



APRIL 2024

Cambridge Women's Center
Calendar of Virtual and On-Site Groups and Activities

Only activities marked with a  symbol are on-site at 46 Pleasant Street.
See reverse side for contact info and more details.

























DROP IN HOURS:

Tuesdays 1–6PM
Thursdays 1–6PM
Saturdays 1–6PM

 46 Pleasant Street, Cambridge, MA 02139

 info@cambridgewomenscenter.org

 www.cambridgewomenscenter.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 2-3:30pm: Community Art Group  2-3pm: Prayer as Pathway to Empowerment  6-8pm: Nonviolent (Compassionate) Communication: Bridge-building	3 <i>Helpline: 9AM-5PM</i> 1-2:30pm: Spanish-English Conversation Exchange	4 11am-1pm: Sewing Group  1:30-3:45pm: Beading Group  3:30-4:30pm: Drivers of Hope  6-8pm: Nonviolent (Compassionate) Communication: Honoring Feelings 7-9pm: Trauma Support/Discussion Group	5 <i>Helpline: 9AM-5PM</i>	6 11am-1pm: Knitting & Crocheting Circle  2pm: Resource Hub Workshop  4:30-6:30pm: Healing Through Creative Arts Zoom Workshop
7 6-8pm: Nonviolent (Compassionate) Communication: Support Circle	8	9 Eid al-Fitr 2-3:30pm: Community Art Group  5:30-6:30pm: Meditation Group 6-7pm: Nonviolent (Compassionate) Communication: Unhook from Self-criticism 6-7:15pm: Women's Coping Group	10 <i>Helpline: 9AM-5PM</i> 1-2:30pm: Spanish-English Conversation Exchange	11 11am-1pm: Sewing Group  1:30-3:45pm: Beading Group  4-6pm: Card Making  6-7pm: Nonviolent (Compassionate) Communication: Brief Conflicts 7-9pm: Trauma Support/Discussion Group	12 <i>Helpline: 9AM-5PM</i> 6-7pm: Perceiving Purpose	13
14 6-8pm: Nonviolent (Compassionate) Communication: Universal Human Needs	15	16 2-3:30pm: Community Art Group  2-3pm: Prayer as Pathway to Empowerment  6-8pm: Nonviolent (Compassionate) Communication: Effective Requests	17 <i>Helpline: 9AM-5PM</i> 1-2:30pm: Spanish-English Conversation Exchange 6-7:30pm: Board of Trustees	18 11am-1pm: Sewing Group  1:30-3:45pm: Beading Group  3:30-4:30pm: Drivers of Hope  6-8pm: Nonviolent (Compassionate) Communication: Support Circle 7-9pm: Trauma Support/Discussion Group	19 <i>Helpline: 9AM-5PM</i>	20 11am-1pm: Knitting & Crocheting Circle  2pm: Resource Hub Workshop 
21 6-8pm: Nonviolent (Compassionate) Communication: Win-win Solutions	22 Passover Earth Day	23 2-3:30pm: Community Art Group  6-8pm: Nonviolent (Compassionate) Communication: Self-empathy 6-7:15pm: Women's Coping Group	24 Helpline: 9AM-5PM 1-2:30pm: Spanish-English Conversation Exchange 4-5:30pm: (On-site & ZOOM) Women's 65+ Discussion Group  6-7pm: Body Positive Book Club	25 11am-1pm: Sewing Group  1:30-3:45pm: Beading Group  6-8pm: Nonviolent (Compassionate) Communication: From Judgment to Compassion 7-9pm: Trauma Support/Discussion Group	26 <i>Helpline: 9AM-5PM</i>	27
28 6-8pm: Nonviolent (Compassionate) Communication: Connecting with Kids	29 10-11am: Let's Write!	30 2-3:30pm: Community Art Group  2-3pm: Prayer as Pathway to Empowerment  6-8pm: Nonviolent (Compassionate) Communication: Support Circle				



APRIL 2024

Cambridge Women's Center
Calendar of Virtual and On-Site Groups and Activities

- Only activities marked with a 🏠 symbol are in-person and on-site at 46 Pleasant Street. All others are virtual.
- All activities are FREE.
- Anyone for whom “woman” is a meaningful identifier or lived experience is welcome.
- Email listed contacts (✉️) for links, registration, and info.

NEW This Month!!!

Card Making: Thurs. 4/11, 4-6pm (in the Art Room!) 🏠
Come enjoy a relaxing afternoon of making cards. We will also have some delicious healthy treats and juice.
✉️ Alexandra, aberent12@gmail.com

Will Resume in May!

In Your Body: Poetry for Healing: Every other Wednesday. Learn the words and practices of strong, intuitive female poets to help bring you into your body through rhythm and expression. Then, write your own poems.
✉️ Caroline King, carolineking317@gmail.com

Trauma Survivors

Trauma Support/Discussion Group:
Thursdays, 7-9pm. An intimate group where women can share and get support for all forms of trauma, past and present. Topics can change, and can be found along with Zoom info on the group's website calendar at cwcträumagroup.org or email groupcambridge@gmail.com.

LGBTQ+ Support

Straight Marriage, Still Questioning:
A confidential peer-led support group for women in a straight relationship struggling with their sexual orientation. Screening required.
✉️ Kate Flynn, kate.e.flynn@gmail.com

Helpline Hours: Wednesday & Friday, 9am-5pm.
Please call our helpline at (617) 395-3168. Whether you need a listening ear, referrals, or immediate crisis intervention, our volunteers are ready to assist you!

✉️ Dosa Chidandali, dosa@cambridgewomenscenter.org
✉️ Info: rge_mini@yahoo.com

Board of Trustees: Wednesday, 4/17, 6-7:30pm.
✉️ Info: rge_mini@yahoo.com

Wellness and Self-Help

Nonviolent (Compassionate) Communication: Tues/Thurs/Sun, 6-8pm. Learn, practice, get support!
Topics: 4/2: Bridge-building. 4/4: Honoring Feelings. 4/7: Support Circle. 4/9 (6-7pm): Unhook from Self-criticism. 4/11 (6-7pm): Brief Conflicts. 4/14: Universal Human Needs. 4/16: Effective Requests. 4/18: Support Circle. 4/21: Win-win Solutions. 4/23: Self-empathy. 4/25: From Judgment to Compassion. 4/28: Connecting with Kids. 4/30: Support Circle. ✉️ Laurie Brandt, nvclaurie@gmail.com

Women's Coping Group: Tuesdays, 4/9 & 4/23, 6-7:15pm. A general support group held in a dynamic, open, non-judgmental space for women who are seeking support in their lives. Run by Jordan Moore, a clinical social worker specializing in trauma/DBT/mindfulness.
✉️ jordanmoorelicsw@gmail.com

Women's 65+ Discussion Group (On-site & ZOOM): Weds. 4/24 (4th Weds.), 4-5:30pm. Topic: The Upcoming Presidential Election.
✉️ Judy Norris, judy@cambridgewomenscenter.org

Prayer as Pathway to Empowerment: Tues. 4/2, 4/16 & 4/30, 2-3pm. Centering Prayer is a spiritual practice that allows one to quiet their mind and connect to transformative wisdom.
✉️ Rev. Mary Leahy, newseeds28@gmail.com

Drivers of Hope: Thurs. 4/4 & 4/18, 3:30-4:30pm. We will explore the intersection of literacy and hope, in a support group that helps each participant develop and strengthen their resiliency as they navigate the challenges life presents.
✉️ Phoebe, dreambetweentheine@gmail.com

Meditation

Meditation Group: Tuesday, 4/9 (2nd Tuesdays), 5:30-6:30pm. Learn & practice meditations for deep relaxation, self-compassion & mindfulness, with time for sharing & discussion. No experience needed.
✉️ Christine Radice, christineradice@yahoo.com

Activism, Discussion, and Learning

Spanish-English Conversation Exchange: Wednesdays, 1-2:30pm. ¿Hablas español y estás interesada en mejorar tu inglés? La intención es hacerlo de una forma amable y relajada. Are you an English speaker interested in improving your Spanish? The intention is to do so in a friendly, relaxed way.
✉️ womenspanishenglishclass@hotmail.com

Body Positive Book Club: *READING NOT REQUIRED* Wednesday, 4/24, 6-7pm. The book: *Heavy* by Kiese Laymon. This memoir explores what the weight of a lifetime of secrets, lies, and deception does to a black body, black family, and nation on the brink of moral collapse. If you haven't read/finished the book, we still welcome you for support and reflection!
Info: ✉️ ignitedbyinnerbeauty@gmail.com

Perceiving Purpose: Friday, 4/12, 6-7pm. Topic: Considering Change. A group for women in college/university who would like to talk through expectations placed on them by peers and what some healthier alternatives might be.
✉️ Paige Anderson, paigeanderson102@gmail.com

Let's Write!: Monday, 4/29, 10-11am. The writing process can be a satisfying way to communicate your thoughts. Through exercises and prompts, this friendly group will help you write new material and explore new ideas (and to share if you want). No previous creative writing experience needed. Materials provided. Led by novelist Laura van den Berg.
✉️ Info: Laura, vandenbergl8@gmail.com

Resource Hub Workshop: Sat. 4/6 & 4/20, 2pm. 🏠
Housing Search Support: This workshop will provide an overview of housing resources in the Cambridge/Boston area and introduce participants to a resource locator tool. Led by Valeria and Sabrina.
✉️ valeriarobayo@hms.harvard.edu
✉️ spmeng@mit.edu

Art and Creativity

Sewing Group: Thursdays, 11am-1pm. Come sew using a machine or by hand. Make or mend bags, clothing, etc. Materials & instruction provided. No experience needed.
✉️ Karlotta Fitch, graciegeorgie@gmail.com

Knitting & Crocheting Circle: Saturdays, 4/6 & 4/20 (every other week), 11am-1pm. Come and learn how to knit or crochet, or bring an ongoing project! Yarn and supplies will be provided.
✉️ Jesse Tordoff, jessetordoff@gmail.com
✉️ Haley Short, haley.goodwin.short@gmail.com

Healing Through Creative Arts Zoom Workshop: Saturday 4/6, 4:30-6:30pm. *Yoga & Journaling Practice: An Exploration Within*. Facilitated by Rosie Docanto. Sponsored by Survivor Theatre Project for survivors of sexual violence. Flier: bit.ly/3Vsgpk5.

✉️ Info: I-SHEA, survivortheatreproject@gmail.com

Community Art Group: Tuesdays @2-3:30pm. Come and enjoy making things together! New projects every week including collage, painting, and handmade books.
✉️ Susan Schmidt, susanschmidt2023@gmail.com

Beading Group: Thursdays @1:30-3:45pm. A group for those who like to use beads and have some basic beading knowledge! We will be sharing old ideas and new ideas, and using creativity, as we work on our own beading projects. Materials available.
✉️ Cynthia Coleman, thebeadinggroup@gmail.com