

Women's Center Calendar for September 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 Labor Day 9/4)

<NEW> **A Survivor's Write to Heal.** 9/11, 18 & 25, 4-5:30pm. These writing workshops are 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 written work and preserve it anonymously on a blog. Open to all abuse and trauma survivors who identify as women. All ages welcome. Info: Cindy cindyinthehub@gmail.com

<NEW> **Creative Expression and Mindfulness.** 11am-12pm weekly, starting on 9/18. A space to explore our mind-body connection through breathing exercises and creative expression using various art mediums. The aim of each meeting will be to observe what unfolds with love and kindness, as well as relieve stress and find healing. Facilitated by Daniell for questions and more information email Daniellcwc@gmail.com

Beading Group. Weekly (not 9/4), 2:30-4:30pm. Materials provided. Info: thebeadinggroup@gmail.com

Basic Yoga with Marilyn. Weekly (not 9/4), 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.** 9/11 (usually 1st Monday), 7-8pm. We discuss books through the lens of feminism and our own experiences. The book: *What it Means When a Man Falls From the Sky*, by Lesley Nneka Arimah. Info: lizbada@bu.edu

Board of Trustees Meeting. 9/18, 6-7:30pm. Monthly. Info: board@cambridgewomenscenter.org

Tuesday

Art Group. Weekly, 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.** 9/5, 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.** 9/5 & 19, 6-7:30pm (meets two Tuesdays/month). Whether an abortion was recent or not, the healing process is ongoing and can take many forms. Come feel heard, supported, and comforted in a respectful space. We will explore healing through story sharing and discussion, art, and more. Your identity and experiences will be confidential. Info: abortionhealingboston@gmail.com

Write Your Story. 9/12, 2-3pm. This friendly, supportive 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

Meditation for Deep Relaxation. 9/19, 6-7:30pm. Together we will practice meditations for deep relaxation and rest. No prior experience needed. Info: Christine, christineradice@yahoo.com

Managing Your Money. 9/26, 5-7:15pm. Free one-on-one, 45-minute confidential consultations with a professional financial planner on handling credit/debts; budgeting; taxes; other issues. Pre-registration required: linda@cambridgewomenscenter.org

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

***Women 65+ Discussion Group.** 9/20, 2-3:30pm. Topic: *Getting around as we age.* Come for supportive discussions on aging issues we all face. judy@cambridgewomenscenter.org

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

***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. Weekly, 6:30-7:30pm. An intimate group where women share/get support for all forms of trauma, past and present. Info: groupcambridge@gmail.com

Friday

***Bay State Butches.** 9/1, 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

Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse. 9/15, 6-7:30pm. Topic: *From Denial to Truth.* You need to come on time! No one will be admitted after 6:15pm so group process will not be disrupted! Info: 617-354-6394 x12.

<NEW> ***Lesbian & Bi Women's Discussion Group.** 9/15, 6-7:30pm. Inclusive group for women attracted to women. Tonight's topic: *Coming Out.* Info: jojo.bischof@web.de

<NEW> ***Navigating Divorce in Massachusetts with or without a Lawyer.** 9/22, 11am-1pm. Learn how to represent yourself; when you need a lawyer to represent you. and how to minimize the cost. Find out how to get emergency restraining and vacate orders, temporary orders for custody and support, and orders for attachment of bank accounts or real estate on your own. Drop in anytime between 11am & 1pm with your questions and get them answered for free! Led by attorney Isabella Jancourtz. Info: isabellajancourtz@yahoo.com

<NEW> **How to Go Vegan and Stay Healthy.** 9/22, 6:30-7:30pm. Learn how to eat a natural vegan diet, based on whole grains, legumes, and fresh produce. Info: Sara Sezun, sara.sezun@gmail.com

Saturday

***Women's Ovarian Cancer Support Group.** 9/16 (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. 9/23, 12:30-3pm. *The Power of the Drum:* an interactive, high energy, spiritually enlivening experience in a loving, supportive and sacred space for survivors. Facilitated by Irène "I-SHEA" Shaikly, a high energy multi-disciplined multi-faceted performer, percussionist, singer/songwriter, survivor, and lover of building connections to a higher ground. Sponsored by Survivor Theatre Project. Registration preferred/not required: Walk-ins welcome. For info/to register: call 978-408-9233 or contact martharogersmusic@gmail.com

♦ ♦ ♦ ♦ ♦ AND MORE! ♦ ♦ ♦ ♦ ♦

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.** 9/19 (3rd Tuesdays) & 9/25 (4th Mondays), 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

September 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|--|
| <p style="text-align: center;">ROOM LOCATIONS</p> <p>LR – Living Room (accessible) 2FR - 2nd Floor Right 3FR - 3rd Floor Right 3FL - 3rd Floor Left</p> | <p style="text-align: center;">HOURS FOR DROP-IN AND COMPUTER LABS</p> <p>Mon - Friday 10am-8pm Saturday 10am-3pm</p> | | | <p>1</p> <p><u>4-5:15pm</u> Reach in, reach out (<i>closed group</i>) (LR) <u>6:30-8pm</u> Bay State Butches (LR)</p> | <p>2</p> |
| <p>4</p> <p>Labor Day -- Closed</p> | <p>5</p> <p><u>12-2pm</u> Art Group (2FR) <u>6-7:30pm</u> After Abortion Well-Being (2FR) <u>6-7:3pm</u> Women For Political Action</p> | <p>6</p> <p><u>11am-1pm</u> Spanish-English Conversation Exchange (LR)</p> | <p>7</p> <p><u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30om</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>8</p> <p><u>4-5:15pm</u> Reach in, reach out (<i>closed group</i>) (LR)</p> | <p>9</p> |
| <p>11</p> <p><u>2:30-4:30pm</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) <u>7-9pm</u> Closed group (LR)</p> | <p>12</p> <p><u>12-2pm</u> Art Group (2FR) <u>2-3 pm</u> Write Your Story (3FL)</p> | <p>13</p> <p><u>11am-1pm</u> Spanish-English Conversation Exchange (LR)</p> | <p>14</p> <p><u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30om</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>15</p> <p><u>4-5:15pm</u> Reach in, reach out (<i>closed group</i>) (LR) <u>6-7:30pm</u> Survivors of Child Sexual Abuse Discussion Grpup (no one admitted after 6:15pm) (3FR) <u>6-7:30pm</u> Lesbian & Bi Women's Discussion Group (LR)</p> | <p>16</p> <p><u>1-2:30pm</u> Women's Ovarian Cancer Support Group (LR)</p> |
| <p>18</p> <p><u>11am-12pm</u> Creative Expression & Mindfulness (2FR) <u>2:30-4:30pm</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>19</p> <p><u>12-2pm</u> Art Group (2FR) <u>12:30-1:30pm</u> Open Luncheon (LR) <u>6-7:30pm</u> After Abortion Well-Being (2FR) <u>6-7:30pm</u> Meditation for Deep Relaxation (3FR)</p> | <p>20</p> <p><u>11am-1pm</u> Spanish-English Conversation Exchange (LR) <u>2-3:30pm</u> Women 65+ Discussion Group (LR)</p> | <p>21</p> <p><u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30om</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>22</p> <p><u>11am-12pm</u> Navigating Divorce with or without a Lawyer (LR) <u>4-5:15pm</u> Reach in, reach out (<i>closed group</i>) (LR) <u>6:30-7:30pm</u> How to Go Vegan & Stay Healthy</p> | <p>23</p> <p><u>12:30-3pm</u> Healing Thru Creative Arts Workshop "The Power of the Drum" (3FR)</p> |
| <p>25</p> <p><u>11am-12pm</u> Creative Expression & Mindfulness (2FR) <u>12:30-1:30pm</u> Open Luncheon (LR) <u>2:30-4:30pm</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>26</p> <p><u>12-2pm</u> Art Group (2FR) <u>5-7:15pm</u> Managing Your Money (individual consultations, must preregister) (2FR)</p> | <p>27</p> <p><u>11am-1pm</u> Spanish-English Conversation Exchange (LR)</p> | <p>28</p> <p><u>10am-12pm</u> Sewing Group (3FR) <u>12:30-1:30om</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>29</p> | <p>30</p> |