






# MARCH 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](mailto:info@cambridgewomenscenter.org)

 [www.cambridgewomenscenter.org](http://www.cambridgewomenscenter.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1 <i>Helpline: 9AM-5PM</i>	2 2pm: Resource Hub Workshop 
3	4 1	5 2-3:30pm: Community Art Group  2-3pm: Prayer as Pathway to Empowerment  6-8pm: Nonviolent (Compassionate) Communication: Empowered Observations	6 <i>Helpline: 9AM-5PM</i> 1-2:30pm: Spanish-English Conversation Exchange 5:30-6:30pm: In Your Body: Poetry for Healing	7 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	8 <i>Helpline: 9AM-5PM</i> 6-7pm: Perceiving Purpose	9 11am-1pm: Knitting & Crocheting Circle 
10 <b>Daylight Savings Starts</b>	11 10-11am: Let's Write!	12 2-3:30pm: Community Art Group  5:30-6:30pm: Meditation Group 6-7pm: Nonviolent (Compassionate) Communication: Unhook from Shame 6-7:15pm (NEW TIME): Women's Coping Group	13 <i>Helpline: 9AM-5PM</i> 1-2:30pm: Spanish-English Conversation Exchange	14 11am-1pm: Sewing Group  1:30-3:45pm: Beading Group  6-7pm: Nonviolent (Compassionate) Communication: Support Circle 7-9pm: Trauma Support & Discussion Group	15 <i>Helpline: 9AM-5PM</i>	16
17	18	19 <b>First Day of Spring!</b> 2-3:30pm: Community Art Group  2-3pm: Prayer as Pathway to Empowerment  6-8pm: Nonviolent (Compassionate) Communication: Honoring Needs	20 <i>Helpline: 9AM-5PM</i> 1-2:30pm: Spanish-English Conversation Exchange 5:30-6:30pm: In Your Body: Poetry for Healing 6-7:30pm: Board of Trustees	21 11am-1pm: Sewing Group  1:30-3:45pm: Beading Group  3:30-4:30pm: Drivers of Hope  6-8pm: Nonviolent (Compassionate) Communication: Effective Requests 7-9pm: Trauma Support & Discussion Group	22 <i>Helpline: 9AM-5PM</i>	23 11am-1pm: Knitting & Crocheting Circle  2pm: Resource Hub Workshop  3-5:30pm: (ZOOM & On-site) Healing  Through Creative Arts
24	25	26 2-3:30pm: Community Art Group  6-8pm: Nonviolent (Compassionate) Communication: Shorten Conflicts 6-7:15pm (NEW TIME): Women's Coping Group	27 <i>Helpline: 9AM-5PM</i> 1-2:30pm: Spanish-English Conversation Exchange 2:30pm: (ZOOM) Room Naming 4-5:30pm: (ZOOM & On-site) Women 65+ Discussion Group  6-7pm: Body Positive Book Club	28 11am-1pm: Sewing Group  1:30-3:45pm: Beading Group  6-8pm: Nonviolent (Compassionate) Communication: Win-Win Solutions 7-9pm: Trauma Support & Discussion Group	29 <i>Helpline: 9AM-5PM</i>	30
31 <b>Easter</b>						



# MARCH 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.

## Special Events!

**Room Naming (ZOOM):** Weds. 3/27, 2pm. To honor the Combahee River Collective, an African American feminist group which met at the Center from 1976-1981. The Collective was a pioneering black feminist group, impactful from its founding to now.

✉️ Info: Stacy, [stacy@cambridgewomenscenter.org](mailto:stacy@cambridgewomenscenter.org)

## 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 [cwctraumagroup.org](http://cwctraumagroup.org) or email [groupcambridge@gmail.com](mailto: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](mailto: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](mailto:dosa@cambridgewomenscenter.org)

### Board of Trustees: Wednesday, 3/26, 6-7:30pm.

✉️ Info: [rge\\_mini@yahoo.com](mailto:rge_mini@yahoo.com)

## Wellness and Self-Help

### Nonviolent (Compassionate) Communication:

Established, effective process for empowerment, healing, communication, empathy. Learn, practice, get support! Tues/Thurs, 6-8pm. Topics: 3/5: Empowered Observations. 3/7: Honoring Feelings. 3/12 (6-7pm): Unhook from Shame. 3/14 (6-7pm): Support Circle. 3/19: Honoring Needs. 3/21: Effective Requests. 3/26: Shorten Conflicts. 3/28: Win/Win Solutions.

✉️ Laurie Brandt, [nvclaurie@gmail.com](mailto:nvclaurie@gmail.com)

### Women's Coping Group:

Tuesdays, 3/12 & 3/26, 6-7:15pm (NEW TIME). 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](mailto:jordanmoorelicsw@gmail.com)

### Women 65+ Discussion Group (ZOOM & on-site):

Weds. 3/27 (4th Weds.), 4-5:30pm. Topic: What exercises are we doing to keep ourselves healthy?

✉️ Judy Norris, [judy@cambridgewomenscenter.org](mailto:judy@cambridgewomenscenter.org)

### Prayer as Pathway to Empowerment:

Tues, 3/5 & 3/19, 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](mailto:newseeds28@gmail.com)

### Drivers of Hope:

Thurs. 3/7 & 3/21, 3:30-4:30pm. We will explore the intersection of literacy and hope, as a support group that helps each participant develop and strengthen their resiliency as they navigate the challenges life presents.

✉️ Phoebe, [dreambetweentheline@gmail.com](mailto:dreambetweentheline@gmail.com)

## Meditation

### Meditation Group:

Tuesday, 3/12 (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](mailto: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](mailto:womenspanishenglishclass@hotmail.com)

### Body Positive Book Club:

\*READING NOT REQUIRED\* Wednesday, 3/27, 6-7pm. The book: #VERYFAT #VERYBRAVE: The Fat Girl's Guide to Being #Brave and Not a Dejected, Melancholy, Down-in-the-Dumps Weeping Fat Girl in a Bikini by Nicole Byer. If you haven't read or finished the book, we still welcome you for body positive support and reflection! Info: ✉️ [ignitedbyinnerbeauty@gmail.com](mailto:ignitedbyinnerbeauty@gmail.com)

### Perceiving Purpose:

Friday, 3/8, 6-7pm. Topic: Transitions. 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](mailto:paigeanderson102@gmail.com)

### Let's Write!:

Monday, 3/11, 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.

### Resource Hub Workshop:

Sat. 3/2 & 3/23, 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](mailto:valeriarobayo@hms.harvard.edu)  
✉️ [spueng@mit.edu](mailto:spueng@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](mailto:graciegeorgie@gmail.com)

**In Your Body: Poetry for Healing:** Weds. 3/6 & 3/20, 5:30-6:30pm (NEW DAY/TIME). 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](mailto:carolineking317@gmail.com)

**Knitting & Crocheting Circle:** Saturdays, 3/9 & 3/23 (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](mailto:jessetordoff@gmail.com)

✉️ Haley Short, [haley.godwin.short@gmail.com](mailto:haley.godwin.short@gmail.com)

### Healing Through Creative Arts (ZOOM & on-site):

Saturday 3/23, 3-5:30PM. “La Femme Expression: An Open Mic for Poetry, Music, Dance and Theatre.” See flier at [rb.gy/fduguc](http://rb.gy/fduguc). Sponsored by Survivor Theatre Project for survivors of sexual violence & allies. Performers send material by March 7 to:

✉️ [martharogersmusic@gmail.com](mailto:martharogersmusic@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](mailto: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](mailto:thebeadinggroup@gmail.com)