</p> | <p>24 <u>12-2pm</u> Art Group (2FR) <u>2-3 pm</u> Write Your Story (3FL) <u>2:30-5:30pm</u> Beading (2FR)</p> | <p>25 <u>11am-1pm</u> Spanish-English Conversation Exchange (LR)</p> | <p>26 <u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30pm</u> Knitting (LR) <u>6-8pm</u> Trauma Survivors <u>6-7pm</u>: Poetry for Trauma Survivors workshop; <u>7-8pm</u>: Trauma Group (3FR) or (LR) <u>6:30-8pm</u> Women's NA (LR) or (2FR)</p> | <p>27 <u>11am-1pm</u> Navigating Divorce with or without a Lawyer (LR) <u>1-2pm</u> Lesbian, Bi & Trans Circle (LR)</p> | <p>28</p> |
| <p>30 <u>11am-12pm</u> Creative Expression & Mindfulness (2FR) <u>12:30-1:30pm</u> Open Luncheon (LR) <u>1:15-3pm</u> Beading (2FR) <u>5:30-7:30pm</u> Survivors Write to Heal (3FL) <u>6:15-7:15pm</u> Basic Yoga with Marilyn (need to preregister by 4pm) (3FR)</p> | <p>31 <u>12-2pm</u> Art Group (2FR) <u>2:30-5:30pm</u> Beading (2FR)</p> | <div style="border: 1px solid black; padding: 5px;"> <p>ROOM LOCATIONS</p> <p>LR – Living Room (accessible) 2FR - 2nd Floor Right 3FR - 3rd Floor Right 3FL - 3rd Floor Left</p> </div> | | <div style="border: 1px solid black; padding: 5px;"> <p>HOURS FOR DROP-IN AND COMPUTER LABS</p> <p>Mon - Friday 10am-8pm Saturday 10am-3pm</p> </div> | |