

Women's Center Calendar for OCTOBER 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 10/15 (3rd Mondays), 3-5pm. Come to drop-in hours with Just-a-Start's case worker to answer housing questions and concerns. She can also help you navigate a housing search process, resolve conflicts, and understand your rights. No appointment needed.

<NEW> Healthcare "Ask Me Anything." Saturday 10/27, 1-2pm. Are you having trouble navigating the healthcare system? Stop by to ask Neha and Jeanne your questions about health insurance, enrollment, understanding your coverage and costs, referrals, or something else. All questions are welcome! If we don't know the answer, we'll troubleshoot online to help you find what you need. Info: CWHealthcareAMA@gmail.com

Artistic Expression and Creativity

Beading Group. Mondays (not 10/8), 1:30-4:30pm. No experience needed. Beginners are welcome & materials provided! Info: thebeadinggroup@gmail.com

***Feminist Book Club.** Monday, 10/1, 7-8pm. We discuss books through the lens of feminism and our own experiences. The book is *Bossypants* by Tina Fey. Info: lizbada@bu.edu

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

Write Your Story. Tuesdays, 10/16 & 23, 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

<NEW> Write Your Way. Tuesdays, 5:30-6:30pm. Whether you're new to writing, or possess a lifelong habit, come join us. We'll write, exploring memory, relationships, identity, wellness, and more, and share if we choose. Info: adrianacgrant@gmail.com

LGBTQ+ Support & Discussion Groups

***Bay State Butches.** 10/5 (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 10/19 (3rd Fridays), 6-7:30pm. Inclusive group for women attracted to women. Topic: *Falling for Straight People / Realizing your Sexuality / First Crushes*. Info: jojo.bischof@web.de

***Reconciling Support Group.** Friday 10/26 (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, 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 & Yoga

<NEW> Breathe and Believe Yoga. Mondays (not 10/8), 6:30-7:30pm, with Nathalie Simmons, a registered yoga teacher. She approaches yoga as a practice, acknowledging that with each new day come new challenges, physical and mental. Her classes are designed to meet students where they are. No experience needed. Preregister by 4pm: jenniferchan@breatheandbelieveyoga.com

***Meditation Workshop: Welcoming Fall.** Wednesday 10/10, 6-7:15pm. Together we will practice meditations to welcome the fall season – mindful breath, body scan/relaxation, gratitude practice, and a meditation for letting go. No previous meditation experience necessary. Info: Christine: christineradice@yahoo.com

Trauma Survivors' Groups

A Survivor's Write to Heal. Monday, 10/22, 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 10/27, 12:30-3pm. *Accordion Bookmaking: Opening and Expanding.* Facilitated by Carla Orr. Join us in a loving, supportive and sacred space for survivors of child sexual abuse. Sponsored by Survivor Theatre Project. To register contact martharogersmusic@gmail.com or call 978-408-9233. Drop-ins are also welcome.

Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse, Friday 10/19 (3rd Fridays, September-June), 6-7:30pm. Topic: *Self-Blame*. 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

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. Please check out <http://cwctraumagroup.org/> for topics, more info, or email groupcambridge@gmail.com

Wellness/Self-Help/Conversation

<NEW> Family Law Workshop. Thursday 10/18, 11am-1pm. Led by attorney Isabella Jancourtz, this practical workshop covers child custody and support, divorce, modification, protection from abuse and other family law issues. All women are welcome. Please email isabellajancourtz@yahoo.com with any questions, including other areas of the law you need information about.

<NEW> Healthy Mind, Body and Soul. Wednesdays (not 10/17), 6-7:30pm. Join us for restorative self-care practices focused on healing and connecting to yourself and others. Info: Erika, erikamagone@gmail.com

<NEW> Representing Yourself in Family Court: Know Your Rights, Navigate the System and Argue Your Case with Confidence. Thursday, 10/25, 6-7:30pm. Topic: *Child Custody*. Come join us for an open, informative discussion about representing yourself in a child custody case. We will focus on the initial filings, the first hearing, the custody evaluation, and the trial. All are welcome whether you are representing yourself or just want to learn more. Led by lawyer Leslie M. Jordon. Info: lmj@jordonlawfirm.com

***Spanish-English Conversation Exchange.** Mondays (not 10/8), 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 10/17, 2-3:30pm. This month's topic: *What Makes Us Happy?* Come for fun and thoughtful conversation. 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 ♦ ♦ ♦ ♦ ♦

<NEW> Flu Shot Clinic, Thursday 10/18, 3-6pm, Art Room. FREE!

***Open Luncheons at the Women's Center.** Tuesday, 10/16 and Monday, 10/22, 12:30-1:30pm. Info: 617-354-6394.

Women's Center Board of Trustees Meeting. Wednesday, 10/24, 6-7:30pm. Info: board@cambridgewomenscenter.org

SAVE THE DATE! Autumn Open House, Sunday, 11/4, 3-6pm. All genders & ages invited! Info: linda@cambridgewomenscenter.org

Women's Center Calendar for October, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>6-7:30pm</u> Volunteer Meeting (LR) <u>6:30-7:30pm</u> Breathe & Believe Yoga (need to preregister by 4pm) (3FR) <u>7-8pm</u> Feminist Book Club (2FR)</p>	<p>2 <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>3 <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FR)</p>	<p>4 <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)</p>	<p>5 <u>6:30-8pm</u> Bay State Butches (LR)</p>	<p>6</p>
<p>8 CLOSED FOR INDIGENOUS PEOPLE'S DAY (COLUMBUS DAY)</p>	<p>9 <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>10 <u>6-7:15pm</u> Meditation Workshop: Welcoming Fall (2FR) <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FR) <u>6-8pm</u> Volunteer Training (LR)</p>	<p>11 <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)</p>	<p>12</p>	<p>13</p>
<p>15 <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>3-5pm</u> Housing Specialist (3FL) <u>6:30-7:30pm</u> Breathe & Believe Yoga (need to preregister by 4pm) (3FR)</p>	<p>16 <u>12:30-1:30pm</u> Open Luncheon (LR) <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)</p>	<p>17 <u>2-3:30pm</u> Women 65+ Discussion Group (LR)</p>	<p>18 <u>10am-12pm</u> Sewing Group (3FR) <u>11am-1pm</u> Family Law Workshop (LR) <u>3-6pm</u> Flu Shot Clinic FREE! (2FR) <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)</p>	<p>19 <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)</p>	<p>20</p>
<p>22 <u>12pm-2pm</u> Spanish-English Conversation Exchange (3FR) <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> A Survivor's Write to Heal (3FL)</p>	<p>23 <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)</p>	<p>24 <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FR) <u>6-7:30pm</u> Board Meeting (LR)</p>	<p>25 <u>10am-12pm</u> Sewing Group (3FR) <u>6-7:30pm</u> Representing Yourself in Family Court: Know Your Rights, Navigate the System and Argue Your Case with Confidence. This month's topic: Child Custody (3FL). <u>6:30-7:30pm</u> Trauma Support/ Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)</p>	<p>26 <u>6:30-8pm</u> Reconciling Support Group (LR)</p>	<p>27 <u>11am-4:30pm</u> Volunteer Training (LR) <u>1-2pm</u> Healthcare "Ask Me Anything" (2FR) <u>12:30-3pm</u> Healing thru Creative Arts – Accordion Bookmaking (3FR)</p>
<p>29 <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>6-8pm</u> Volunteer Training (LR) <u>6:30-7:30pm</u> Breathe & Believe Yoga (need to preregister by 4pm) (3FR)</p>	<p>30 <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>31 <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FR)</p>	<div style="border: 1px solid black; padding: 5px;"> <p>ROOM LOCATIONS LR – Living Room 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 Mon-Fri 10am-8pm Sat 10am-3pm</p> </div>	