



♀ ON OUR WAY

Newsletter of the Women's Center
46 Pleasant Street, Cambridge, Massachusetts 02139

Spring 1992 (617) 354-8807
TTY and VOICE

FOR CRYING OUT LOUD IS BACK!

After a much needed period of rest and renewal the Women's Survivor's Newsletter Collective has come together again. We are some members of the previous collective and many new members joined together to speak our truth as women survivors of child sexual abuse. We plan to print the newsletter quarterly with the next issue coming out in late April.

If anyone is interested in contributing to the newsletter or subscribing we can be reached (by mail only) through the Women's Center.

I for one, am very happy For Crying Out Loud is back providing a voice for survivors to speak out together about the pain, the strength and the hope of surviving and thriving.

-Annwyl Rhyfelwr

WOMEN'S GROUP FOR SOBRIETY

The Sunday afternoon Women for Sobriety meeting has been renamed the Sunday Women's Group for Sobriety. The main purpose of this group is to provide a safe, supportive environment in order for women to be able to freely speak of the specific issues surrounding their addictive behaviors. Women who find the conventional, traditional programs difficult may see this meeting as a workable alternative or this meeting may be used to augment an existing traditional AA program. Subjects relating to addiction are discussed on a weekly basis. We meet at the Women's Center Sundays, 2-3:30pm.

If more information is needed, please contact Bev at 784-5383 or Annette at 566-8474.

WOMEN'S SCHOOL

The Women's School is alive and well and operating out of the Women's Center. Since the early 1970's we've been offering courses and workshops, with a feminist perspective, to women in the greater Boston area. This makes us the oldest consecutively running women's school of this kind in the U.S. In each of our classes we encourage women to examine the biases and assumptions which oppress people in general and women in particular. This April we are offering the following classes:

-Relaxation Techniques for Childhood Sexual Abuse Survivors; Tuesdays, April 7 & 14, noon-1:30pm.

-I Read it on a Wall Somewhere: Women's Graffiti Slideshow and Discussion; Thurs., April 16, 7-8:30pm.

-Everyday Resistance: A Workshop for Timid Writers; Tues, April 7-21, 7-9pm.

-Getting the Word Out: Telling Our Self-Defense Success Stories; Tuesday, April 28, 7-9:30pm.

All classes are free and are held at the Women's Center. Please see our brochure or call (617) 354-8807 for more information. If you are interested in proposing a course or joining the collective, please give us a call.

IN MEMORIAM

We are sorry to learn of the deaths of two friends of the Women's Center, Robin Holmes in December and Dr. Pamela Gunnell in March. We extend our sincere sympathy to the many friends and family who knew and loved Robin and Pamela. Thank you to all who have sent memorial donations to the Women's Center, we deeply appreciate your honoring these two women by supporting our work.

MOTHER'S SUPPORT GROUP

The Mother's Group has been meeting at the Women's Center since early October 1991. We meet on Fridays from 10:30am to 12:00noon. We have a babysitter available for those who want to bring their children for \$2.00 per child.

Presently 3-5 of us meet regularly to discuss our lives, how we raise our children, and our own childhoods. The group is a warm and supportive atmosphere in which to discuss any parenting or other issues with other moms. We are looking for other mothers to join us. Please come to any meeting.

If you have any comments, suggestions, or questions, please call the Women's Center at 354-8807 or Gayle at 491-8450.



ALL KINDS OF FAMILIES CELEBRATION

Come celebrate the diversity of families, May 9, 11am-3pm (rain or shine) at Franklin Park in the Playstead area (between the zoo and White Stadium). This event, co-sponsored by the All Kinds of Families Alliance (AKOFA) and over 20 other organizations (including the Women's Center), will feature entertainment and speakers for the enjoyment of both parents and children.

The celebration will be ASL interpreted, and wheelchair accessible. For more information, call 863-0435 or TTY 254-4041 (Deaf, Inc.).

Families deserve to thrive, not just survive! We hope you can join us for this day of fun and celebration of all our different kinds of families.

GROUP THERAPY FOR PARENTING ISSUES

On Tuesday mornings a closed, ongoing therapy group for mothers meets at the Women's Center. This group, led by two therapists, is now opening for new members. If you are interested in joining, please call the Women's Center and you will be put in touch with one of the therapists, who will place you either in this group or another appropriate group.

BATTERED WOMEN'S SUPPORT GROUP

The Wednesday night Battered Women's Support Group meets at the Women's Center from 7-8:30pm. In the year of its 15th anniversary, the Battered Women's Support Group is still going strong. It is still as vital as ever, and unfortunately, still as needed. Over the years, hundreds of wonderful women have come through the support group. I've watched them grow and change, gain confidence and more control over their lives. Some come for a few weeks, some come for months, others continue after a year; growing, giving support to other women, and participating in other projects that will improve the lives of women.

For instance, one of our alumni is helping to train police in another city to deal more sensitively with battered women; another is heavily involved in working on the "Jane Doe Fund" (a project to raise money for battered women who need bus fare, etc. to escape violent partners); still another is speaking before the legislative judiciary committee against the ravages in the lives of women caused by pornography and is part of an effort to afford women civil rights protections against this; another is a frequent guest on talk radio raising consciousness about battered women; yet another is practicing law in the Northwest as an advocate for battered women. And there are many others out there helping women.

We have also trained other women to start support groups in their geographical areas. Presently, an advocate from the Norfolk County District Attorney's Office received help from us to prepare for a group in the Franklin area. We use a no-nonsense, common sense feminist approach that eschews all the trendy neopsych fashions which subtly blame the victim, or make them equally responsible for the transgressions of male supremacy.

Starting in April, we will have a Law Intern from the Harvard Battered Women's Law Advocacy Project attending our group on the last Wednesday of each month to give women advice on the Abuse Prevention Act (i.e. Chapter 209A), restraining orders and related matters. They may also accompany women who are making out complaints, going to hearings, etc.

We continue to welcome new women to our group.

-Betsy Warrior

WOMEN'S COMMUNITY CANCER PROJECT

The Women's Community Cancer Project has had a busy and productive winter. We are now in our third year and have a committed, hard-working group of 25+ women working to change the medical, political, and social approaches to cancer.

Donna Spiegelman, Rita Arditti and the Political Action Committee have completed the "A Woman's Cancer Agenda: Demands to the National Cancer Institute and US Government". It is a one-page document addressing research and policy issues including the bias against women's health, the race and class bias, and the bias against research and prevention of the environmental causes of cancer. The "Demands" have now been sent out to women's groups, health and environmental organizations, and legislators throughout the country. The response so far has been great!

In recent months, we have received many invitations to speak at academic institutions in eastern New England. In March, the New England Regional Conference on Women at Tufts featured Rita Arditti and Ann Maguire as panelists speaking on "Women's Health: The Personal and the Political Recovery". Harvard has invited our group to speak to medical students for the 2nd year in a row. Jean Hardisty, Judy Meyers, Jeannie Marshall, and Linda Swanson will be giving a talk at Salem State College on women and cancer and health insurance issues. In April, Rita Arditti and Jean Hardisty will be speaking at Rhode Island College.

HOT OFF THE PRESS: Our "SHOCKING FACTS about Women and Cancer" and "ALARMING FACTS about Women and Breast Cancer" have been translated into four languages! Spanish, Haitian-Creole, French, and Portuguese fact sheets are now available in beautiful striking colors. Thanks to Kris Waldman and Lisa Beane for their wonderful graphic design work.

The National Breast Cancer Coalition had their February planning committee meeting in Boston. Nona Mahoney represented the WCCP (one of the founding organizations of the Coalition) on the planning committee.

The newly revitalized Direct Service Committee (Nona Mahoney, Betty Furdon, Ellen Leopold, Ruth Cronson, Arline Davis, and Jeannie Marshall) is coordinating the support group which meets on the 2nd & 4th Thursdays of the month at the Women's Center from 7-9pm.

Our interns from Tufts University's Urban and Environmental Policy program, Traci Sawyers, Kate Dempsey, Nechama Katz, and Ellen Taggart are researching the risks and benefits of mammography and the status of mammography facilities throughout the Boston area.

The WCCP's new archivists/librarians Arline Davis and Betty Furdon are coordinating the archives and doing a fabulous job. Ruth Cronson has been keeping us in touch with the outside world by handling our phone calls.

"How to Stop Cancer from Killing Women" was the topic of a radio show on WMBR (88.1 fm) on March 21 in honor of International Women's Day. Members Ellen Crowley, Rita Arditti, and Tatiana Schreiber were interviewed by Kate Diaz.

Jean Hardisty will be going to San Francisco this month for the Computer Network Cancer Grassroots Project sponsored by the National Women's Health Network. Jean will be trained in the use of a new computer system designed to link grassroots breast cancer activist groups.

WOMEN'S WRITING GROUPS

The Women's Center currently has two active groups for women writers, both of which would happily accept any new members. Writers, read the descriptions below and come to one or both to share your writing and receive support from other writers.

-Saturday afternoon Women's Writing Group: Our casual format includes two 20 minute writing exercises on topics chosen by the group, followed by (optional) reading aloud and discussion. Only positive feedback is given. The focus is writing from your own experience, and nothing is too bizarre or trite for us. Beginners and all others are welcome. Alternate Saturdays, 12:30-2:30pm.

-Thursday night Women's Writing Group: Bring copies of your writing and receive suggestions and feedback from other members (writers request the type of feedback they prefer). Women bring all kinds of writing: fiction, essays, plays, poetry, etc. We meet the 2nd and 4th Thursdays of each month from 7-9pm.

Drop-in to either of these groups, or call 354-8807 for more information.

WOMEN'S CENTER HOURS

| | |
|-------------------|-------------|
| Monday - Thursday | 10am - 10pm |
| Friday | 10am - 8pm |
| Saturday | 11am - 2pm |

MACHINE QUANDARY

Our copier and computer are maturing. We would love to have leads to or donations of more youthful equipment. If you can help, please call Judy or Jennifer at 354-8807.

ONGOING GROUPS AT THE WOMEN'S CENTER

SUNDAY

-Women's Group for Sobriety.....2-3:30pm
-Birthmothers (Women who have
surrendered children to adoption)
(first Sunday each month).....1:30pm

MONDAY

-Support for Battered Women.....7:30-9pm
-Women's NA 12 step.....7:30-9pm
-Lesbian Rap.....7:30-9pm
-Boston Bisexual Women's Network
(1st Mon, even #'d months)...7:30-9:30pm
-Reproductive Rights Network
R2N2 (2nd & 4th Mondays)....6:45-9:30pm
-Lesbian Partners & Ex-Partners of Incest
Survivors (1st & 3rd Mon.).....7-8:30pm
-Women w/Disabilities (3rd Mon.)..7:30-9pm

TUESDAY

-Bisexual Women's Rap.....7:30-9:30pm
-30+ Lesbian Rap.....7-8:30pm
-Eating Awareness and Body Image.....7-9pm
-Healing After Abortion.....7-8:30pm

WEDNESDAY

-Lesbian Al-Anon (wheelchair
accessible).....6:30-8pm
-Battered Women's Support Group (Weekly
except 3rd Wed. of month).....7-8:30pm
-Incest Survivors' Thinktank...7:15-9:15pm
(1st Wed. of the month)
-Women's Group of Queer Nation
(1st,3rd Weds after 1st Mon)...8-9:45pm

THURSDAY

-Incest Survivors Open Discussion
Groups (weekly).....7:30-9:30pm
-Facilitated Open Discussion for Incest
Survivors (3rd Thursday).....7:30-9:15pm
-Women's Community Cancer Project
(1st Thursday).....7-9pm
-Cancer Support Group
(2nd & 4th Thursday).....7-9pm
-Lesbians Choosing Children Network
(2nd Thurs, monthly).....7:30pm
-Women's Writing Group
(2nd & 4th Thursdays).....7-9pm

FRIDAY

-Mother's Support Group.....10:30am-12noon
-Incest Survivors Anonymous.....6:30-8pm

SATURDAY

-Women's Writing Group
(biweekly).....12:30-2:30pm
-Open discussion on Coming Out for Women
of All Ages(monthly, 1st Sat)...11am-1pm

FEMINIST FILM

Critique of "The Famine Within"
(Coolidge Corner Theater, late April):
A movie I believe one of the best, most
empowering, fascinating movies about
women and self-esteem via body image and
society's inculcation of the negative
which as all else, is foisted on women
not men.

-Colleen

TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm
April 13 Too Intense, too Fast?
20 Breaking Up can be Healthy/
Staying Friends
27 Is Fantasy Good for your
Health?

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30-9:30pm
April 14 Reproductive Rights
21 Coming Out Stories
28 Sex

30+ LESBIAN RAP

Tuesdays, 7-8:30pm
April 14 Open Discussion
21 Art of Dating
28 Safe Sex (with speaker)

FACILITATED OPEN DISCUSSION FOR INCEST SURVIVORS

Third Thursday, 7:30-9:15pm
April 16 Spirituality-Reclaiming Our
Own Beliefs
May 21 Confronting Family
June 18 Memories
July 16 Body Image
August 20 Intimacy

INCEST SURVIVORS THINKTANK

First Wednesday, 7:15-9:15
May 6 What Role Does Religion Take
in Abuse?
June 3 The Impact of Survivor Work
on Society

CCTV

Cambridge Community Television
provides programming of local interest
to Cambridge residents on cable channels
19, 54, 55, and 66. Every Wednesday
night at 9pm on Channel 19, watch for
CAMBRIDGE WOMEN IN CABLE, a series
produced exclusively by women, for
women. For a free program guide, or if
you are interested in doing a video
project on women's issues, call 225-2500.

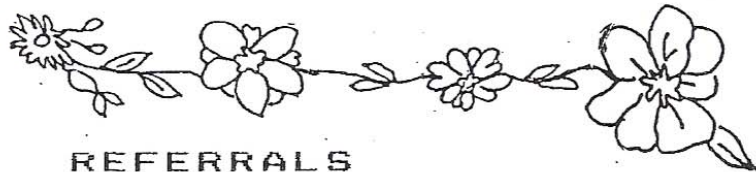
INCEST SURVIVORS THINKTANK

The Incest Survivors Thinktank is a monthly drop-in group which gives survivors of incest and child sexual abuse an opportunity to reflect about the cultural context of incest, to debate feminist theories on child sexual abuse, and to develop strategies for political change. It provides an opportunity to gain social support for and to share our varied intellectual contributions to the understanding of child sexual abuse.

The group itself does not initiate or endorse specific political actions, however there is ample time for such announcements. Thinktank members understand political action to include: speaking to friends and co-workers, lobbying, demonstrating, acting as public speakers, writing articles or books, confronting perpetrators, and the very act of healing from the abuse. Participants in the discussions decide on the direction of the group. Incest survivors function as facilitators.

The group began last fall with four members and membership has steadily grown. New members are welcome to join at any time. The Thinktank meets the first Wednesday of each month from 7:15-9:15pm. The first hour is spent focusing on the topic, the second on examining issues raised during the first hour. If you have questions regarding the Thinktank or wish to join the facilitator group, please call the Women's Center at 354-8807 and ask to have a Thinktank member contact you or come to our next meeting.

Topics for the next two months are: May 6 - What Role Does Religion Take in Abuse? & June 3 - The Impact of Survivor Work in Society. All topics are chosen by popular vote the prior season. Thinktank members will soon be deciding whether to meet this summer and choosing topics for the fall. Come join us!



REFERRALS

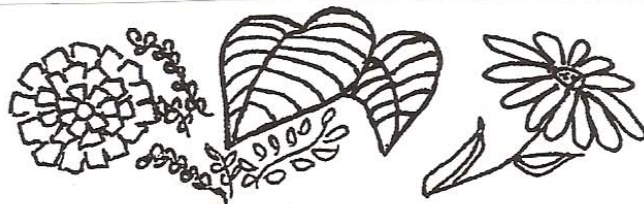
When you ask for a referral, the staffer will usually give you several people or places. These are not endorsements, they are simply options for you to explore. We urge you to select a health care provider, a therapist or any practitioner very carefully. We also appreciate feedback on our referrals.

INCEST SURVIVORS ANONYMOUS

Incest Survivors Anonymous is an open drop-in discussion group that welcomes survivors of incest and women pro-survivors (lovers, friends, non-abusing parents). The group meets Friday nights from 6:30-8:00pm. This is a 12-step group modeled after AA. The meeting opens with a reading of the 12 steps, and other member-written literature. Then the group divides. One section focuses on a particular step; the other has open discussion. There are ground rules for discussion: no responses to the comments of others, no judgements, 3-5 minute time limit. Participants share thoughts, feelings and experiences. The size of the group is quite large, attendance fluctuates between 20 and 40 women. The group has recently expanded into using a third room to accommodate its growing membership. New women are always welcome.

INCEST SURVIVORS WORKSHOPS

Reclaiming Our Voices: New Options, New Choices will be a special two-day workshop for survivors of child sexual abuse and childhood trauma. The event, which is presented by Interface, will take place June 13 and 14, from 9am-5pm. The cost for the weekend for non-members is \$135. For more information or to negotiate the fee, call Susan Chiat at 876-4600.



SPORTSWOMEN

Well, spring is here (or should I say somewhat) and we need your help to update our Sportswomen Resource Network book. If you know of any activities or teams for women or would like to start one, please put a notice in the Sports book or leave for Dotty Prout or Lisa Watson on the Women's Center message board.

We are also looking for softball gloves again this year or any sports equipment to send out to the women at MCI Framingham. We wish to thank you again for all your support in the past.

Address correction requested



WORK-STUDY REPORT

Since February, I have been complementing my studies in Psychology and Women's Studies at Suffolk University with a practicum placement here at the Women's Center. After graduation, I will pursue my interest in women's health by starting a Physician's Assistant graduate program at Northeastern University.

My project here at the Women's Center is to create a resource book for Free and Low-Cost (non-emergency) Health Care, which I hope to have finished by the end of April.

I have also spent a lot of time staffing, which has been truly rewarding. I have learned so much in regards to support groups and the vast number of resources set up to help women in the Cambridge-Boston area. The information I've gained working here will go a long way.

Thanks to everyone who has made me feel welcomed, and especially to Judy and Jen for being flexible when I really needed it.

-Crystal Upshaw

COMPUTER ACCESS

The Somerville Community Computing Center has public access hours. For a requested donation of \$2 per visit, you can learn how to use computers, do word processing, play games, and much more. There are a variety of computers available for use, and staff or volunteer instructors are on hand to help. For more information, call 625-1335, x6948.

HARVARD "TAKE BACK THE NIGHT"

From April 13 through April 25 the Radcliffe Union of Students will sponsor Take Back The Night, an annual series of events to raise awareness of and end violence against women. Events include panel discussions on such topics as "Violence Against Lesbians, Gays & Bisexuals", and "Prosecuting Rape"; workshops; and a march and rally on April 23 at 7:30pm behind the Malkin Center at Harvard. At the rally there will be an open mike for people to share experiences of violence; followed by a candlelight march through the streets of Cambridge and across Harvard. For info., call Jessye at 493-2981 or Heidi at 493-7475.

BIOENERGETIC EXERCISE CLASSES

In Bioenergetics the emphasis is on being rather than doing or achieving. The intent is to get down into our natural, spontaneous, non-compulsive and non-driven state of being. The exercises are of three types:

- 1) Grounding - discovering and learning to respect our own particular physical and emotional reality.
- 2) Stretching/relaxing - loosening tense muscles, tendons and joints, thus promoting greater aliveness.
- 3) Expressive - sound and gesture for relieving muscular and emotional tension.

Classes are held at 2000 Massachusetts Ave. in Cambridge. Weekday classes cost \$5 and are offered on a drop-in basis. For more information, call 876-3652.

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MULTI-CULTURAL WOMEN'S GROUP FORMING

A new group is forming at the Women's Center, focused on racial diversity and multi-culturalism. We hope to create a comfortable space in which to share thoughts and feelings of being non-white in this society. Some of the goals of the group will be to promote connection and understanding among women, share our experiences and difficulties in this culture, appreciate our diversity and explore what culture means to us.

This group is open to women of all sexual orientations and from all cultures. We can find our strength in understanding our diversity and our common ground.

Call the Women's Center at 354-8807 for more information.

LESBIANS CHOOSING CHILDREN

The Lesbians Choosing Children Network is alive and well at the Women's Center. Join us at 7:30pm on the second Thursday of every month for a lively discussion on such topics as: alternative insemination - how to do it; sperm - how and where to get it; disposable diapers versus cloth diapers; doctors that will inseminate lesbians; known donors versus unknown donors; yes, lesbians can adopt; and more, more, more.

If you are burning with desire to learn all you can about any of these subjects or other related ones, come to a meeting. Our regular members possess a wealth of information to share. Young children are always welcome.

For more information, call the Women's Center at 354-8807.



NEW GROUP FOR OLDER WOMEN

On Sunday afternoon, September 13, from 3-5pm, older women are invited to gather at the Women's Center to begin a discussion group called "Aging Well, for Older Women."

The centerpiece for these discussions will be Ourselves, Growing Older, Women Aging with Knowledge and Power, a warm and vibrant book that celebrates aging through the voices of women from mid-life to their elderly years. The book challenges common assumptions about aging and challenges us to view our later years with hope and optimism by informing ourselves, by taking control with knowledge and power.

The group discussion will start with the opening chapter, "Aging and Well Being," encouraging the self-care and self-valuing needed for wellness. Topics for discussions and structure for the group will also be planned at this first meeting.

Ourselves, Growing Older is available at bookstores (although it may have to be ordered), from the Boston Women's Health Book Collective (the author), located in Davis Square, Somerville, or from libraries; there is also a copy at the Women's Center.

For more information, call 354-8807 (the Women's Center).

SEXUAL HARASSMENT SUPPORT GROUP

Come to this group to share your experiences, get information on your rights, figure out your options and find emotional support. Facilitated by Louise Bonar, this drop-in group will meet once a month. The dates: Wednesday, September 16; Wednesday, October 21; Tuesday, November 17; and Wednesday, December 16. The time: 7-9pm.

WEDNESDAY NIGHT BATTERED WOMEN'S SUPPORT GROUP

Over the past month, many of you may have been hearing in the news about an alarm device to protect battered women. This "panic alarm," first introduced in Cambridge by Deputy Superintendent Michael Giacoppo, could be a very useful addition in aiding battered women, although it certainly won't solve all our protection problems.

On July 8th, about ten participants from our group went to the police station and were given a first-hand demonstration of the panic alarm by Superintendent Giacoppo. We also met Detective Mary Fitzgerald who has the major responsibility for domestic violence cases in Cambridge. We took this opportunity to give Detective Fitzgerald some materials on abuse against women that we use in our group, as well as a copy of the Battered Women's Directory.

During the two hours we spent at the police station, Superintendent Giacoppo and Detective Fitzgerald answered many of our questions about police procedures and about their response to battered women. We were impressed by their apparent commitment to improving services and providing the best possible response.

Superintendent Giacoppo also agreed to adapt a brochure (one that we had mailed him) used by the Norfolk County District Attorney's office for the needs of battered women. This brochure, to be passed out by police responding to domestic violence calls, would contain information on legal options for battered women and resources such as shelters, hotlines and support groups, providing another aid to women being abused by their "partners."

This month we also did a radio program on battered women with interviewer and producer Nekita Lamour who translated it into Haitian Creole. In addition, one of our members, Pat Haas, was quoted in Glamour magazine on abuse against women.

We also attended a vigil in front of the State House to memorialize all the women who died this year of male violence. Three of us spoke and one of our members sang an operatic requiem.

The Harvard Battered Women's Legal Advocacy Project took the summer off (we only wish batterers would do the same!), but will again attend the group on the last Wednesday of each month, come Fall.

We meet from 7-8:30pm on Wednesdays (except the 3rd Wednesday of each month), and welcome all battered women.

--Betsy Warrior

FROM VERA--

I have greatly enjoyed facilitating groups at the Women's Center. Everyone who attends is appreciated.

In the upcoming months, I'll offer again a two hour workshop: How to Shop for and Interview Psychotherapists. This workshop will include questions to ask, responses to look for, variables that matter when you're looking for a psychotherapist who will be good with you. Come and bring your questions, concerns and experiences. Thursday, September 24, 7:00 to 9:00pm.

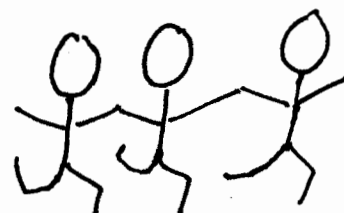
Another repeat offering will be the four session group Learning About Psychotherapy and Assessing Yours. It will begin with an initial, open session about psychotherapy generally; subsequent meetings will be closed and used to help you assess your therapy and use it well, or dump it. This is a group for people wanting to know more about psychotherapy, who have questions or concerns about their current or past therapy, as well as for people who are considering therapy but have never experienced it. Check out the first session from 7:30-9pm on Monday October 5th, and continue with the group for the next 3 weeks if you wish. Come with your therapy dilemmas and worries.

In November, I'll hold a two hour workshop on Holidays: How to View Them So You Can Get Through Them. Bring in all your dreadful fantasies.

Later on, a two session workshop on Growing Up: Shaking off the Lessons You Never Should Have Learned will be held. Bring your own favorite hated lesson to work on, such as "you'll never do it right," "SMILE," "don't air dirty laundry in public," "don't ask questions," "don't talk to people you don't know," or any others.

And, in January: Making Changes in Your Life: Taking a Big Step in a New Year. This will consist of 3 sessions on changes: what, why, when and how.

For more information, to ask questions or make suggestions, call Vera at 354-2304 or the Women's Center at 354-8807.



ORIGINAL MULTIPLES GROUP SEEKS NEW MEMBERS

The Women's Center original group for women with multiple personalities is currently opening up for a limited number of new members. We are very proud of our more than two year pioneering history providing support where there was none; discovering answers where there are still few; and, in general, nudging recovery and self-definition onto a firmer footing with laughter, tears, anger and hugs.

The group meets at 11:00am on alternate Saturdays, for two and a half hours. Interested women must have been defined as multiples and be strongly committed to individual therapy. We welcome women with a ritual abuse or cult history, so long as they - and all of their alters- have completely severed all ties and contacts with active cult members and activities.

In order to make our group more representative, we are especially eager to welcome women over forty and women of diverse ethnic and socioeconomic backgrounds into the group. Those who are interested should please call the Women's Center at 354-8807.

HOW WOMEN HEAL FROM CHILD SEXUAL ABUSE

Wednesday, October 28 from 7-8:30pm.
An informational presentation about coping with the effects of child sexual abuse by therapist Lee Farrington. She will talk about things to do when you are beginning to suspect you are a survivor, or when you have memories or flashbacks; the nature of dissociation; helpful ways to respond to survivors; how we recover. Followed by question/discussion period.

BOOK NOW OUT ON SURVIVOR SEXUALITY

During the years that Incest resources (I.R.) ran the drop-in discussion groups at the Women's Center, many attendees also participated in the first major study conducted on survivor sexuality. Areas covered in the study included body perception, reproduction, sexual preference, sexual "lifestyle," and sexual functioning. The results are all in a new book, Women's Sexuality After Childhood Incest by the cofounder of I.R., Elaine Westerlund. If you've been waiting patiently for the book, copies are now available from the publisher, W.W. Norton (1-800-233-4830) or ask for it at New Words Bookstore.

THINKTANK BEGINS SECOND YEAR!

The Incest Survivor's Thinktank will begin its second year of monthly drop-in meetings on September 2nd. Each month a topic is discussed which has been selected previously by group members. The topic for September 2nd is "Healing From Sexual Abuse and the Workplace."

Meetings begin promptly at 7:15pm and end at 9:15pm. During the first hour of the meeting, a facilitator reads the safety guidelines for the group. Following this, each facilitator briefly talks about what the current topic means to her. Members are then invited to discuss the topic openly.

After a short break, the second part of the meeting begins with announcements. One of the facilitators then lists the highlights of what was discussed during the first hour. Group members may expand the discussion.

Thinktank meetings usually consist of a diverse group of approximately fifteen to twenty women. There is a core group that attend regularly and new faces each time since drop-ins are welcome. The discussions are inspiring and provocative as each person is invited to share her own viewpoint on the topic. There are also other activities associated with the Thinktank.

There is a training meeting which begins at 6:15pm before each Thinktank session. Anyone may attend this meeting. Group facilitation techniques are discussed using training methods such as role-playing. The business of the group, such as flyer distribution and bookkeeping is also discussed.

At each Thinktank meeting, there are two facilitators present as well as another person who is the designated backup. Anyone who would like to become a facilitator is encouraged to attend the training meetings, or call Connie at (617)787-2045 for further information.

Thinktank members as a group do not organize activities. When ideas arise in the group, members sometimes choose to form an outside group. Three new groups have formed in the Thinktank this past year! One is a writer's group, one formed to organize an informal workshop at the Women's Center, and another group meets to pursue letter-writing campaigns on various issues. Ideas are constantly being generated in the group and the second year of the Thinktank should prove as exciting as the first!

WOMEN WITH DISABILITIES GROUP

This discussion and support group for disabled women is part of a larger program on Women and Disability at the Massachusetts Office for the Handicapped. The group that meets at the Women's Center is open to all disabled women. We are particularly interested in reaching out to women who are just becoming aware of a disability.

In the past we have found the group to be very interesting since it brings together women with different types of disabilities. We have been able to learn from each other how those of us with different impairments have similar problems in daily tasks, such as crossing streets and using telephones, and in communicating with partners and/or medical personnel. We have also been exploring shared aspects of our inner lives. Most of us see ourselves in our dreams as we would like to be, without our disabilities. As we gather together and share our experiences and current difficulties, we have found warmth and support in this group. We encourage you to come to a meeting if you would like to explore cross-disability issues.

We meet on the third Monday of each month from 7:30 to 9pm in a wheelchair accessible room. Come join us! For more information on our group call the Women's Center at 354-8807. For more information on the Project on Women and Disability, please call 727-7440.

WOMEN IN RECOVERY (FORMERLY THE WOMEN'S GROUP FOR SOBRIETY)

We have changed the name of our Sunday group to "Women in Recovery." With this name change, we establish our independence from any other recovery organization. Our group stresses the empowerment of the individual woman.

We discuss a wide range of subjects, as they relate to recovery, in a relaxed, supportive environment. The emphasis of "Women in Recovery" is growth through self-awareness and insight. We invite interested women to join us on Sunday afternoons from 2:00-3:30pm.

For additional information, please contact Annette at 628-8231 or Elizabeth at 489-0936.

HEALING AFTER ABORTION

Deciding to have an abortion may be the most difficult decision a woman will ever have to make. No one can help, no one can advise and no one can really know how she feels.

When a woman decides to and does have an abortion there is often at least one person she can lean on, one person to love and support her. This person may help her through the procedure and the days or even weeks that follow. After a while the abortion becomes a vague memory for the support person. For the woman who has had the abortion the physical discomfort soon passes, but the emotional discomfort may eventually turn to pain.

Having an abortion solves the immediate problem of unwanted pregnancy but for some it carries a large price. After an abortion a woman may begin to feel a sense of great loss. She may begin to wonder what might have been and suffer second thoughts. Feelings of anger and even self-hatred may arise as the woman begins to feel she should have or could have had her child, if only she were stronger or had tried harder.

After an abortion women need a safe and supportive place to give and receive understanding. The HEALING AFTER ABORTION group at the Women's Center is such a place. Unfortunately, many of us are not aware of its existence. Our group is small but the support found here is huge. Some of us are single, some are in relationships; we are women of different races, ages, and sexual orientations. Yet we all have one thing in common, we have all suffered through an abortion. Some of us less than a year ago, others over a decade ago. The emotional pain of abortion may have diminished over time, but our need to share experiences and support remains. No one can understand the pain of an abortion as well as another woman who has had one.

An abortion can affect every aspect of your life and in our group no topic is taboo. If you are feeling pain and loss or are just confused after your abortion, please come and begin to heal yourself: you deserve it and you are worth it!

HEALING AFTER ABORTION meets Tuesdays from 7:00-8:30pm at the Women's Center.



TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm

- August 24 Your Type of Woman, Does She Exist?
- 31 Open discussion.
- September 7 No Rap - Holiday
- 14 An Affair to Remember.
- 21 Sex Between Friends.
- 28 Different Strokes for Different Folks.

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30-9:30pm

- August 25 Emotional Abuses.
- September 1 Open Rap.
- 8 Movie: Thelma and Louise
- 15 Non-monogamy.
- 22 Bi in Boston.
- 29 War and Militarism.

30+ LESBIAN RAP

Tuesdays, 7-8:30pm

- August 25 Favorite Self-Help Techniques.
- September 1 Being Single.
- 8 Negotiating Within Relationships.
- 15 "Full Moon" Stories.
- 22 Flirting.
- 29 "The World According to Us." Feminist Comedy (video).

INCEST SURVIVORS THINKTANK

First Wednesday 7:15-9:15pm

- September 3 Healing from Sexual Abuse and the Workplace.
- October 7 Child Sexual Abuse as a Political Crime.
- November 4 Dissociation & Flashbacks: Educating Society.
- December 2 Therapy & its Alternatives.
- January 6 Strength from Trauma: Taking Back Power.

SATURDAY WRITING GROUP

Writing doesn't have to be a solitary pursuit. Every other Saturday from 12:30-2:30pm, our writing group meets to write together for two hours. We do writing exercises on topics chosen by the group (topics vary widely). If people wish to, they can share what they've written with the group. As part of a supportive environment, we keep our comments positive or neutral. It's a drop-in group and we welcome anyone who would like to come and find out if it's for them. For information, call Karen at 646-0624 or Clara at 666-2851.



ONGOING GROUPS AT THE WOMEN'S CENTER SUNDAY

- Women in Recovery.....2-3:30pm
- Birthmothers (Women who have surrendered children to adoption) (1st Sun. each month, resuming Oct. 4).....1:30pm

MONDAY

- Support for Battered Women.....7:30-9pm
- Women's NA 12-step.....7:30-9pm
- Lesbian Rap.....7:30-9pm
- Reproductive Rights Network R2N2 (2nd & 4th Mondays)....6:45-9:30pm
- Lesbian Partners & Ex-Partners of Incest Survivors (1st & 3rd Mon.)....7-8:30pm
- Women with Disabilities (3rd Monday) (wheelchair accessible).....7:30-9pm
- Boston Bisexual Women's Network (1st Mon, odd #'d months)...7:30-9:30pm

TUESDAY

- Bisexual Women's Rap.....7:30-9:30pm
- 30+ Lesbian Rap.....7-8:30pm
- Eating Awareness and Body Image.....7-9pm
- Healing After Abortion.....7-8:30pm
- Finding and Surviving the Workplace (2nd Tuesday).....7-9pm

WEDNESDAY

- Lesbian Al-Anon (wheelchair accessible).....6:30-8pm
- Battered Women's Support Group (Weekly except 3rd Wed. of month).....7-8:30pm
- Incest Survivors' Thinktank (1st Wed. of the month)....7:15-9:15pm
- Ovary Action (Women's Group of Queer Nation (1st, 3rd Wednesdays after 1st Monday).....8-9:45pm

THURSDAY

- Incest Survivors Open Discussion Groups (weekly).....7:30-9:30pm
- Facilitated Open Discussion for Incest Survivors (3rd Thursday)....7:30-9:15pm
- Women's Community Cancer Project (wheelchair accessible) (1st Thurs.)....7-9pm
- Cancer Support Group (wheelchair accessible) (2nd & 4th Thursday).....7-9pm
- Lesbians Choosing Children Network (2nd Thurs, monthly).....7:30pm
- Women's Writing Group (2nd & 4th Thursdays).....7-9pm

FRIDAY

- Incest Survivors Anonymous (Wheelchair accessible).....6:30-8pm

SATURDAY

- Women's Writing Group (biweekly).....12:30-2:30pm
- Open discussion on Coming Out for Women of All Ages (and lunch out afterwards, all participants welcome.) (monthly, 1st Saturday).....11am-1pm

THE WOMEN'S EDUCATIONAL CENTER, INC.

46 Pleasant Street

Cambridge, Massachusetts 02139

Phone: (617) 354-8807


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THE WOMEN'S SCHOOL

The Women's School is the oldest consecutively running school of its kind in the United States. For over twenty years we've been offering free courses and workshops with a feminist perspective to women in the greater Boston area.

The Spring 1992 semester was one of the most exciting yet. Attendance was higher than it has been in years and our workshops received uniformly good reviews from those attending.

Despite this, the future of the Women's School is in doubt. Many members of the Women's School Collective have moved on in recent years, and we don't have enough members remaining to organize a quality semester. Quite simply, if more women do not join the collective, the Women's School will end.

If you believe in the importance of the Women's School or simply want more information, please come to our open meeting on Tuesday, September 8th at 7:30pm at the Women's Center. If you can't make the meeting but would like more information, please call 354-8807 or write us c/o The Women's Center, 46 Pleasant St., Cambridge, MA 02139.

ATTENTION THERAPISTS

The Women's Counseling and Resource Center, at the Women's Center, seeks volunteer therapists to join our collective. Members must have a Master's Degree in a counseling field, experience, and be willing to spend two to four hours a week working with low and no income women. For more information, call the WCRC at 492-8568.

WOMEN'S CENTER HOURS

| | |
|-------------------|-------------|
| Monday - Thursday | 10am - 10pm |
| Friday | 10am - 8pm |
| Saturday | 11am - 2pm |

FINDING AND SURVIVING THE WORKPLACE

"Finding and Surviving the Workplace: A Support Group for Women" is open to all women who are

- Unemployed and seeking jobs in a difficult job market,
- Changing careers in a difficult job market, or
- Having difficulty on the job because of communication problems with a boss or another employee - the most common experience women have is supervisor/subordinate interactions which make and break careers, and cause numerous job losses.

The group offers a safe and supportive environment in which to brainstorm, strategize, explore, and exchange ideas, and even role play so you can get through that tough interview, or ask for that raise! Knowing that you can talk freely about your own experiences and perceptions, as well as find and give support provides a strong foundation to confront any troubling situation in the workplace. Past members of this workshop have successfully gotten jobs, resolved conflicts, and asked for raises. You can too! Join us!

Finding and Surviving the Workplace meets on the second Tuesday of each month from 7:00-9:00pm.

♀ ON OUR WAY

Newsletter of the Women's Center
46 Pleasant Street, Cambridge, Massachusetts 02139

December '92

(617) 354-8807
TTY and VOICE

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STRUCTURED INCEST SURVIVORS GROUP

I have attended the Structured Incest Survivors group for 10 months. It is inspiring. I find strength in others and I have grown stronger. To overcome the overwhelming rush of emotions that arise from sexual abuse trauma is difficult. These emotions include: guilt, shame, confusion, anger, fear. In the group, people help each other directly or indirectly. People speak, at last, from the depth of their silence.

I did not remember for many, many years. I was told to forget and I did. Now that I remember, I want to talk about it. This breaks the system of the abuse and the abuser is scared.

The environment of the group is safe, and I like being with women, and no males are present. There is no crosstalk, there is no time limit on speaking, there are no 12 steps or higher power. There is just us together, in a safe place, for the first and maybe the last time that week.

PARENTING SUPPORT GROUP

This is an ongoing therapy group seeking new members. We talk about such parenting issues as: feeling lonely and overwhelmed, exhaustion, discipline, changing relationships with other family members, hostility between siblings, adjustment problems of our children, and identity problems in ourselves.

We will discuss any problem, whether it is serious, or not such a big deal. Women with children of any age are welcome: such a mixture is very useful! All mothers are encouraged to join this small, enthusiastic group.

The group meets from 11am-12:30pm on Tuesdays. For more information or to register call Diane at (617)876-2139.

WEDNESDAY NIGHT BATTERED WOMEN'S SUPPORT GROUP

A Wednesday night battered women's support group on Valentine's Day in 1991 was the day my life started back belonging to me. I needed a different type of support than I was receiving from therapy. My batterer was putting me through the court system as a new form of punishment and torture.

Each week I arrived at the group not really knowing if what I was saying was understood by other group members, because I thought my story was so extreme. I listened to other women's stories and I finally knew I wasn't alone anymore. I found a place where I was safe. A lot of hard work happens every Wednesday evening for myself and for every other woman that enters that room. -P.H.

The Wednesday night Battered Women's Support Group has given me the understanding, support and insight that I need to go on with my life in a productive and positive manner, despite the personal circumstances which make it sometimes difficult. I am also able to give support to other women. The interaction makes for a caring and non-judgmental group.

Betsy, the facilitator, has the ability to address each woman's situation lovingly and with respect in a manner in which a woman feels truly supported. During the course of the 2 years which I have been part of the group I have witnessed a lot of healing and growth, and seen women change their lives in profound ways. -J.B.



TAKING BACK OUR POWER AND OVERCOMING OUR ADDICTIONS

This new open discussion group is for women who want to end their addictions and reconnect with their strengths and creativity to focus their lives in more meaningful directions. We will offer each other nurturance, support and affirmation of each other's value as unique individuals.

The primary purpose of this group is to provide a safe place for women who do not find 12-step programs helpful, and who want to find their inner, rather than higher, power. All women are welcome, but we ask that if you do participate in a 12-step program that you do not pressure others to do so.

The group meets every Friday evening from 6-8pm.



THE BIPOLAR EXPERIENCE

The goal of this group is to increase hope through exploring coping alternatives for women at all levels of acceptance, treatment, and daily living with Bipolar (Manic-Depressive) Illness. The intention is to increase awareness and prevention of symptomatology, share experiences and resources, and empower women to take active advocacy for their own treatment and informed responsibility for their recovery. This is a self-help support group, not a therapy group, for women in active treatment with a medical professional. A drop-in group, it will meet weekly on Thursdays from 1-3pm beginning January 7, and will be facilitated by Joan Borowitz.



R2N2

The Reproductive Rights Network of Boston (R2N2) is a grassroots organization committed to educating and activating women and men around reproductive rights issues. Our group's organizing has focused on issues of access to abortion both because of the immediate threat to these rights and because of the centrality of abortion rights to women's lives. In so far as abortion rights have also become synonymous with a woman's right to self-determination, we must preserve and strengthen these rights for all women.

Since the 1973 Supreme Court decision, public attention on the struggle for abortion rights has focused on attempts to restrict women's choices through legislation and agency regulations. A less noticed but potentially more lethal trend is threatening abortion rights. Through pressure on individual providers, medical schools, and organizations, anti-choice forces have discouraged both the teaching and provision of abortions, thereby eliminating critically needed abortion services in large areas of the country. As a result, the "right" to choose abortion has become a hollow promise for many women; unless they live in the right location and belong to the right socio-economic class, women are unable to obtain abortions.

At present, 83% of the counties in the United States have no abortion providers. Only 12% of the obstetrics and gynecology residency programs in the U.S. require training in first trimester abortions; only 7% require training in second-trimester procedures. A critical shortage of doctors trained and willing to provide abortion services has developed. As always, this lack of services has the greatest impact on low-income, rural, and young women.

To address this health care crisis and threat to abortion rights, R2N2 began forming a coalition of activists and health care providers in June, 1992. The goal of the coalition is to develop a proactive, multi-faceted state strategy, coordinated with a national strategy, to increase the number of abortion providers (including non-MD providers such as nurse practitioners and midwives), increase the availability of abortion services, and demand accountability from health care institutions. To meet these goals the coalition has planned a campaign which can be used as a model in other states and that will form part of a broader national strategy to increase the availability of abortion training and services.

We are planning to publicly kick off our campaign on the 20th anniversary of Roe v. Wade (the Supreme Court decision which legalized abortion), with a media event which will highlight our strategy and demands. Join us Thursday, January 21, at 7pm at Fanueil Hall! If you are interested in the Access Project or in planning the January event, please call R2N2 at 738-9479.

INCEST SURVIVORS THINKTANK

Dear Women's Center,

Here's some words on why I think the Incest Survivors' Thinktank is important, and what it means to me.

Political action has always been an important part of my healing from sexual assault. It took me four years after teenage boys raped me in high school to use the word rape to describe my experience, and another three years to finally get into therapy about it. A couple years later I started organizing against violence against women, and discovered the power of angry women united for political change.

The Incest Survivors Thinktank is playing a similar role in my recovery from incest. I joined it about a year and a half after my first incest memories surfaced. There are now, thankfully, many therapeutic options for incest survivors, and state social service agencies are at least aware of the problem. However, there is very little political discussion or action about incest as a social phenomenon -- what causes incest, what societal and familial power dynamics perpetuate it, how can people organize to stop it?

The Thinktank has given me a safe place to begin talking about the politics of incest. We're not a political organizing group, so we don't organize actions, but for me the group is functioning as my first step toward my eventual goal of political action. Thousands of women and some men around the country have been doing incredible healing work in recent years. I suspect many of us are ready to organize and educate people about child sexual abuse, but finding a place to begin is tough. The Thinktank is one of a very small number of places where future incest activities can get started.

Thanks for running this. Please feel free to use my full name.

In Solidarity,
Debbie Dover



WOMEN'S CENTER: PERFUME FREE ZONE?

Your cooperation in refraining from wearing perfumes and other strong scents makes it possible for women who become ill from exposure to perfume and other chemicals to use the Women's Center. This means a lot to us. Thanks so much!

SURVIVAL IN THE WORKPLACE: A RETROSPECTIVE VIEW

In May, 1991, I noticed a sign on the door of the Women's Center advertising the group "Survival in the Workplace." How many of us have not been underpaid underemployed, or overworked, I thought. I was happy to attend the group and perhaps address a chronic problem of mine.

Perhaps I hadn't succeeded in business because I can't type or proof read and am an English major, or because of the schizo-affective disorder I was diagnosed with in 1988, which certainly screwed up my job-life for awhile. But I have noticed that I've had problems with work since I started working.

It was a great relief to talk with other women who felt that they were out of the (main) loop, being taken advantage of, not seeing what was "really going on" or seemed to be getting into conflicts that were "all in your head." Or, like myself, felt they had a history of failure. As I think about the outcomes of some of the women in the group, I know it's a compliment to the group's (and the individual women's) honesty and interest that they afterward succeeded so well. One went on to start a group about sexual harassment, one got a job at a prestigious computer company, and another negotiated a raise and better working conditions.

Passionate interest was the consistent tone of the meetings. The facilitator, Manjusree Sen, kept careful track of the themes that came up in our initial freewheeling discussion, and then brought back outlines with concrete issues, ideas and concerns to fuel our discussions. When I left each meeting I felt proud of my interest in work, and felt that my interest in my career was professional, real, and committed.

I am grateful for the opportunity to have been in the group, and continue honing my career at the Women's Educational and Industrial Union's Employee Advising and Referral Service. It costs (\$2-\$40/mo.) and is an individually tailored job search. I feel that it's part of an ongoing interest in surviving in the workplace.

-Susan Landy

P.S. The group is now called 'Finding and Surviving the Workplace' and will next meet on Saturday, January 9 at 11am. Drop in or call Manjusree at 576-2153.

**ONGOING GROUPS
AT THE WOMEN'S CENTER
SUNDAY**

- Aging Well, for Older Women.....3-5pm
(1st Sun/potluck; 3rd Sun/discussion)
- Birthmothers (Women who have surrendered children to adoption)(1st Sun)...1:30pm

MONDAY

- Support for Battered Women.....7:30-9pm
- Women's NA 12-step.....7:30-9pm
- Lesbian Rap.....7:30-9pm
- Reproductive Rights Network
R2N2 (2nd & 4th Mondays)....6:45-9:30pm
- Lesbian Partners & Ex-Partners of Incest Survivors (1st & 3rd Mon.)....7-8:30pm
- Women with Disabilities (3rd Monday)
(wheelchair accessible).....7:30-9pm

TUESDAY

- Bisexual Women's Rap.....7:30-9:30pm
- 30+ Lesbian Rap.....7-8:30pm
- Eating Awareness and Body Image.....7-9pm

WEDNESDAY

- Lesbian Al-Anon (wheelchair accessible).....6:30-8pm
- Battered Women's Support Group (Weekly except 3rd Wed. of month).....7-8:30pm
- Incest Survivors' Thinktank
(1st Wed. of the month)....7:15-9:15pm

THURSDAY

- Incest Survivors Open Discussion Groups (weekly).....7:30-9:30pm
- Facilitated Open Discussion for Incest Survivors (3rd Thursday)....7:30-9:15pm
- Women's Community Cancer Project (wheelchair accessible) (1st Thurs.)....7-9pm
- Cancer Support Group (wheelchair accessible) (2nd & 4th Thursday).....7-9pm
- Lesbians Choosing Children Network
(one Thursday monthly).....7:30pm
- Women's Writing Group
(2nd & 4th Thursdays).....7-9pm
- Multicultural Women's Group (some Thursdays).....7-9pm
- The Bipolar Experience (weekly, beginning January 7, 1993).....1-3pm

FRIDAY

- Incest Survivors Anonymous
(wheelchair accessible).....6:30-8pm
- Taking Back Our Power and
Overcoming Our Addictions.....6-8pm

SATURDAY

- Women's Writing Group
(biweekly).....12:30-2:30pm
- Open discussion on Coming Out for Women of All Ages (and lunch out afterwards, all participants welcome.)
(1st Sat, except holiday weekends), usually ASL Interpreted.....11am-1pm
- Lesbian and Bisexual Parents of Adolescents (2nd Sat.)....11am-12:30pm
- Finding and Surviving the Workplace
(2nd Saturday).....11am

TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm

- December 21 Holiday Potluck - Bring Food.
- 28 On the Frontlines: Becoming a Lesbian Role Model.



BISEXUAL WOMEN'S RAP

Tuesdays, 7:30-9:30pm

- December 22 Families and the Holidays.
- 29 Bi Women's Rap/the Year in Review.

30+ LESBIAN RAP

Tuesdays, 7-8:30pm

- December 22 Coming Out Stories.
- 29 Women and Sports.



**FACILITATED OPEN DISCUSSION
FOR INCEST SURVIVORS**

3rd Thursday, 7:30-9:15pm

- December 17 Boundaries.
- January 21 Revictimization.
- February 18 Bioenergetics - with Dr. Susan Gottlieb.
- March 18 Primary Partners: Burnout.
- April 15 Sexuality.

INCEST SURVIVORS THINKTANK

First Wednesday 7:15-9:15pm

- January 6' Strength from Trauma: Taking Back Power.

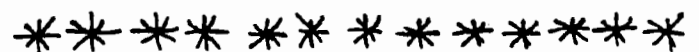


**HEALING AFTER
ABORTION - CHANGES**

The group will meet at a new time, 5-6:30pm, on designated Mondays. The next 2 meetings, December 21 and January 11 are open. After that, the group will meet every 3 weeks and will be closed.

**SEXUAL HARASSMENT
SUPPORT GROUP**

The monthly Sexual Harassment Support Group will meet on Wednesday, December 16 from 7-9pm for anyone needing to clarify their rights or share their story in a supportive setting. The facilitator, Louise Bonar, has been active in public policy around sexual harassment in the workplace for more than a decade. For more info, or if you can't make the meeting, call her at (617)254-1729.



WOMEN'S CENTER HOURS

Monday - Thursday 10am - 10pm
Friday 10am - 8pm
Saturday 11am - 2pm



COMING OUT GROUP

The Coming Out Group meets from 11am to 1pm the first Saturday of every month (except holiday weekends). We are women of many ages and come from many backgrounds. In our circle we share stories, impressions, jokes and hopes. Through these exchanges, we help each other grow; we realize we are not alone. We go out to eat after 1pm and form friendships and organize activities, remembering our facilitator Marcia's advice, "stay connected" and "find the community and see if you fit". The Coming Out Group assists us in our coming into our own lesbian sexuality as well as our total womanly selves.

We sit in a circle. No one is forced to speak, but we all listen with respect and support. Some of us have been out for years and share experiences and reflections. Some of us are at the beginning stages, just questioning our sexuality in general and in need of a place to wonder aloud. Some of us are married or divorced and want to meet other women who have been through similar experiences. Some of us are mothers and bring this very special role to our circle. Some of us have just moved to the Boston area and are curious as to what is happening in the women's community here. Some of us are coming out of relationships and need to talk about it. Some of us have coming out issues based around our families and our work. Some of us struggle with societal and religious rigidities and want to discover a way of celebrating our lives, creativity and spirituality. All of us find something for ourselves at the group.

For me, the Coming Out Group means growing. I look back after more than a year of attending and mark the leaps and bounds within myself and realize what a steady force this group has been in my life. To have so many people on my side, rooting for me, ready to offer a kleenex or a shoulder or a wise suggestion, is a gift. My coming out has sometimes been a frightening and exhausting process, and the comfort of having a safe harbor on the third floor of the Women's Center gives me the courage and ability to believe in all aspects of me. In fact, my lesbian essence (which the group has assisted me in extracting) has led me ever so subtly to come out onto all the spokes of who I am and be alive as a whole woman. I am affirmed not to stagnate but to reach out and be dynamic.

I am a proud member of this monthly group, proud to say I am following the path of self discovery every day of my life, and proud to have such strong support, sisterhood and friendship at the Coming Out Group.

Note: The Coming Out Group is usually ASL interpreted & next meeting is 1/9/93.



30+ LESBIAN RAP

It initially seemed that putting thoughts down in regards to what the 30+ Lesbian Rap means to me would be fairly easy and would flow nicely. Yet somehow trying to convey those ideas seems somewhat difficult. I suppose because the feelings are so personal. And yet, as I talk with others, I realize how shared they are.

Perhaps more than anything, the validation of who I am and how I've chosen to live my life, are forefront in terms of what I've received from being a member of the group. Each week, I eagerly look forward to the camaraderie of the other women, and count on its being an evening of exchange, sharing, support, growth, unity, and education. Above all, I am safe and I am free. I have met a variety of lesbians from all walks of life, coming from many backgrounds, and heading in a multitude of directions. To say the group and the Center have enriched my life does not begin to describe how important they both have become to me. I am grateful for their existence.

-Valerie



LESBIAN AND BISEXUAL PARENTS OF ADOLESCENTS

An open-ended discussion, support, and social group for lesbians and bisexual women who are parents or co-parents of adolescents. We meet on the 2nd Saturday of the month from 11am-12:30pm. Drop in to the group, or call Donna at 484-5982.

AGING WELL, FOR OLDER WOMEN

This group has been meeting weekly since September 13 on Sunday afternoons, 3 to 5pm. We have a core group of five founding members, ranging in age from 50 to 65. Topics of discussion have included Ageism, Menopause and the use of Estrogen, and Breast Cancer, and many discussions about the structure of the group. Aging Well is very much in its formative stages, open to what women want it to be. It was decided at our November 15th meeting to meet bi-monthly, on the first and third Sundays, 3 to 5. The first Sunday of the month will be a potluck, this tradition to begin on December 6th. Women interested in meeting us and exploring their interests are welcome. We'll spend some time during the potluck choosing the topic for discussion for the third Sunday of the month meeting.



Suggested topics for upcoming meetings include: Daughters of Copper Women by Anne Cameron; Acupuncture with Beth Sommers, acupuncturist; Osteoporosis; Weighty Issues and Eating Well from Ourselves, Growing Older, which is used as a resource book by this group; and Our Mothers, Our Grandmothers.

One of our active members, age 50, has become active in the Mass. Breast Cancer Coalition since joining our group. A woman of 73 has expressed a need for a support group for "old" women. Any out there interested?

A new member offered: "I'm concerned with new directions, with exploring self-esteem. I don't know whether a group on aging is what I want."

Said Barb, age 50, some weeks back: "This is a home away from home. I like it." And closed a recent meeting with the words: "And we're just fine."

Carol, age 59, spoke eloquently during a discussion around format for Aging Well: "It is important for us to get together. We need to take control of our lives, to see how our personal health issues become political issues."

From another member, a suggested change in name from "Aging Well for Older Women" to "Aging Well for Women". Everything about this struggling and evolving group is open to change and changing. We have yet to define "older" with any age boundary and seem inclined to allowing women to define themselves.

Barbara, age 65, looks toward "a strong and bonded group of women engaged in the issues affecting our lives and engaged with each other in supportive and strengthening ways. It's my fervent hope we can create a safe, stress-free place for women to gather around health and aging issues. That we can encompass all the differing experiences and views that bring to the group a unique contribution from each of us."



HELP OUT

Typing, doing errands, making calls to update and expand referral info, adding places you know of to our listings, giving someone a ride, accompanying someone to court or to a doctor, getting supplies, recycling paper, caring for plants... Lots of behind the scenes help is needed. Call Judy or Jen at 354-8807 if you'd like to pitch in.

And/or you can help informally: smile, say hi, and talk with newcomers to the Women's Center or your group; make sure trash isn't left in your room after meetings; make sure you and other group members leave promptly when a staffer is trying to close up; rinse out soda cans/bottles you use, wash any stray dishes; do anything that takes care of our space or shows consideration of others. It is very much appreciated!

A NEW FUNDRAISER

We are pleased to welcome Robyn Michaels to the staff as our new Fundraiser/Administrator. Robyn will be a welcome addition, bringing excellent skills and experience, and lots of energy and enthusiasm to the position. We all look forward to working with Robyn.

CITY YEAR

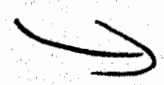
On October 24th, City Year sent teams of volunteers to help organizations with whatever was needed. We were very lucky that an energetic and efficient group from Hill Holiday, an advertising agency, worked at the Women's Center, painting the floor of the Children's Room, organizing materials, doing yardwork, and spending a lot of time cleaning windows, woodwork, floors, rugs, etc. A lot of work that needed doing got done in a very short time. Great job, much appreciated!

PEACE AND JOY FOR ALL SISTERS... WELCOME 1993

CHRONOLOGICAL CALENDAR

DECEMBER EVENTS AT THE WOMEN'S CENTER

46 Pleasant Street, Cambridge, MA. 02139
(617) 354-8807 TTY AND VOICE
ALL EVENTS ARE FREE AND ARE OPEN TO WOMEN.

- Tuesday 1 30+ Lesbian Rap 7-8:30pm. Topic: Lesbians in Literature, Movies, and Music.
Bisexual Women's Rap 7:30-9:30pm. Topic: Erotic Holiday Potluck.
Eating Awareness and Body Image Group 7-9pm.
- 2 Lesbian Al-Anon 6:30-8pm.
Battered Women's Support Group 7-8:30pm.
Incest Survivors' Thinktank 7:15-9:15pm. Topic: Therapy and its Alternatives.
- 3 Women's Community Cancer Project Open General Meeting 7-9pm.
Open Discussion for Incest Survivors 7:30-9:30pm.
- 4 Taking Back our Power and Overcoming our Addictions 6-8pm.
Incest Survivors Anonymous 6:30-8pm.
- 5 Coming Out Discussion for Women of All Ages 11am-1pm.
- Sunday 6 Aging Well, for Older Women 3-5pm. Potluck.
Birthmothers 1:30pm
- 7 Women's NA 12-step 7:30-9pm.
Lesbian Rap 7:30-9pm. Topic: Families and Holidays.
Battered Women's Support Group 7:30-9pm.
Lesbian Partners and Ex-partners of Incest Survivors 7-8:30pm
Healing After Abortion 5-6:30pm.
- 8 30+ Lesbian Rap 7-8:30pm. Topic: Erotic Interludes.
Bisexual Women's Rap 7:30-9:30pm. Topic: Open Rap - Bring a Friend.
Eating Awareness and Body Image Group 7-9pm.
Finding and Surviving the Workplace 7-9pm.
- 9 Lesbian Al-Anon 6:30-8pm.
Battered Women's Support Group 7-8:30pm.
Growing Up: Shaking Off Lessons You Never Should Have Learned 7-9pm.
- 10 Cancer Support Group 7-9pm.
Multicultural Women's Group 7-9pm.
Open Discussion for Incest Survivors 7:30-9:30pm.
Women's Writing Group 7-9pm.
Lesbians Choosing Children Network 7:30pm.
- 11 Taking Back our Power and Overcoming our Addictions 6-8pm.
Incest Survivors Anonymous 6:30-8pm.
- 12 Women's Writing Group 12:30-2:30pm.
Lesbian and Bisexual Parents of Adolescents 11am-12:30pm.
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- Monday 14 Women's NA 12-step 7:30-9pm.
 Lesbian Rap 7:30-9pm. Topic: Call me Butch, Call me Femme.
 Battered Women's Support Group 7:30-9pm.
 Reproductive Rights Network (R2N2) 6:45-9:30pm
- 15 30+ Lesbian Rap 7-8:30pm. Topic: Heroes and Role Models.
 Bisexual Women's Rap 7:30-9:30pm. Topic: Chasing Straight Girls
 and Gay Boys.
 Eating Awareness and Body Image Group 7-9pm.
- 16 Sexual Harassment Support Group 7-9pm. Topic: Your Legal Rights.
 Lesbian Al-Anon 6:30-8pm.
 Growing Up: Shaking Off Lessons You Never Should Have Learned 7-9pm.
- 17 Open Discussion for Incest Survivors 7:30-9:30pm.
 Facilitated Open Discussion for Incest Survivors 7:30-9:15pm.
 Topic: Boundaries.
- 18 Taking Back our Power and Overcoming our Addictions 6-8pm.
 Incest Survivors Anonymous 6:30-8pm.
- Sunday 20 Aging Well, for Older Women 3-5pm.
 21 Women with Disabilities 7:30-9pm.
 Women's NA 12-step 7:30-9pm.
 Lesbian Rap 7:30-9pm. Topic: Holiday Potluck - Bring Food.
 Battered Women's Support Group 7:30-9pm.
 Lesbian Partners and Ex-partners of Incest Survivors 7-8:30pm
 Healing After Abortion 5-6:30pm.
- 22 30+ Lesbian Rap 7-8:30pm. Topic: Coming Out Stories.
 Bisexual Women's Rap 7:30-9:30pm. Topic: Families and the Holidays.
 Eating Awareness & Body Image Group 7-9pm.
- 23 Lesbian Al-Anon 6:30-8pm.
 Battered Women's Support Group 7-8:30pm.
- 24,25 Holidays - No meetings.
- 26 Women's Writing Group 12:30-2:30pm.
- Monday 28 Women's NA 12-step 7:30-9pm.
 Lesbian Rap 7:30-9pm. Topic: On the Frontlines: Becoming a
 Lesbian Role Model.
 Battered Women's Support Group 7:30-9pm.
 Reproductive Rights Network (R2N2) 6:45-9:30pm.
- 29 30+ Lesbian Rap 7-8:30pm. Topic: Women and Sports.
 Bisexual Women's Rap 7:30-9:30pm. Topic: Bi Women's Rap - the Year
 in Review.
 Eating Awareness and Body Image Group 7-9pm.
- 30 Lesbian Al-Anon 6:30-8pm.
 Battered Women's Support Group 7-8:30pm.
- 31 New Year's Eve - no groups.

**WOMEN'S CENTER CALENDAR
DECEMBER 1992**

46 PLEASANT STREET, CAMBRIDGE, MA 02139

(617) 354-8807 (TTY/VOICE)

ALL EVENTS ARE FREE AND OPEN TO WOMEN

WEEKLY OPEN SUPPORT GROUPS

| | |
|--|-----------------------|
| BATTERED WOMEN'S SUPPORT GROUP | Mondays 7:30-9pm |
| WOMEN'S NA 12-STEP | Mondays 7:30-9pm |
| EATING AWARENESS & BODY IMAGE GROUP | Tuesdays 7-9pm |
| LESBIAN ALANON (wheelchair accessible) | Wednesdays 6:30-8pm |
| *INCEST SURVIVORS OPEN DISCUSSIONS | Thursdays 7:30-9:30pm |
| *INCEST SURVIVORS ANONYMOUS - ISA (wheelchair accessible) | Fridays 6:30-8pm |

*These groups will not meet on December 24, 25 or 31 - Holidays.

WEEKLY DISCUSSION GROUPS WITH TOPICS

LESBIAN RAP Mondays 7:30-9pm

December 7 Families and Holidays.
14 Call me Butch, Call me Femme.
21 Holiday Potluck - Bring Food.
28 On the Frontlines: Becoming a Lesbian Role Model.

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|--|--|
| BISEXUAL WOMAN'S RAP Tuesdays 7:30-9:30pm | 30+ LESBIAN RAP Tuesdays 7-8:30pm |
| December 1 Erotic Holiday Potluck. | December 1 Lesbians in Literature, Movies, and Music. |
| 8 Open Rap - Bring a Friend. | 8 Erotic Interludes. |
| 15 Chasing Straight Girls and Gay Boys. | 15 Heroes and Role Models. |
| 22 Families and the Holidays. | 22 Coming Out Stories. |
| 29 Bi Women's Rap/the Year in Review | 29 Women and Sports. |

NONWEEKLY OPEN SUPPORT/DISCUSSION GROUPS

AGING WELL, FOR OLDER WOMEN, Sun. Dec. 6, potluck & Sun. Dec. 20, discussion. 3-5pm
BATTERED WOMEN'S SUPPORT, Wednesdays, December 2, 9, 23 & 30 7-8:30pm.
BIRTHMOTHERS, Sunday, December 6, 1:30pm.
CANCER SUPPORT GROUP, Thursday, December 10, 7-9pm.
FACILITATED OPEN DISCUSSION FOR INCEST SURVIVORS, Thursday, December 17,
7:30-9:15pm. Topic: Boundaries.
FINDING AND SURVIVING THE WORKPLACE, Tuesday, December 8, 7-9pm.
HEALING AFTER ABORTION, Mondays, December 7 & 21, 5-6:30pm.
INCEST SURVIVORS' THINKTANK, Wednesday, December 2, 7:15-9:15pm. Topic:
Therapy and its Alternatives.
LESBIANS CHOOSING CHILDREN NETWORK, Thursday, December 10, 7:30pm.
LESBIAN PARTNERS & EX-PARTNERS OF INCEST SURVIVORS, Mondays, Dec. 7 & 21, 7-8:30pm.
MULTICULTURAL WOMEN'S GROUP, Thursday, December 10, 7-9pm.
OPEN DISCUSSION ON COMING OUT FOR WOMEN OF ALL AGES, Saturday, December 5,
11am-1pm. (Lunch out afterwards, for all who wish).
REPRODUCTIVE RIGHTS NETWORK (R2N2), Mondays, December 14 & 28, 6:45-9:30pm.
SEXUAL HARASSMENT SUPPORT GROUP, Wednesday, December 16, 7-9pm.
Topic: Your Legal Rights.
WOMEN WITH DISABILITIES, Monday, December 21, 7:30-9pm (wheelchair accessible).
(Please don't wear perfumes or strong scents. Thanks!)
WOMEN'S COMMUNITY CANCER PROJECT, Open General Meeting, Thursday, December 3, 7-9pm.
WOMEN'S WRITING GROUP, Thursday, December 10, 7-9pm.
WOMEN'S WRITING GROUP, Saturdays, December 12 & 26, 12:30-2:30pm.

NEW GROUPS AND SPECIAL EVENTS

GROWING UP: SHAKING OFF LESSONS YOU NEVER SHOULD HAVE LEARNED Weds, Dec. 9 & 16,
7-9pm. A 2-session group led by Vera S. Cohen, psychotherapist. Bring a
favorite hated lesson from your childhood to work on.
LESBIAN/BISEXUAL PARENTS OF ADOLESCENTS Saturday, December 12, 11am-12:30pm. An
open-ended support/discussion group for parents of adolescents. Donna, 484-5982.
TAKING BACK OUR POWER AND OVERCOMING OUR ADDICTIONS Fridays, 6-8pm. The purpose of
this group is to maintain sobriety by affirming our strengths and creating a
support system. An alternative, very different from a 12-step program.