

♀ ON OUR WAY

Newsletter of the Women's Center
46 Pleasant Street, Cambridge, MA 02139
(617) 354-8807 (TTY/Voice)
email: wmnscntr@mediaone.net

Fall 2001

Women Can Make A Difference

"Know the issues!" "Voice your opinion!" These statements encapsulate our new Public Policy/Political Activism Project. The goals of this project are to foster political awareness and activism among the hundreds of women who visit the Women's Center. Each year, public officials consider bills and policy initiatives that have a direct impact on the lives of women. We must raise our voices and act in support of policies that increase our opportunities and oppose those that will be detrimental to our lives.

One of the exciting ways that we are putting this into action is through our Political Action Gatherings. Women come together to learn about a specific issue, discuss how the issue affects them, ask questions, and write letters to decision-makers urging them to support policies and legislation which help women. Generally, we cohost these

Political Action Gatherings with other community groups who are working on the issue. For those who can't come to the meetings, we've created a Political Activist Board in our Resource Room to provide information, places to go for further information, and suggestions for action. Please stop by and check it out!

The Women's Center is currently working on several major issues. They are 1) Paid Parental Leave; 2) Universal Healthcare; and 3) Equitable contraceptive coverage by insurance companies. As women earn on average only 73% of what men earn, it is important that women, particularly single mothers, have access to all of these benefits. Paid Parental Leave allows parents to take three months to nurture their newborn without substantial financial loss or the threat of abject poverty. Universal health coverage ensures that all women and their children will have

adequate health care. This is critical for low income women whose jobs don't provide insurance coverage. Contraceptive coverage by health insurance is a gender equity issue. Men's prescriptions for Viagra and comparable drugs are of-

ten covered at a higher rate than women's contraceptive prescriptions. The increased cost can effectively bar women from being able to choose the contraceptive option best suited to her needs.

Want to get involved? Here's what you can do: call (617) 354-8807 to find out about our next Political Action Gathering, stop by to see our Political Activist Board, or email Nicole (public policy intern) at wc_pa@hotmail.com for other opportunities.

Women can make a difference!
YOU can make a difference! Every single voice, every letter counts!

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The devastation caused by the crashing of the hijacked planes is a tragedy beyond words. We at the Women's Center are overcome by tremendous sadness and an enormous sense of loss. Our hearts go out to those who were lost or lost a loved one. We hope no other innocent lives will be taken, by terrorists, or by those seeking vengeance.

On Our Way

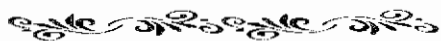
Is the newsletter of the Women's Center, published three times per year in *April, September, and December*.

The Women's Center is a non-profit resource and support center for all women and their children, founded in 1971.

Our mission is twofold:

to provide women with the tools and resources they need to emerge from abuse, discrimination, addiction, sexism and racism, harassment, social isolation, violence, poverty, or other injustice

to challenge and change attitudes and actions which subjugate women.



Volunteers

The Women's Center gratefully acknowledges the ongoing efforts and contributions of our volunteers.

Thank you for giving so generously of your time and of yourselves.

The Women's Center relies on the generosity of the community to provide our wealth of free programming.

All donations are tax-deductible to the full extent of the law.

For further information, contact:

The Women's Center

46 Pleasant Street

Cambridge, MA 02139

(617) 354-8807

email: wmnscntr@mediaone.net

Hours:

Monday-Thursday: 10am-10pm

Friday: 10am-8pm

Saturday: 11am-4pm

Helpline: (617)354-8807 TTY/Voice

Greetings From The Board!

We are thrilled to be an active part of the Women's Center community. Since joining the Board in May, we have been working together to get to know the people at the Center, the Center's past, and the hopes that people have for the Center's future. We have been identifying issues and developing an agenda of what we will address in the coming year. We will focus on developing a strategic plan for the Center, addressing the Center's transgender policy and expanding the Center's outreach programs. We look forward to meeting and working with you in the months to come!

Martina Bouey, Treasurer, is a regular volunteer at the center and works for Hunt Alternatives, a private, nonprofit organization encouraging grassroots solutions to strengthening democracy and fostering constructive social change. *I have had the honor to witness the positive effects the Women's Center has in the lives of so many women in our community. Seeing and experiencing this made me want to take an even more active role in shaping of the future of the Women's Center.*

Karen H. Chandler is Executive Director of the Community Technology Centers' Network (CTCNet). CTCNet is a national network of more than 500 nonprofit community technology centers that provide access to computers and associated learning opportunities mostly in low-income communities. *The Women's Center inspires me with the support and nurturing environment it offers to our community. I am happy to serve as a board member, and feel rewarded*

by doing so, and am hopeful about contributing to the growth and sustainability of the Center.

Jyoti Gupta is a regular volunteer at the Center and her background is in information technology. *I see the Women's Center as one of the area's few safe and unbiased places for women to connect, to get help on life's tougher issues, and to relax. I'm interested in all aspects of social work - including fundraising and grant writing - and I can't think of a better way to gain experience in social work than by working to support and empower local women.*

Janne Hellgren, Clerk, is a lawyer, but would rather be an actress. *As a member of the board of the Women's Center, I hope to use all of the skills gained in my various incarnations. I know there will be new challenges. But, even more important, there will be opportunity to work with others to improve women's lives - individually and collectively. For that I am grateful.*

Lynsey Miller, President, is a Program Officer with Oxfam America. *Passion, respect, and power are aspects of the Women's Center that have inspired me and are the reasons I want to be more actively involved in the Center. My experiences here have shown me that the Center is a valuable resource for many women, and I look forward to working with the women here to explore the ways in which the Center can continue to support the members of this community.*

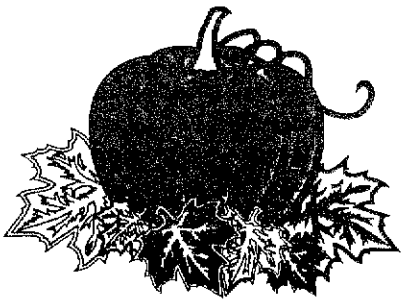
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Nalina Narain, has worked for the safety of families for nearly two decades, including four years as a public policy director for Jane Doe, Inc., specializing in children's and adolescents' issues, and two years as executive director of the Asian Task Force Against Domestic Violence, both in Boston. A tri-lingual native of New Delhi, she came to the United States in 1991 to gain a master's degree. *I bring to the Center, a passion for social justice for families and almost two decades of experience working with the women's community in international and domestic settings. As a new Board member, I am committed to increasing our Center's visibility in immigrant and international communities in Cambridge, and in addressing the particular challenges these women and their families face.*

Vandana Radhakrishnan has a background in business strategy and organizational development. *I have been passionate about women's issues for a number of years and I strongly believe that the Women's Center is a vital source of support and stimulation for women in the community.*

Pam Steinkamp, Vice-President, has been involved with the Women's Center for nearly three years as an intern, volunteer, and Board member. *This is my second term on the Board. The Women's Center has developed several new programs during the past year and I am proud to have been part of that accomplishment. I am eager to continue to be involved in the Center's growth and development.*



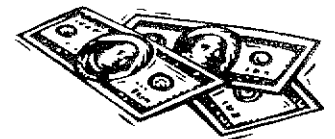
No More Prince Charming: Financial Empowerment for Women

There was a time when young girls were socialized to believe that one day their prince would come and rescue them from a life of misery. But I don't think it is news to anyone reading this article that the prince just isn't coming. Part of the myth of being rescued by the prince is the belief that men know more about finances than women. The truth is that financial education is not taught to men or women in this country. Many people feel that their only problem with money is that they don't have enough of it. Although having more money allows for more choices, it does not improve one's ability to manage money. That's why it's reported that most people who win lotteries end up worse off financially than they were before they won. So, here we stand with no prince, no financial education, and no guarantee that having more money will solve all our financial problems. What's a girl to do? The good news: no matter how bad things may seem, we can rescue ourselves. Financial Empowerment is about cultivating the belief that we are capable of managing money well. Without this belief, it is difficult to make the changes necessary to get or stay on track. We get what we focus on. If we focus on failing, we will fail. However if we can entertain the idea that we can learn, handle, and deal comfortably with money, we open ourselves up to having that be our experience. Another critical component of financial empowerment is separating our feelings from our financial situations. One side of which is to not beat ourselves up over past financial decisions. Our focus should be on acting to improve our situations. Mistakes made in the past

are opportunities for learning in the present. The other side of separating our feelings from our financial situations is to feel instead of spend. Most purchases for non-essential items are attempts to replace feelings. Something bad happens, so we go out and pick up a little trinket for ourselves. If you do that enough times with larger and larger trinkets, it's easy to get into financial trouble. Increasing our clarity about what is motivating our spending allows us to make better choices over time. The last item that I'll mention is that we need to educate ourselves about financial matters. In the past learning about finance may have been difficult, but between a proliferation of financial web sites and the increased publication of basic books on every financial topic, there is an abundance of accessible information. We shouldn't take everything we read at face value, but with increased exposure, we can learn to shift through information to find items that are useful given our individual situations. Understanding and becoming comfortable with the vocabulary and concepts of finance will allow us to make informed decisions about managing our own money. Becoming financially empowered is not easy, but new worthwhile challenges rarely are. However, decreased stress, increased options, and a sense of having some control over our lives is worth the effort. Who needs a prince when we can take care of ourselves.

~Beverly McGary

Facilitator of Financial
Empowerment Workshops



From the Desk of the Fundraiser

Last summer, I was reading the *Cambridge Tab* and saw an article about Kat DeShayes, a former Women's Center volunteer who was about to ride her bike across the country. *Impressive...good for her*, I thought. Then I paused: *wait, there is a Women's Center in Central Square?* I looked it up in the phone book: 46 Pleasant Street. I lived just a few minutes away from the Center for two years and never heard of such a thing in my neighborhood. After phoning the Center and receiving a volunteer application, I went in for training to become a helpline staffer.

At that time, I discovered the long list of services and programming that the Center offers: support groups, the helpline, workshops, a library, a comprehensive resource and referral system, long-term counseling, a safe day-time space for women (including women who are homeless) and much, much more. I was impressed.

In time, I discovered more about Center-happenings and witnessed positive change, such as the additions of the *Computer/Internet Access and Learning Program* and the *Community Organizing Project*. After Eliza Hoyt, the previous Women's Center Development Director left (in December of 2000), I began helping with fundraising by researching potential sources of funds and reviewing proposals. The more time I spent volunteering, the more invested I became in the Women's Center.

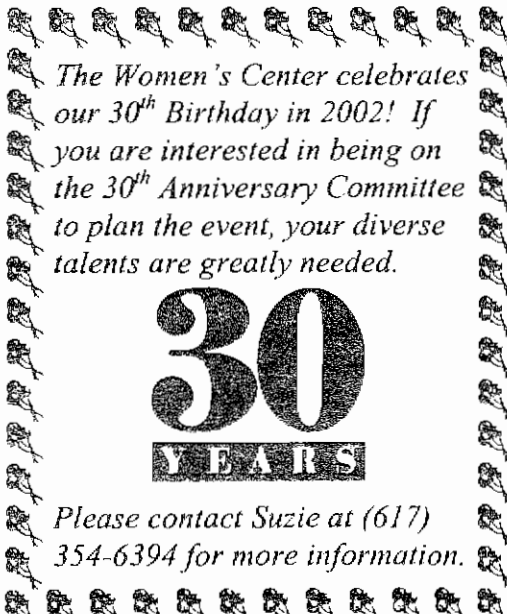
It is easy to care about this place. This is not only because of the services and programming that we provide, but because of the people who make it *happen*—the women who find resources and spend time here; people who donate money yearly and monthly, even

if it is as little as \$5; people who give equipment, such as computer monitors, fax machines, and paper supplies; people who award us with their technological, legal, or educational expertise; and, of course, our 100+ volunteer base, made up of incredible, time-generous folks.

I come to this role of Development Coordinator with a background in writing and special event coordination. More importantly, I come to this role inspired by the passionate and diverse efforts of women -- inside and outside of the Center-- who continue to fight in the reclamation and celebration of having a voice. Amen. Nothing ever sounded so good.

~ Suzie Guillette
Development Coordinator

PS. Imagine . . . If each person who reads this newsletter were to donate \$100, our budget would be met. You can make that difference. Please consider making the most generous donation possible, and support the many needs of women in our community.

The Women's Center celebrates our 30th Birthday in 2002! If you are interested in being on the 30th Anniversary Committee to plan the event, your diverse talents are greatly needed.

30
YEARS

Please contact Suzie at (617) 354-6394 for more information.

Liquid Poets

"You do not have to be good," Susan reads from Mary Oliver's *Collected Poems*, "you do not have to walk on your knees for a hundred miles through 'the desert, repenting. You only have to let the soft animal of your body love what it loves."

Susan, the meeting's facilitator, has brought in an array of poems about nature, this week's theme. Participants take turns reading them aloud and commenting on them. Danielle is surprised by Oliver's sentences, their bold gentleness -- something she swears she'll try at home. Christina wants more movement, she thinks some of the phrases are too tight. Later this week, at home, we can use the poems as an inspiration for our own writing.

Liquid Poets began in October, 2000 as a group of strangers who met weekly in coffee shops in Central and Harvard Squares. I was new to the area and wanted to find a community of women writers, so I wall-papered the area with flyers advertising a women's writing group. We passed the winter in the chaotic corners of coffee shops. Soon, however, the free-for-all cafes seemed too loud and the multi-genre focus of the group became unwieldy.

Of course, I had not heard of the Women's Center until I inadvertently discovered it walking down Pleasant Street in early January. It is one of those rare treasures that a foreigner praises in a strange town. By mid-February, 2001, Liquid Poets had moved cozily onto the Women's Center's third floor.

Every week we begin with a writing exercise, which helps us leave our hectic days behind. The exercise is always related to the theme of the week, which can focus on a poet, a

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form of poetry, a genre of poetry, or a topic. Everyone is invited to share what they have written. After we have warmed up with an exercise, we have time to share pieces that we are working on at home. We usually finish with a reading of some published work. The facilitator for the week (anyone can sign up to facilitate) brings a packet of poems that relate to our theme, which we get to take home.

Our meetings vary in size, some have only a handful of women, some have closer to a dozen. There are some devoted Liquid Poets who make every meeting, some attend as often as they can. E. Kimball has this to say about Liquid Poets:

The group has been essential in reminding me why I write and how I must write. Hearing women read their words in a voice that both reflects and contrasts with my own is inspiring and refreshing like oven-warm oatmeal bread or the scent of basil after not smelling it for a long time. I remember leaving the group feeling so much potential for my own writing, which was completely fueled by the other women showing me how far I can take it, showing me how far I long to go, how open and raw and honest.

I can now look back at almost a year of Liquid Poets and thank the thirty-something women who have come to our meetings and the scores of women who have expressed interest. After almost a year we are still growing.

Liquid Poets meets the 2nd and 4th Wednesdays of the month at 7pm. No experience is necessary, and we always welcome new members who are interested in learning about poetry. Inquiries may be directed to Sarah Cross at 617-776-9299 or liquidwriters@hotmail.com.

Be Wise, Organize!

I love my job. Really. And that's not something I've ever been able to say before. I'm the new community organizer for the Community Organizing Project at the Women's Center and I'm really glad to be here. The Women's Center has played an important role in my life for the last three years. I walked into the center a newcomer to Boston in search of a women's community. I found an organization committed to serving and supporting women, and I stayed to work towards a mission that I believed in. As I began to build community with women of color at the center through groups like Women of Color Rap and Women of Color Reading Circle, I discovered that I longed to understand how women could really make long lasting, sustainable change in their economic and social conditions. I didn't have a name for it but I knew there had to be a process by which women, especially those who've been left out in our society because of class or race, could work on problems while building power. I started a group at the Center called ACT OUT - Revolutionary Young Sisters for Social Justice and began to read and learn about community organizing and how it enables people to deal with forces that are causing them to feel powerless.

So what exactly is community organizing? That's a question I've been asked over and over again since I started. Community organizing is a strategy for creating change that invests in the power of the people who are directly affected by the issues. My job as organizer is to go out, knock on doors and ask women about the problems in their neighborhood. Then I create opportunities for women to come together to discuss their common concerns with each other, set priorities and then identify the root causes of the problems they face. To help with this, women learn

about the economy, institutional racism, sexism and classism through workshops and discussion. Whether it's a new spotlight or more affordable housing, these skills develop leadership within the community. Using direct action organizing the group confronts decision-makers to demand needed change and campaigns for justice.

So where are we now? I'm researching neighborhoods and assessing which areas have the greatest needs. I'm talking to women about their schools and jobs and housing situations. I'm learning so much as I listen to women, ask questions, and listen some more. I know this will be a continuous process of recruiting and engaging new women, keeping women motivated and involved, while deepening their participation in the organization. During the next two months I'll be away from the Center, participating in a comprehensive training provided by the Center for Third World Organizing. This organization trains organizers on how to bring organizing skills, political education, and visions for a just society to communities of color. When I return in November I'll bring these skills and insights to the community. I'm excited that the Women's Center is helping to destroy the alienation from political participation that so many women feel. I look forward to being a part of a process where women with low incomes see that they have the power to shape their lives and communities in a tangible, meaningful way.

Just imagine how women could rock the power imbalance in this country if we were organizing in every neighborhood in every city!

See you in the streets.

~ Lynn Murray

Community Organizer

WOMEN'S CENTER CALENDAR - Fall 2001

46 Pleasant Street, Cambridge, MA - free & open to women - Info & helpline: (617) 354-8807 TTY/V

GROUPS

MONDAY

- Al-Anon for Women (weekly).....6-7:30pm
- Battered Women's Support Group (weekly)7:30-9pm
- Healing Circle (weekly).....8-9:30pm
- Lesbian Partners & Ex-Partners of Incest Survivors ...7-8:45pm
(3rd Monday, info: Danielle (617) 497-0911)
- *Lesbian Rap (weekly).....7:30-9pm
- *Volunteer Orientation (October 15).....6-7pm
- Women of Color Reading Circle (2nd Mondays).....7-8:30pm
Info: Vanessa (617) 629-3106

TUESDAY

- *Bisexual Women's Rap (1st & 3rd Tuesdays).....7:30-9pm
Info: Denise at dpp1029@aol.com
- Facilitated Mothers' Support Group (weekly)10:30am-noon
[must contact group facilitator Diane beforehand
at (617) 876-2139 to insure group is right for you]
- *Sisterfriend, Are You Sure You are Well (2 part workshop
for women of color, on internalized oppression and racism;
October 2 & 9; with Renae Scott-Gray)6:30-8:30pm
- *Support for Married Bisexual Women (2nd Tuesdays)7:30-9pm
- Women's Reading Group (4th Tuesdays)7:30-9:30pm
Info: Mary at (781) 891-5727
- Writer's Circle (2nd Tuesdays)7-9pm
Info: Cassandra at (617) 494-2695

WEDNESDAY

- Battered Women's Support Group (All Wednesdays
except the third)7-9pm
- Dissociation & Self-Injury: Support for Change
(7-sessions; 1st meeting on October 3rd is open; for
more info, to register: Vera, (617)354-2304).....7:30-9pm.
- Liquid Poets (2nd & 4th Wednesdays).....7-9pm
- Sexual Harassment Support Group (October 3; meetings
are irregular, info: Louise Bonar, (617) 254-1729).....7-9pm
- *Volunteer Orientation (November 7)6:00-7pm
- *Women Maximizing Abilities Now (WOMAN).....2-3:30pm
(1st & 3rd Weds.. Info: woman@braintrust.org)
- *Women Over 40 (2nd & 4th Wednesdays)7-8:30pm
Info: shoemake@simmons.edu

THURSDAY

- Queer Jewish Women under 30 Gathering (weekly).....7-8pm
- Thursday Night Gathering For Survivors
of Sexual Abuse.....7:30-9:30pm
(weekly; topic at 1st meeting of month, Oct.4: Fear)
- *Women's Community Cancer Project, Open General
Meeting (1st Thursdays). Info: (617) 354-9888.....7-9pm

FRIDAY

- Incest Resources Facilitated Discussion for Survivors of
Child Sexual Abuse (last Friday; topics)6:30-8:00pm
- *Incest Survivors Anonymous (ISA) (weekly)6:30-8pm

SATURDAY

- *Coming Out Discussion for Women of all Ages11am-1pm
(1st Saturday of month, except holiday weekends)
- *Women of Color Financial Empowerment Workshops
(October 6 & 20; November 3 & 17)2-4pm
- *Yoga for Women of Color (one Saturday/month).....2:30-4pm
Info/to register: (617) 354-8807

* Wheelchair Accessible

All events are free and open to all women.

The Women's Center is open Columbus Day, October 8.

NEW GROUPS & FEATURED ACTIVITIES

DISSOCIATION AND SELF-INJURY: SUPPORT FOR CHANGE. This group, facilitated by Vera S. Cohen, LICSW, is a safe place for open and full talk about the fallout from trauma and very difficult childhood/early adulthood experiences. Seven weekly 1.5 hour sessions beginning October 3rd. The first session is open; the rest will be closed. For questions or to pre-register, call Vera at (617)354-2304

FACILITATED MOTHERS' SUPPORT GROUP – A weekday morning group gives mothers encouragement and a place to discuss concerns they have about raising their children. To see if this group is right for you, contact Diane, (617) 876-2139.

FREE COMPUTER TRAINING – Patient volunteers are on hand to work one-on-one with complete beginners to develop computer and internet skills. Call (617) 354-8807 to set up an appointment.

IMPROVING BODY IMAGE: INCREASING BODY AWARENESS, DIVERSITY & ACCEPTANCE. Saturday, September 29, 11am-12:30pm. FREE. Cindy Benowitz, MSW, LICSW, presents a nurturing approach to gaining self-esteem by changing how you think and feel about your body. Info: (617)354-8807.

***NOTHING TOO HEAVY TO SHARE (NTHTS).** For survivors of severe sexual abuse, such as torture, forced isolation, severe neglect or sexual exploitation. Info/to join: Esther (617) 969-9347.

***SISTERFRIEND, ARE YOU SURE YOU ARE WELL.**

Two part workshop for women of color, on internalized oppression and racism. Tuesdays, October 2 & 9, 6:30-8:30pm with Renae Scott-Gray More info: (517)354-8807.

***VOLUNTEER ORIENTATION.** Monday, October 15, and Wednesday November 7, 6-7pm. Come learn about our history, mission, and the many spiffy ways you can volunteer at the Women's Center. It's fun and rewarding. Call (617) 354-8807 to RSVP.

***WOMEN OF COLOR FINANCIAL EMPOWERMENT WORKSHOPS.** Saturdays, October 6 & 20 and November 3 & 17, 2-4pm. The last 4 is a series of six workshops designed to share information about financial options, increase women's comfort with financial planning and help women set financial goals. With Beverly McGary. Info: (617) 354-8807

***YOGA FOR WOMEN OF COLOR.** One Saturday per month, 2:30-4pm. With Yoga trainer Bonnie Banks. All experience levels welcome. Wear comfortable clothes. For date/info/to register, (617) 354-8807

TOPICS FOR DISCUSSION

INCEST RESOURCES FACILITATED DISCUSSION FOR SURVIVORS OF CHILD SEXUAL ABUSE - last Fridays
(except around holidays), 6:30-8:00pm (please be on time!)

September 28 Memory & Validation

October 26 Anxiety

November 30 Self-acceptance

***BISEXUAL WOMEN'S RAP - 1st & 3rd Tuesdays, 7:30-9pm**

October 2 How Lesbians See Bisexual Women

16 Show-N-Tell (bring something important to you)

***LESBIAN RAP - Mondays, 7:30-9pm**

October 1 Bed Death - Does it really exist?

8 Social at Diesel's Café (in Davis Square)

15 Restaurant Critiques

22 Resolving Everyday Conflicts

29 Dating Horror Stories

LIQUID POETS - 2nd & 4th Wednesdays, 7-9pm

October 10 Poems and Music

24 Halloween

WOMEN OF COLOR READING CIRCLE - 2nd Mondays, 7-8:30pm

October 8 Book: *Wild Seed* by Octavia Butler

***WOMEN OVER 40 - 2nd & 4th Wednesdays, 7-8:30pm**

October 10 Seasonal Changes

24 New Beginnings

Concerned About Your Drinking?

Are you wondering about your drinking? Have you thought you might like to get some support and feedback while you think about it? WCA (short for Women Concerned about Alcohol) is starting another group. We'll meet at the Women's Center on Wednesday evenings from 6 to 7:30, starting September 26, 2001.

Lots of times women who want to change their alcohol or drug use find that the traditional help like Alcoholics Anonymous, inpatient detoxification, or therapy doesn't seem to meet their needs. Maybe they require participants to call themselves "alcoholic" or "addicts" or "chemically dependent," or they use religion, spirituality, total abstinence or some other components that work for some people but not for others.

WCA is a very different model. First of all, it's feminist. That means it's designed for women, takes women's experiences and needs into account and considers alcohol concerns in the context of women's personal and sociopolitical lives. We talk about many things that can influence women's alcohol or drug use: anxiety, loneliness, isolation, concerns about coming out, social networks, sexual harassment, trauma histories, racism, job pressures, children and family stresses, poverty, heterosexism, relationship problems, aging and many, many other pressures and experiences.


WCA, a confidential research project, has been at the Women's Center for about a year and a half. Dr. Christine Flynn Saulnier, a licensed social worker and faculty member at Boston University School of Social Work, is the researcher. The purpose of the research is to learn how to help a wide range of women with alcohol problems. The purpose of the WCA groups is to help women specify, clarify and work toward an alcohol-related goal of their choice. There are three components to WCA: 1) a 14-week, professionally facilitated support group with 7 to 10 women; 2) optional training in how to facilitate groups; 3) a self-help group for women who want to continue to meet after the support group ends.

If you participate in WCA, you will be interviewed three times: first - before the group starts, second - after the 14 weeks

are over, and third - a year later. You won't be paid for participation in the groups, but you will be paid \$25 for each in-person interview you complete.

If you are interested in WCA, please call Christine at her office to schedule an interview: 617-353-7720. You can leave a confidential message.

WISH LIST

- ~ Ergonomic chairs
- ~ 17" computer monitors
- ~ Small CD/radio boombox 
- ~ 9' x 7' solid color rug for Children's Room
- ~ Children's educational software
- ~ Gift certificate to framing shops
- ~ Small computer stand (wood)

VOLUNTEER ORIENTATION

Monday, OCTOBER 15, or
Wednesday, NOVEMBER 7,
at 6-7pm

Come learn about the Women's Center
and all of our fabulous
volunteer opportunities.
Call (617) 354-8807 to reserve a space.

Dissociation & Self-Injury

For many years I have facilitated groups at the Women's Center, including self-injury groups. The reasons for I am offering a group on dissociation and self-injury are many; the main one is that in both cases people have often endured an early situation which was highly stressful, very confusing and often frightening. Self-injury and dissociation are also ways of coping with a situation when there seems to be no alternative, when communicating, evaluating, sharing and learning seem to be impossible. These behaviors can greatly interfere with a person's ability to live well in the present.

The goal for this group is for each participant to have a place to share with others who are struggling with the same issues, and to receive support for making positive changes. Often people facing something difficult do better in the company of others with similar experiences, not by dwelling on a destructive past, but by feeling a part of the human family and by sharing ways of living better.

If you are interested, come to the first open meeting on Wednesday, October 3rd at 7:30pm; the six remaining sessions will be closed. For questions or to pre-register, call Vera at (617)354-2304.

Foundations & Corporations

A special "thank you" to the foundations and organizations that have funded the Women's Center in 2001:

*The Cambridge Community Foundation
The Cambridge Savings Bank
The City of Cambridge
The Marion L. Decrow Memorial Fund
The Alice Willard Dorr Foundation
The First American Title Insurance Company
The Sheila Gamble Fund
The Hartley Corporation
The Parish of Christ Church
The R.O.S.E. Fund
The Marcia Rough and John Nietzsche Foundation
The George and Beatrice Sherman Family Charitable Trust
The TJX Foundation
Anonymous Donor*

Thank You



Yes, I want to support the Women's Center!

Enclosed is my tax-deductible donation of: ___\$25 ___\$50 ___\$100 ___\$500 ___other

For a donation of \$150 or more, you'll receive a Women's Center T shirt or cap!

I'd like to become a regular **monthly sustainer**, with a pledge of \$___ per month.

___ Add me to the Women's Center mailing list.

___ I'm interested in volunteering at the Women's Center.

Name _____

Address _____

City _____

State _____

Zip Code _____

Phone _____

Thank You !

If you'd prefer to be taken off of our mailing list, please check the following box and return to the Women's Center (be sure to give us your name and address!).

(Women's Center, 46 Pleasant Street, Cambridge MA 02139)

Transitioning Out Of The Patient Role

Women who have been labeled 'chronic' or 'long-term' patients by the mental health system and are looking to move away from this label may find this facilitated group very helpful. The group provides a space for women to come together and talk about changes they are trying to make towards greater emotional and physical health and well-being, get feedback, support, and sug-

gestions, and share resources. The group runs in six week cycles where the first week is open to newcomers and then it is closed for the next five weeks. Women can come to as many cycles as they would like. If there is sufficient interest, I will start a new cycle of the group later this fall. Please call (781) 226-7097 (pager 10am to 8pm) for more information. ~ Diane Loud

The Women's Center
46 Pleasant Street
Cambridge, MA 02139

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