



ON OUR WAY

Newsletter of the Women's Center
46 Pleasant Street, Cambridge, MA 02139
(617) 354-8807 ~ www.cambridgewomenscenter.org

Spring 2015

Happy Spring from the Women's Center

As you may know, in recent months, drop-in access was cut back to one-hour periods (in addition to time spent attending a group or other activity) while we took on the task of restructuring Center operations to address safety issues. We are pleased to announce that the Center is introducing a daily drop-in period from noon to 3 PM starting June 8. We will continue the one-hour drop-in option at other times, as well as our many support groups, workshops, and other structured activities. We have created a new position, Helpline and Drop-in Coordinator, and hired Henryce Gumes, who has loads of experience working with vulnerable populations. We feel her presence and guidance will enable us to provide more support and assistance to marginalized women facing daunting challenges on a daily basis.

Expanding drop-in access to a few hours will mean a woman can come in and relax, spend time on a computer, time getting something to eat, time talking with others, and/or time being alone in a comfortable space. It can bring valuable structure and a little peace to women whose lives are challenging because of homelessness, lack of childcare or transportation, or because they feel stuck, discouraged, isolated, or immobilized from trauma, abuse, or mental illness. And if any woman just wants to be able to come to a place where she can feel welcome and comfortable, this is very important too. Many of our community members use drop-in hours to further their computer skills, make a meal they may not otherwise have access to, participate in workshops that go on throughout the day, and connect with volunteers and other visitors. This is why we feel it is so important to provide this access to the Center.

The Center also has new and updated community guidelines for all visitors. You can view these updated guidelines on our website. They are also displayed on each floor of the Center. These guidelines will ensure our shared understanding of respectful and appropriate behavior in the Center.

There are also many physical changes under way at 46 Pleasant Street. The library is being moved to the 2nd floor for easier access, while staff offices have been moved to the third floor. Volunteers have been wonderful, pitching in with painting, fixing, and whatever comes up. Moving the very large bookcases down the curved stairway was quite a feat, and even involved sawing the top off one and reattaching it once it made it down the stairs! Floor paint refusing to dry has added to the challenge of getting the house ready, but our fix-it team is undaunted. We've received donations of nice couches, chairs, a lovely table, rugs, and much more. A huge THANK YOU to all who have and are helping out!

Beyond that, we have talked with several local organizations to help us make decisions about protocols that will make the center both welcoming and safe, such as a "membership" concept that will roll out in the coming weeks. This is a work in progress. We'll assess every change, including the new 3-hour drop-in period, and make adjustments when they seem warranted. Bear with us! We hope to get feedback about how the changes are working; both positive and negative, as we evaluate and work to meet the varying needs of our community.

What else is new at the Center? Check out our June calendar on our website, come by to pick up a copy, or just call and ask the volunteer for information on what is offered. As always, groups, workshops, and other activities are free, and all who identify as women are welcome. Join us at our Sewing Group, Spanish/English Discussion Group, Basics of Building a Business Group, or any other activity – or call Katie about starting your own group! We hope to see you soon!

Best,

Liz, Judy, Laura, Susan and Niara

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VOLUNTEER!

The Women's Center is actively seeking volunteers and volunteering is a great way to give back but also to meet new people and develop new skills. In the words of one volunteer who staffs our center and helpline and also runs a group, "I come here and I meet people who do a wide range of things who come from a wide range of backgrounds and I think the experience of doing that has opened my eyes to a lot more issues that I didn't always know existed." Our volunteers play an active role in making the space what it is. There are lots of ways to get involved —staffing our center and helpline, running a group, pitching in by cleaning/gardening/fixing, helping us with social media and outreach, and so much more! Interested in becoming a volunteer, or have questions about the options for involvement? Contact Henryce at 617-354-6394 or henryce@cambridgewomenscenter.org.



VOLUNTEER!

"It's really rewarding to be part of creating a safe & empowering space for women. It's a really strong community and I'm proud to be part of it."

Niara Guterres, New Board Member

My name is Niara and I am so thrilled to join the Cambridge Women's Center Board of Trustees! I started volunteering at the center in September, 2014 and soon after started a workshop focused on entrepreneurship. I've been given so many wonderful opportunities through the women's center to meet inspiring women from a variety of backgrounds and I am excited to join the board to help the Women's Center grow and develop into an even stronger community.
- Niara

Robyn Bahr, New Board Member

I am honored to be joining the Cambridge Women's Center Board of Trustees. I have been a volunteer since fall of 2012 when I moved to Cambridge from California. The Center has given me a lot in the last 2+ years - more confidence, a better sense of myself, a chance to boost my strengths and understand where my comforts and discomforts are. It's a place that has welcomed me as part of a community - not just of local women, but as a member of the larger Boston area community. I believe it's time for me to give back and I look forward to the future.
- Robyn

Meredith Hutchins, New Board Member

I have been a volunteer at the WC since last September. The Center has helped me see firsthand just how important it is to have a safe and empowering space for women to help other women. I am honored to be a new member of the Board and am excited to help continue making the Center such a great space for the community.
- Meredith

Welcome Henryce!

We welcome our newest new staff member, Henryce Jackson-Gumes, who is filling a new position, Coordinator for Drop-in and Helpline. Henryce brings 25 years of experience in Human Services working with marginalized populations, which will enable us to strengthen our ability to support and assist visitors with pressing needs and issues. She is particularly knowledgeable about services and entitlements that are available and how to access them, which will really benefit many center visitors. Her job includes recruiting, training and supervising out helpline volunteers as well as overseeing drop-in. We are excited to have a staff member who is so familiar with the issues and challenges of many visitors.

Good-bye from Board Member Laura Cherry

I will be leaving the Board of Trustees on June 1, after seven varied, active, and occasionally tumultuous years. Like any worthwhile pursuit, serving as a Board member has been alternately challenging and rewarding.

This was my first experience serving on a Board, so I had no idea what I might expect from it. When I first joined the Board, the Center was going through a significant financial crisis and we faced the distinct possibility that we might need to close down altogether. Hard work by everyone (and notably that of our volunteer fundraisers, Judy Norris and Elaine Westerlund) kept the doors open, but those first few years were all about financial worries. Even when things improved, I learned that finances are always a top-priority issue for a small non-profit like the Center, so we welcomed every penny received and agonized over every penny spent.

A highlight of my Board tenure was participating in the Women's Center 40th-anniversary celebration, with its music and spoken-word performances, silent auction, and great conversations between women who have loved and sometimes literally been saved by the Center. The joy that night was palpable!

Now, as I leave, the Women's Center is dealing with a new sort of challenge: the effort to ensure that the space is welcoming and open to all women, while also maintaining an environment that is safe and free from the threat of violence. I have no doubt that the current Board, volunteers, community members, and staff will keep working together to find the solutions that will best fit the Women's Center, with its unique history and special role in women's lives.

I'll miss working with the Board, but I hope to stay close to the Center for many years to come.
- Laura Cherry

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

Helpline:
(617) 354-8807

Business line:
(617) 354-6394

Website:
www.cambridgewomenscenter.org

What's up at the Women's Center?
Check out our monthly calendar on the website.

Email:
info@cambridgewomenscenter.org

Hours:

Monday-Friday: 10am-8pm
Saturday: 10am-3pm
We are closed on major holidays

Volunteers

We gratefully acknowledge the ongoing efforts and contributions of our volunteers. Thank you for giving so generously of your time and of yourselves.

For further information about various volunteer opportunities or to offer in-kind donations, contact Henryce, Drop-in and Helpline Coordinator:
henryce@cambridgewomenscenter.org
(617) 354-6394 x13

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

All donations are tax-deductible. The Women's Center is a tax-exempt non-profit organization.
Federal ID #237131753

The Work World Is a Weird Place

The work world is a weird place, especially for a LGBTQ woman like myself. Navigating it can be trouble even in a place like Massachusetts, which offers protections to people like me. Coming out over and over again can feel weird; a workplace full of straight people can be weird; a lot of it can be weird, and so for some reason I haven't had that much confidence in myself in the workforce.

This is why I started the LGBTQ at Work group, which meets the first Tuesday of every month, 6-7pm. Apparently the concept of having an LGBTQ at Work group is something of a novelty—I wanted to make it a place for women to talk about the uncomfortable things they might face every day, but maybe most importantly, make new friends and make connections.

This is the first group I've ever started on my own, so it's been a bit of a learning curve. I've handed out flyers and done outreach to groups like Fenway Health, and while I've gotten some good responses, the group is still in the process of building and I'm hoping attendance will continue to grow as time goes on. I also know that it takes bravery to talk about these kinds of things, and it can be intimidating, but my group aims to provide an environment that can help dispel peoples' fears and be a supportive, safe space.

If you have ever felt hesitant coming out at work, if you have ever felt discriminated against, or even if you don't experience it yourself but understand it's a huge issue that often flies under the radar—I would be honored if you'd join us! Together we can mold this group into a place for us to not only help ourselves or others in similar situations, but also to network and empower ourselves in our careers.

- Megan Reisz

Good-bye from Katie

I wanted to take the opportunity to share with you all the news that my last day at the Women's Center will be July 17, 2015. I have been accepted into an intensive full-time graduate degree program and, after a great amount of reflection, I have decided this is the next step that makes sense for me personally and professionally.

This was not an easy decision. I'm so grateful for the opportunities I've had over the past year and a half to work with some amazing people and to help in the process of working to make the Women's Center as safe and empowering a space for all women as it possibly can be. The Women's Center is a space rich in human resources—our amazing volunteer staff, my colleagues on the staff and board, and all of the amazing women who visit the Center to use the drop-in space and attend groups and events have inspired me and taught me so much. I've been consistently inspired by the commitment of our volunteers who take time out of their busy lives to staff our helpline and our Center's drop-in space, as well as running groups. Without the generosity they show in giving their time and the empathy they show in interacting with women of all backgrounds and identities, the Center quite literally could not exist.

It is the spirit of community and mutual support and empowerment that makes the Center unique and special, and it is this spirit that I hope all of you who are or have been involved with the Center will continue to nurture. As with any community, it takes the contribution of each member to produce the payoff that benefits all members. Whether you're able to give of your time, to give monetarily or through donations of furniture, office supplies, or other items, or simply to come attend groups, meet other women, and tell others about the Center, each contribution is important and valued.

I know the Center has a bright future and I look forward to hearing about it!

- Katie

Trauma Discussion Group

The Women's Center has long been a haven for women seeking support, community, and a safe space to make their voices heard. Over the past several months, we have begun to create this space through a Trauma Discussion Group, which is open to all women who are looking to share their experience and connect with others.

The Trauma Discussion Group is a free drop-in group held every Thursday at 6pm. Welcoming women from all walks of life and who have experienced or are experiencing any kind of trauma, the group attracts a diverse array of members and perspectives. Our goal is to create a safe and welcoming community that fosters trust, healing, and personal growth.

While we encourage women to tell their stories when they feel ready, the primary focus is on coping with the aftermath of trauma to lead a healthy and balanced life. The group is peer-facilitated and is focused more on creating a community of support than on achieving time-based goals and objectives.

Interested in learning more or joining? Stop by any Thursday evening, or email groupcambridge@gmail.com for more info.

- Casey

Building a Business

I began volunteering at the Women's Center to become more involved in the community and to meet women from different backgrounds. I have always been interested in entrepreneurship and thought it would be great to start a group where women could meet to discuss their own entrepreneurial aspirations. I really believe that everyone has the ability to be entrepreneurial.

I've had the opportunity to meet a wide variety of women since – women who've wanted to start their own businesses but weren't sure how. I thought that if I could break down the components of a business plan, perhaps more women might be encouraged to at least consider developing their own.

However, for so many of the women that I have met, there are myriad reasons why they are hesitant to pursue entrepreneurship – the least of which is unfamiliarity with a business plan. Rather, for most, starting a business just seems impossibly misaligned with the reality of their day-to-day life, often because of self-doubt. Part of this includes the belief that 'I don't know the right people' or 'I don't have the right background or experience', and yes, it would be naïve to admit that those are unimportant or easily overcome - the reality is that 50% of businesses fail within the first five years.

Still, I think that the greatest thing about the Women's Center for me personally - beyond providing women with support and encouragement - I find that it is a space to acknowledge that yes, sometimes it feels impossible and that is okay.

When I began volunteering here, I felt discouraged because I'd spent nearly two years working on a venture that proved to be unsuccessful. I questioned whether I was smart enough, dedicated enough, to start my own business and I thought 'Could I have done something differently?' 'Did I really do everything I could?' I've learned since from talking to other women how important it is to allow ourselves to try, even if we fail.

I think that it is so important to give support in a way that is truthful and sincere. We all face personal challenges—anxiety, depression, mental illness, domestic violence—that are invisible to the outside world but are very real to us. But I think that it is when we allow ourselves to talk openly and honestly about those obstacles that we become—ultimately—strong enough to take on the challenges that we fear.

- Niara

Survivors Sharing and Healing

3rd Fridays of the month, September—June, 6-7:30 pm
Incest Resources' current series for Survivors of Childhood Sexual Abuse will come to a close on Friday, June 19th with the topic Spirituality and Healing. The group will start up again in September with the following dates and topics:

September 18	Childhood
October 16	Depression
November 20	Anxiety
December 18	Control
January 15	Trust
February 19	Triggers
March 18	Shame
April 15	Self-Confidence
May 20	Sexuality
June 17	Support

Please come on time! No one will be admitted after 6:15pm so that the group process will not be disrupted

This well-attended and much-loved group, facilitated by survivor-therapist Dr. Elaine Westerlund, has been running at the Women's Center since 1983!

Recent appreciations from group members include: "This group is fantastic - always validating, informative and empowering!" & "I have learned so much in this group. Each new topic is rich with discovery and understanding for me. The quality of the leadership provided by Elaine consistently amazes me - she provides wisdom, security and comfort, always. This group is an unimaginable gift." For more info call 617-354-6394.

Body Image Discussion Group

For the past year the Women's Center has held a weekly Body Image Discussion Group. We have had many talks about what it means to identify as women, and have found that we all bring something very important and unique to each discussion, but can still connect with each other in significant ways. Sometimes we do activities to help deconstruct powerful, harmful media messages. Other weeks we share articles that reflect individual values and ideas surrounding beauty and health. We talk about the messages we've received from family, friends, partners, and social media. The group promotes body positivity, and we work to explore what that means.

Body positivity doesn't have to mean that you love everything, but that you acknowledge that at your core you are good. Whether you are thin or curvy, blonde or brunette, have acne, scars, stretch marks or anything else about your physical self, none of these are indicators of your self-worth or how deserving you are of love, acceptance, and safety. We acknowledge that we are trying, and doing the best we can. Join in a space that recognizes your beauty and worth, but validates that some days it's okay to not feel so good.

The group will transition to Wednesdays, and will be led by Gianna Gambardella. Gianna is determined to keep the group focus and dynamics the same, so the transition will be as smooth as possible. She is very excited to be a part of this great space for women. Please join her and the rest of the Body Image Group at the Women's Center, Wednesdays at 6:00pm.
- Gianna and Carissa

On-Going Groups

- ♦ Basic English/Spanish Discussion Group (2nd & 4th Wednesdays, 11am-noon)*
- ♦ Basic Yoga with Maddy (Mondays, 6-7pm, ends mid-June)
- ♦ Basics of Building a Business (1st & 3rd Saturdays,, 11am-noon)* Info: Niara, n.vguterres@gmail.com
- ♦ Beading Group (every Monday, 2:30-4:30pm)
- ♦ Being LGBTQ at Work (6-7pm (1st Tuesday of the month)*
- ♦ Board Meeting (monthly, call for dates, 5:30-7pm)
- ♦ Body Image Discussion Group (Tuesdays, 6-7pm)
- ♦ Breakfast Club (Saturdays, 10:30-11:30am)*
- ♦ Cooking Basics (Thursdays, noon-1pm)*
- ♦ Crafternoons (2 Saturdays/month, noon-1pm)
- ♦ Crochet & Knitting Circle (1st & 3rd Weds, 11am-12:30pm)
- ♦ Feminist Book Club (Last Monday of month, 7-8pm)
- ♦ Incest Resources' Drop-In Discussion Group for Survivors of Child Sexual Abuse (3rd Fridays, 6-7:30pm, September through June)
- ♦ Ladies, Let's Talk About It—Women's Narcotic Anonymous (NA) Meeting (Thursdays, 6:30-8pm)*
- ♦ Luncheon at the Women's Center (one Tuesday/month, noon-1pm)*
- ♦ Monthly Theatre Workshops (call 617-354-6394 for topics, dates, and times). Info/register:
- ♦ Painting and Drawing (Tuesdays, 11am-1pm)
- ♦ Pro-Survivors Mother's Group (3rd Tuesdays, 6-7:30pm)*
- ♦ Sewing Group (every Thursday, 10am-12pm)
- ♦ Straight Marriage, Still Questioning. Peer led support group for women in a straight relationship struggling with her sexual orientation. For info: kate.e.flynn@gmail.com
- ♦ Street Harassment Discussion and Support Group (last Wednesdays, 6:30-8pm). Not meeting in June.
- ♦ Survival and Support; Women Coping with the Mental Illness of a Loved One (one Tues./month, 6-7:30pm)
- ♦ Teen Discussion Group (1st & 3rd Weds, 6-7pm)
- ♦ Trauma Support Group (every Thursday, 6-7pm)
- ♦ Yoga with Elise (Thursdays, 1-2pm)

Other Groups and Topics

Healing through Creative Arts: Sharing Our Stories: a theatre workshop with humor, creativity and caring. Saturday, 6/20, 1-3pm. Participants will use theatre games to explore and express personal experience. Energy and curiosity are the only requirements. Facilitated by Noemi Paz. Register at martharogersmusic@gmail.com or call 978-408-9233

***Dealing With Anger: Expressing Ourselves With Loved Ones Without Hurting Our Closest Relationships.** Monday, 6/22, 6:30-8pm. Julie Catalano, LICSW, will teach anger management and communication skills for conflicts with children, parents, friends, intimate partners. Pizza lunch will be served, childcare may be available with advanced notice. RSVP 617-429-4738 or somervillecounseling@gmail.com

Career and Academic Skills Workshop Series. Fridays, weekly (starting 6/19), 12-1pm. Support with job/school applications, internet job hunting, interview skills, resumes/cover letters, improving grades and standardized test scores and other skills. Info: msp72@georgetown.edu

Fertility Awareness Group. Thursday, 6/11, 6-7pm. A space where women can discuss natural birth control options. access information, connect with peers, and share experiences. Info: anna@acfertilityawareness.com

Sexuality and Sexual Health Discussion Group. Fridays, (starting 6/19), 5-6pm. Join us in an open space to discuss the myths and realities surrounding sexuality and sexual health. Info: miaowomenscenter@gmail.com

* Wheelchair accessible groups; other groups accessible by pre-arrangement

Congratulations Incest Resources!

2015 marks the 35th anniversary of Incest Resources! We are hoping to celebrate this milestone with a special survivor event in the fall. Founded in 1980 by four survivors, I.R. Inc. was the first organization in the country for survivors of childhood sexual abuse. An all-survivor, all-volunteer nonprofit organization, I.R. was established to create a vehicle to bring survivors together for mutual support and activism. Along with a handful of other survivors, the women of I.R. helped to pioneer the national and international survivor self-help movement of the 1980's and 1990's and became a model for other survivor organizations worldwide. I.R. provided many firsts for the survivor community in 1980 including its first political voice, first speakers' bureau, first help-line, first self-help support groups, first referral and resource network, first survivor self-help literature, and first legislative action group. In the 35 years since, I.R. has introduced many other firsts, continuing to support both survivor recovery and survivor activism. In addition I.R. has supported the development and growth of programs focused on survivor healing and empowerment through the arts, including the Survivor Quilt Project and the Survivor Theatre Project. To learn more visit www.IncestResourcesInc.org

Sharing your Women's Center Story

The Women's Center has been an important part of many women's lives since 1971, providing a space where anyone who identifies as a woman can feel empowered, grow, and supported by one another. Throughout these years, hundreds of women have been a part of the Center's history—working interning, and volunteering their time to the organization and the women who visit the Center. Center visitors have been a vital part of the organization, voicing their thoughts and ideas, attending support groups, calling the help line, utilizing the resources available at the Center (the computer lab, the kitchen, the comfy couches)—illustrating the importance of having a safe space where women can come and gather.

To honor the lives the Center has touched, we are collecting stories from everyone and anyone who has been part of the Center's history. My name is Mariya, an MFA student at Lesley University. I am helping the Center capture these stories through interviews (in person and via phone). Through these interviews, we're hoping learn how the Center has impacted lives over the last few decades. What tools, skills, and experiences have folks who visit the Center gained? Most importantly, we want to learn what keeps women continually wanting to attend groups, visit the Center, come in to utilize the resources, or volunteer their time. We want to hear from those who have walked through the Center's door, collect their stories, and share their experiences with the community. To give you a preview of what's to come through these stories, read why Sarah decided to become part of the Women's Center and how it has impacted her life.

"I wanted to volunteer at the Women's Center because it is a really great place to connect with the women and the community we're serving. I've connected with other volunteers here. It's a really homey environment. Welcoming and accepting and I like that. I had a few friends from school who volunteered here and encouraged me to volunteer and so it was nice to come in here and have people I know already volunteering here."

If you want to learn more about the project or are willing to be interviewed, please contact me at mariyataher@hotmail.com.

- Mariya Taher

Appreciation from our Interns

We have had the privilege of interning here at the Women's Center from September through May. We've gone from being strangers in this community to feeling like we belong.

When we started in September, fewer women were attending groups/coming to the Women's Center, we had only one Center Coordinator, and the Center was still working to figure out its next steps after some major changes. During the last several months, Henryce has been hired as Co-Coordinator along with Katie, new protocols are in place, and a lot more women are participating. Being a part of this enormous change has been a challenge and an honor, as has being welcomed into this network of strong, supportive women.

Prior to our time here, neither of us had any experience with non-profits or small community organizations like the Women's Center. We've seen the ways this space and its volunteers have helped the women in the community find resources, connect to others, and grow together. We each will be going to a very different environment next year. Valerie will be working with women with eating disorders at McLean Hospital and Carmen will be at Whidden Hospital on their psychiatric ward. Both will be highly clinical and structured - in many ways the opposite of the Women's Center! But the experience we've had here running groups, answering helpline calls, and working with each of the women who come in to use the space, has shaped the way we think about our role as group facilitators and as women in the world.

This will be an experience we carry with us as we move on from the Women's Center. We are immensely grateful for the welcome we received, sad to be leaving the connections we've made, and looking forward to new opportunities for ourselves and for the Center. Wishing you all the best! -Carmen and Valerie

Survivor Theatre Project

On April 26, the Touring Company performed *Called To Speak* for a large, young, diverse audience of artists and activists at Makeshift Boston in the South End at an event called *The Art of Life After*, A show that focused on surviving sexual violence. An incredible singer/songwriter opened the show, a selection of survivor visual artists had their works up in the gallery, and the audience toured the pieces before and after the performances. *Called to Speak* actors contributed poignant thoughts, ideas, and analysis during the talkback with the audience. The organizers, Alicia and Mattie were fantastic and deeply appreciative of the collaboration and we hope to work with Mission Gallery in the future.



Survivor Theatre Project touring company celebrating after performing at "The Art of Life After," a show bringing forth survivor voices at Makeshift Boston.

Feminist Book Club, and Lots More

I first got involved with the Women's Center as a helpline volunteer over a year ago, and last summer my best friend and I decided to start the Feminist Book Club. We welcome all women, read one book per month and meet on the last Monday evening of the month from 7-8pm to discuss. Our only rule on book choice is that it must be written by a woman.

We are a small but dedicated group. There are months when our conversations are so engaging and passionate that we diverge from talking about the book itself, like when we read transgender activist Janet Mock's incredible memoir, *Redefining Realness*, and ended up spending half of our meeting discussing what it means to be a woman. There are months when we all agree that our book choice was so good that there isn't much to critique or analyze, so we spend most of the time rehashing our favorite parts, like with Roxane Gay's *Bad Feminist*. But every month brings an engaging conversation with women who love to read and talk about women.

The Book Club is just one of the ways that I spend my time at the Women's Center. I also staff the helpline once a week, and I am on the social media committee. We have been building up our social media presence for the past year or so, and it has been so fun to help find articles and videos that I think women in the community might be interested in.

A caller on the helpline recently asked me why I volunteer here and what I like about it. I told her that I first started because I was interested in counseling, and an emotional support helpline seemed right up my alley. But I never expected to become so involved. It has been so great to be a part of this community. I have met and spoken with so many wonderful women, and I'm so grateful for the experience.

- Jessica

Wish List

- Whiteboard (about 17" high x 23" wide)
- Beads for the beading group
- Kitchen towels
- Food containers
- Food storage bags
- Coffee, tea, hot chocolate, sugar, honey, cream, milk, butter, cooking oil
- Can opener
- Pens
- Coffee machine
- Unscented hand and dish soap
- Paper towels and toilet paper
- Sturdy brooms and mops
- USB sticks/flash drives
- Narrow dry erase markers for whiteboard
- Headphones (for computer use)
- Printer & copier paper, white and colored 8½" x 11" and 11" x 17"
- Postage stamps
- Mailing labels (30/page, eg: Avery 5160)
- Envelopes—small 3⅝" x 6½" (#6¼)
- Gift certificates for Whole Foods, Trader Joes, Supermarkets, Target, Drug Stores, Staples, Office Max, Home Depot, Best Buy, etc.

Thank you!

"Those whom we support hold us up in life"

Support the Women's Center Online!

Go to www.cambridgewomenscenter.org and click on "Support Us" and then "Donate Now."

You will be contributing through "Network for Good"

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

___ \$2,000 ___ \$1,000 ___ \$500 ___ \$250 ___ \$100 ___ \$50 ___ \$25 ___ other \$ _____

Please make checks payable to **Women's Center**. Mail to: Women's Center, 46 Pleasant Street, Cambridge MA 02139

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____

___ Designate my gift to Pay down the loan where needed most Other _____

___ My donation is in honor of: (name) _____
(address) _____

___ My gift will be matched by my employer _____

I/We would like to become a regular **monthly sustainer**, with a pledge of \$ _____ /per month.

I'd like to include the Women's Center in my retirement or other future plans.

Please send me a volunteer application.

If you'd prefer to be taken off our mailing list, please check this box and return this slip, or email us at info@cambridgewomenscenter.org

Daily, women call our **helpline** in need of a compassionate ear or they come through our doors and attend **support groups, classes**, and make new friends. As they receive support, they grow stronger, and some go on to develop projects and organizations that serve vulnerable women.

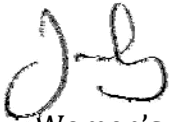
“There was no pressure. I felt comfortable. Over time, I began talking with women and then volunteering. Now, I lead a weekly Mental Health Resource Group and feel good about my life!”

Organizations that the Women’s Center has helped get started are: Boston Area Rape Crisis Center, Elizabeth Stone House, Deaf Women’s Counseling Project, Transition House, Art Collectives for Homeless and Low Income Women, and Survivor Theatre Project. As a **grassroots incubator** for making change, we believe in sisters supporting one another. **We need you to make a difference!**

Your support will allow our doors to remain open and free of charge to any woman who wants to enter them and begin again. Since 1971, it has been committed women (and men) like you who have made our community work. This spring, **your gift to the Women’s Center will bring forth new life!**

Please give generously.

In gratitude,



Women’s Center Board of Trustees

http://cambridgewomenscenter.org/supportus/donate_now.html

PS: We are **\$14,000** away from being **debt free!** Your support could help us finish paying off the **\$80,000** loan taken out in 2006. Would you help the Women’s Center have a real **Independence Day celebration** by giving a **gift of \$1,000 by July 4th!!** 14 gifts or more and we’re letting sparks fly!!!

*“Cause baby, you’re a firework
Come on show them what you’re worth”*

--Katy Perry

