

Women's Center Calendar for SEPTEMBER 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 9/17 (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" (AMA), Saturday 9/8, 1-2pm. Stop by to ask Neha and Jeanne your healthcare related questions. All questions are welcome! If we don't know the answer right away, we'll troubleshoot online to help you find what you need. Info: CWChcalthcareAMA@gmail.com

Artistic Expression and Creativity

Beading Group. Mondays (not 9/3), 1:30-4:30pm. No experience needed. Materials provided! Info: thebeadinggroup@gmail.com

***Feminist Book Club.** Monday, 9/17, 7-8pm. We discuss books through the lens of feminism and our own experiences. The book is *Parable of the Talents* by Octavia Butler. Info: lizbada@bu.edu

Sewing Group. Thursdays, 9/6 & 27, 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

Unstructured Art Time. Wednesdays, 2-4pm. The Art Room and art supplies will be available for anyone to paint, draw, make collages, color, etc. Come on over and crank up your creativity! No one will be leading - just do your thing! Info: 617-354-6394.

Write Your Story. Tuesdays, 9/4 and 9/11, 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.** 9/7 (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 9/21 (3rd Fridays), 6-7:30pm. Inclusive group for women attracted to women. Topic: *Intersectionality*. Info: jojo.bischof@web.de

***Reconciling Support Group.** Friday 9/28 (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. 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 9/3), 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 for Stress Management.** Wednesday 9/12, 6-7:30pm. We'll practice a variety of meditations including deep relaxation, guided visualization, mindful breathing, and loving-kindness, as well as share tips for working meditation into your daily life. No previous meditation experience necessary. Info: Christine: christineradice@yahoo.com

***COMMUNITY MEETING,** Tuesday 9/25, 5:30-6:30pm

Come meet with Jessye Kass, our new Director. Give feedback & suggestions. Discuss concerns! She looks forward to hearing from you! Info: jessye@cambridgewomenscenter.org

Trauma Survivors' Groups

A Survivor's Write to Heal. Mondays, 9/10 & 24, 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 9/22, 2:15-4:15pm. "The Healing Power of the DRUM" facilitated by Irène Shaikly. 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.

Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse, Friday 9/21 (3rd Fridays, September-June), 6-7:30pm. Topic: *Secrets*. 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. For info contact: 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> Empowerment Self-Defense. Sat. 9/29, 1-2:30pm. Come learn effective verbal & physical self-defense techniques. No prior experience needed.

To register: or for more info: beth@tenacityselfdefense.com

<NEW> Family Law Workshop. Thursday 9/20, 10am-noon. 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> How to Go Vegan and Stay Healthy. Tuesday 9/4, 6:30-7:30pm. Explore the benefits of a vegan diet based on whole grains, legumes & fresh produce. Learn tips about preparing these foods for maximum nutritional benefit with minimum cost, and discover nutritious substitutions for animal foods. sara.sezun@gmail.com

<NEW> Healthy Mind, Body & Soul. Wednesdays, 6-7:30pm. Join us for restorative self-care practices focused on healing and connecting to yourself & others. Info: Erika, erikamagone@gmail.com

***Spanish-English Conversation Exchange.** Mondays (not 9/3), 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 9/19, 2-3:30pm. This month's topic: *What about aging bothers you the most?* 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.

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***Open Luncheons at the Women's Center.** Tuesday, 9/18 and Monday, 9/24, 12:30-1:30pm. Info: 617-354-6394.

Women's Center Board of Trustees Meeting. Wednesday, 9/26, 6-7:30pm. Info: board@cambridgewomenscenter.org

Women's Center Calendar for September, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		ROOM LOCATIONS LR – Living Room 2FR - 2nd Floor Right 3FR - 3rd Floor Right 3FL - 3rd Floor Left	Hours for Drop in and Computer labs Mon-Fri 10am-8pm Sat 10am-3pm		1
3 CLOSED FOR LABOR DAY	4 <u>2-3:15pm</u> Write Your Story (3FL) <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6-8pm</u> Volunteer Training (LR) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR) <u>6:30-7:30pm</u> Vegan Talk (2FR)	5 <u>2-4pm</u> Unstructured Art Time (2FR) <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FR)	6 <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)	7 <u>6:30-8pm</u> Bay State Butches (LR)	8 <u>10am-3pm</u> Volunteer Training (LR) <u>1-2pm</u> Healthcare AMA (Ask Me Anything) (2FR)
10 <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>6-8pm</u> A Survivor's Write to Heal (3FL) <u>6:30-7:30pm</u> Breathe & Believe Yoga (need to preregister by 4pm) (3FR) <u>7-9pm</u> Closed group (LR)	11 <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)	12 <u>2-4pm</u> Unstructured Art Time (2FR) <u>6-7:30pm</u> Meditation for Stress Management (LR) <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FR)	13 <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	14	15
17 <u>12pm-2pm</u> Spanish-English Conversation Exchange (LR) <u>1:30-4:30pm</u> Beading (2FR) <u>3-5pm</u> Housing Specialist (LR) <u>6:30-7:30pm</u> Breathe & Believe Yoga (need to preregister by 4pm) (3FR) <u>7-8pm</u> Feminist Book Club (LR)	18 <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR) <u>12:30-1:30pm</u> Open Luncheon (LR)	19 <u>2-4pm</u> Unstructured Art Time (2FR) <u>2-3:30pm</u> Women 65+ Discussion (LR) <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FR)	20 <u>10am-12pm</u> Family Law Workshop (LR) <u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR) <u>6:30-8pm</u> Women's NA (LR)	21 <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)	22 2:15-4:15pm Healing thru Creative Arts – Drumming! (3FR)
24 <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>6-8pm</u> A Survivor's Write to Heal (3FL) <u>6:30-7:30pm</u> Breathe & Believe Yoga (need to preregister by 4pm) (3FR)	25 <u>5:30-6:30pm</u> Community Meeting with Jessye (LR) <u>5:30-6:30pm</u> Write Your Way (3FL) <u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)	26 <u>2-4pm</u> Unstructured Art Time (2FR) <u>6-7:30pm</u> Healthy Mind, Body, and Soul (3FR) <u>6-7:30pm</u> Board Meeting (LR)	27 <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)	28 <u>6:30-8pm</u> Reconciling Support Group (LR)	29 <u>1-2:30pm</u> Empowerment Self-Defense (3FR)