

Women's Center Calendar for JULY 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

Artistic Expression and Creativity

Art Group. Wednesdays (not 7/4), 1-3pm. A welcoming space to create art of any medium. Fun, rewarding class. No art background needed. Info: Michelle, mshellspages@gmail.com

Beading Group. Mondays, 1:30--4:30pm. Materials provided! Info: thebeadinggroup@gmail.com

***<NEW> Finding Your Voice.** Wednesdays, 7/11 & 25, 5:30-7pm. A group for any woman that wants to make their voice heard, and who finds comfort (or aspires to find comfort) in speaking about their experiences. We will talk, listen, and learn about each other through spoken word storytelling. Contact rachel.carp@tufts.edu for more information.

<NEW> Poetry Group. Tuesdays, starting 7/10, 5:30-6:30pm. Come find your poetic, creative voice! Whether you love to write or you've never written poetry before, this group is open to everyone. We will read work by women poets and write our own poems exploring memory, objects, relationships, travel, and more! Info: Adriana Grant at adrianacgrant@gmail.com

Sewing Group. Thursdays (not 7/5), 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

Write Your Story. Tuesdays, 7/10 & 24. 2-3:15pm. This friendly group will help you learn how to tell the stories you want to tell. Come write stories, both fiction and nonfiction. We can use the time to write or you can bring writing you are working on to share and talk about. Info: Diane dianesteinkamp@hotmail.com

LGBTQ+ Support & Discussion Groups

***Bay State Butches.** 7/6 (1st Fridays), 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, 7/20 (3rd Fridays), 6-7:30pm. Inclusive group for women attracted to women. Topic: *How to make friends in Boston.* Info: jojo.bischof@web.de

***Reconciling Support Group.** Friday, 7/13 (usually 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 & 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 7/23), 6:30-7:30pm with Anna Shults. Anna began practicing yoga to help with her scoliosis & marathon training. She believes yoga is for every body. If you've done yoga before or if it's new to you, check it out! Preregister by 4pm: jenniferchan@breatheandbelieveyoga.com

<NEW> Gentle Yoga & Mindfulness, Tuesdays (not 7/17), 11am-12:15pm. Reconnect with your mind and body through a gentle flow yoga and mindfulness practice. Let yourself relax and enjoy an hour and fifteen minutes of tranquility. Led by Lauren Miningham. More info: lminingh@lesley.edu

***Meditation for Stress Management.** Monday, 7/16, 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

<NEW> Summer Yoga and Relax. Wednesdays, 7/11 & 18, 11am-12:15pm. Build strength and flexibility to body and mind through slow flow yoga. Come renew and relax. Beginner level. All welcome. Limited space, so register before 9am at ScandiYoga@gmail.com

Professional Consultation

Managing Your Money, Wed., 7/18. 5-8pm. Free one-on-one, 45-minute confidential consultations with a professional financial planner on managing credit & debts; budgeting; taxes; other issues. Pre-registration required: linda@cambridgewomenscenter.org

Trauma Survivors' Groups

A Survivor's Write to Heal. Mondays, 6-8pm. Writing workshops designed to embolden female survivors of trauma and abuse by providing an expressive outlet in a nurturing setting. We will discuss, write & share our work. Info: Rawda: rawda.aljawhary@gmail.com

<NEW> Summer Meeting for Survivors of Childhood Sexual Abuse, Friday, 7/20, 6--7:30pm. (no one admitted after 6:15pm). Topic: *Power.* Join members of the survivor community for connection, support, and discussion while Incest Resources' Group is on summer break. For predictability and safety, the structure and guidelines will be the same, but the meeting will be unfacilitated. Info: rjulia6@gmail.com

[Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse] will resume Friday, September 21. 6-7:30pm].

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 (not 7/19), 6:30-7:30pm. An intimate group where women can share and get support for all forms of trauma, past & present. Info: groupcambridge@gmail.com

Wellness/Self-Help

<NEW> Endometriosis Somerville Support Group. Friday 7/27, (4th Fridays), 6-8pm. A bi-weekly group that meets at members' homes and the Women's Center. Join in community with others who survive & thrive with endo. Info: endometriossomerville@gmail.com

<NEW> *Feminism: Past, Present, and Future. Monday, 7/23, 6-7pm. Discuss the role of feminism in the current political climate. Info: jshiner@gm.slc.edu

***SELF-CARE: Its Power & Healing Properties.** Fridays, 4-5:30pm. Do you feel like you need to practice self-care on a deeper level? Taking care of yourself is essential! Come join for enhanced self-care. Info: Elizabeth, ef1916@yahoo.com

***Feminist Book Club.** Monday, 7/2, 7-8pm. We discuss books through the lens of feminism and our own experiences. July's book: *The Beauty Myth* by Naomi Wolf. Info: lizbada@bu.edu

***Spanish-English Conversation Exchange.** Mondays, 12-2pm. Are you an English speaker interested in improving your Spanish? ¿Habras 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, 7/18, 2-3:30pm. Topic: *What We Eat and Why.* Come for useful & enjoyable conversations. Info: judy@cambridgewomenscenter.org

<NEW> *Women's Healing Circle, Tuesdays, 7/3 & 17, 6-7:30pm. Are you ready to heal yourself to become who you really are? Do you want to understand how your mind and emotions work? Come to process your pain, overcome limiting beliefs, and start living with ease and purpose! Info: ashleyheacock@gmail.com

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, 7/17 and Monday, 7/23, 12:30-1:30pm. Info: 617-354-6394.

Women's Center Board of Trustees Meeting. Wednesday, 7/18, 6-7:30pm. Info: board@cambridgewomenscenter.org

July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p><u>12pm-2pm</u> Spanish-English Conversation Exchange Farewell Party (LR)</p> <p><u>12:30-1:30pm</u> Money Coaching (3FL)</p> <p><u>1:30-4:30pm</u> Beading (2FR)</p> <p><u>6:30-7:30pm</u> Breathe & Believe Yoga (3FR)</p> <p><u>7-8pm</u> Feminist Book Club (LR)</p>	<p>3</p> <p><u>11am-12:15pm</u> Gentle Yoga and Mindfulness (3FR)</p> <p><u>6-7:30pm</u> Women's Healing Circle (LR)</p> <p><u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>4</p> <p>CLOSED</p> <p>4th of July holiday</p>	<p>5</p> <p><u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR)</p> <p><u>6:30-8pm</u> Women's NA (LR)</p>	<p>6</p> <p><u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties (LR)</p> <p><u>6:30-8pm</u> Bay State Butches (LR)</p>	<p>7</p> <p><u>11:30am-2:30pm</u> Malikah closed meeting (3FR)</p>
<p>9</p> <p><u>12pm-2pm</u> Spanish-English Conversation Exchange (LR)</p> <p><u>12:30-1:30pm</u> Money Coaching (3FL)</p> <p><u>1:30-4:30pm</u> Beading (2FR)</p> <p><u>6-8pm</u> Survivor's Write to Heal (3FL)</p> <p><u>6:30-7:30pm</u> Breathe & Believe Yoga (3FR)</p> <p><u>7-9pm</u> Closed group (LR)</p>	<p>10</p> <p><u>11am-12:15pm</u> Gentle Yoga and Mindfulness (3FR)</p> <p><u>2-3:15pm</u> Write Your Story (3FL)</p> <p><u>5:30-6:30pm</u> Poetry Group (3FL)</p> <p><u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>11</p> <p><u>11am-12:15pm</u> Summer Yoga & Relax (need to preregister by 9am) (3FR)</p> <p><u>1-3pm</u> Art Group (2FR)</p> <p><u>5:30-7pm</u> Finding Your Voice (LR)</p>	<p>12</p> <p><u>10am-12pm</u> Sewing Group (3FR)</p> <p><u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR)</p> <p><u>6:30-8pm</u> Women's NA (LR)</p>	<p>13</p> <p><u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties (LR)</p> <p><u>6-7:30pm</u> IR Facilitator Training (3FR)</p> <p><u>6:30-8pm</u> Reconciling Support Group (LR)</p>	<p>14</p>
<p>16</p> <p><u>12pm-2pm</u> Spanish-English Conversation Exchange (LR)</p> <p><u>12:30-1:30pm</u> Money Coaching (3FL)</p> <p><u>1:30-4:30pm</u> Beading (2FR)</p> <p><u>6-8pm</u> Survivor's Write to Heal (3FL)</p> <p><u>6:30-7:30pm</u> Breathe & Believe Yoga (3FR)</p> <p><u>6:30-7:30pm</u> Meditation for Stress Management (LR)</p>	<p>17</p> <p><u>12:30-1:30pm</u> Open Luncheon (3FL)</p> <p><u>5:30-6:30pm</u> Poetry Group (3FL)</p> <p><u>6-7:30pm</u> Women's Healing Circle (LR)</p> <p><u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>18</p> <p><u>11am-12:15pm</u> Summer Yoga & Relax (need to preregister by 9am) (3FR)</p> <p><u>1-3pm</u> Art Group (2FR)</p> <p><u>2-3:30pm</u> Women 65+ Discussion (LR)</p> <p><u>5-8pm</u> Managing Your Money (2FR)</p> <p><u>6-7:30pm</u> Board Meeting (LR)</p>	<p>19</p> <p><u>10am-12pm</u> Sewing Group (3FR)</p> <p><u>6:30-8pm</u> Women's NA (LR)</p>	<p>20</p> <p><u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties (LR)</p> <p><u>6-7:30pm</u> Summer Meeting of Survivors of Child Sexual Abuse Discussion Group. (no one admitted after 6:15pm) (3FR)</p> <p><u>6-7:30pm</u> Lesbian & Bi Women's Discussion Group (LR)</p>	<p>21</p>
<p>23</p> <p><u>12pm-2pm</u> Spanish-English Conversation Exchange (LR)</p> <p><u>12:30-1:30pm</u> Open Luncheon (LR)</p> <p><u>12:30-1:30pm</u> Money Coaching (3FL)</p> <p><u>1:30-4:30pm</u> Beading (2FR)</p> <p><u>6-7pm</u> Feminism: Past, Present, and Future (LR)</p> <p><u>6-8pm</u> Survivor's Write to Heal (3FL)</p>	<p>24</p> <p><u>11am-12:15pm</u> Gentle Yoga and Mindfulness (3FR)</p> <p><u>2-3:15pm</u> Write Your Story (3FL)</p> <p><u>5:30-6:30pm</u> Poetry Group (3FL)</p> <p><u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<p>25</p> <p><u>1-3pm</u> Art Group (2FR)</p> <p><u>5:30-7pm</u> Finding Your Voice (LR)</p>	<p>26</p> <p><u>10am-12pm</u> Sewing Group (3FR)</p> <p><u>6:30-7:30pm</u> Trauma Support/Discussion Group (3FR)</p> <p><u>6:30-8pm</u> Women's NA (LR)</p>	<p>27</p> <p><u>4-5:30pm</u> SELF-CARE: Its Power and Healing Properties (LR)</p> <p><u>6-8pm</u> Endometriosis Somerville Support Group (3FR)</p>	<p>28</p>
<p>30</p> <p><u>12pm-2pm</u> Spanish-English Conversation Exchange (3FR)</p> <p><u>12:30-1:30pm</u> Money Coaching (3FL)</p> <p><u>1:30-4:30pm</u> Beading (2FR)</p> <p><u>6-8pm</u> Survivor's Write to Heal (3FL)</p> <p><u>6:30-7:30pm</u> Breathe & Believe Yoga (3FR)</p>	<p>31</p> <p><u>11am-12:15pm</u> Gentle Yoga and Mindfulness (3FR)</p> <p><u>5:30-6:30pm</u> Poetry Group (3FL)</p> <p><u>6:15-7:45pm</u> Survivors of Incest Anonymous (3FR)</p>	<div style="border: 1px solid black; padding: 5px;"> <p>ROOM LOCATIONS</p> <p>LR – Living Room</p> <p>2FR - 2nd Floor Right</p> <p>3FR - 3rd Floor Right</p> <p>3FL - 3rd Floor Left</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p>Hours for Drop-in and Computer Labs</p> <p>Mon-Fri 10am-8pm</p> <p>Sat 10am-3pm</p> </div>		<p>30</p>