



♀ ON OUR WAY



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

(617) 354-8807 TTY and VOICE



WINTER '94/95

WEDNESDAY NIGHT BATTERED WOMEN'S SUPPORT GROUP

When I finally acknowledged that I was a victim of battering, shame and embarrassment kept me from seeking help or even looking at the morass my life had become. With great trepidation I began attending the Wednesday evening battered women's support group.

In the beginning I had convinced myself that I didn't belong, that the circumstances of my abuse were unique, that no one could possibly understand the weight of despair I carried around with me. I came to learn that I did belong, that there were other women who had gone through similar and even more horrible situations. Even during those evenings when I felt too overwhelmed by what was happening to me to speak, I felt the quiet strength of the other women extending their hands and hearts to me.

I still have quite a distance ahead in terms of understanding what happened and getting **me** back. But, I do know that I no longer have to struggle alone. The Wednesday evening support group has given me the ability to believe that my life can be different.

-Anonymous

OPEN ART STUDIO FOR SURVIVORS OF SEXUAL ABUSE

The Open Art Studio for Survivors of Sexual Abuse welcomes you to drop in any time on Tuesdays between 2 and 4 pm. Bring your own art materials and make whatever you like in our relaxed atmosphere - bring coloring books, jewelry to make, sewing, colored pencils, anything you like to work with. We meet in the Children's Room. If you have any questions call Marjy at (617) 489-6910.

WOMEN'S CENTER HOURS:

Monday - Thursday 10am - 10pm

Friday 10am - 8pm

Saturday 11am - 4pm

Open: Dec. 24 Closed: Dec. 26

Open: January 31 and January 2

WOMEN OF COLOR SUPPORT/DISCUSSION GROUP

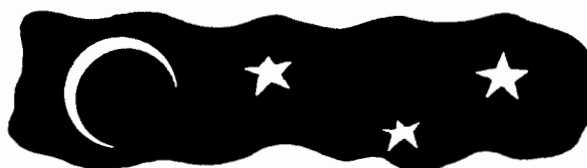
This group was founded to provide a forum where women of color from diverse backgrounds can create dialogue and unconditional support for each other. We see how our dual experience as women and as people of color overlaps and makes our perspectives and our struggles unique. As people of color, we see that we have been divided from each other by historical factors and current social trends that pit oppressed people against one other. We are committed to struggling together with diverse women of color to begin to find the ties that bind us, and to create a sisterhood that is powerful!

Our groups welcomes all women of color -- Asian women, Latinas, Native American women, Black women of all backgrounds, Middle Eastern women, biracial women, etc. Women of any sexual orientation and age group who are willing to engage in dialogue and support other women are encouraged to come. Join us Tuesday nights from 8 to 9:30 pm at the Women's Center.

THREE CHEERS FOR VOLUNTEERS

Thank you! Thank you! Thank you! The Women's Center gratefully acknowledges the many committed volunteers who make the Center go. Truly, it is the efforts and spirit of volunteers that keeps the Women's Center going and makes it the special place that it is to so many women. Volunteers are involved in all aspects of our operation, such as maintenance, fundraising, childcare, support groups, database management, bookkeeping, outreach, staffing the front desk and phones, and more.

With deep appreciation to our many wonderful volunteers -- the Women's Center wouldn't be here without you! Gracias.



NOBODY SHOULD HAVE TO DO IT ALONE

*Support Group for Lesbian Partners and
Ex-Partners of Incest Survivors*

No one knows more about the impact of incest upon adult relationship than the adult survivors of childhood sexual abuse themselves. No one, except possibly those who are in intimate emotional partnerships with those survivors. Partners are often present when survivors first remember the abuse, and may become a key part of their support.

On the other hand, partners may find themselves juggling their own needs with the needs of their survivor partners. In addition, it is not unusual for partners to experience their own set of traumas (resulting from the vulnerabilities of intimacy and from the associated dynamics) but to get little or no support for what they may experience.

Relationships which involve the legacy of incest can be extremely confusing and complex. It is not, however, uncommon for some partners to feel that they have no right to complain (or even to forgo seeking out their own support) because it was the survivor who was the one so hurt. But insight and understanding of oneself and of related issues is important in order to walk together in a direction of healing and health.

Fortunately the Women's Center offers a facilitated support group for lesbian/bi partners (and former partners) of women survivors. Its purpose is to validate the experiences of partners and to highlight the many common threads which exist (since we are all subject to the human condition: ex-partners, partners and survivors alike). The group meets twice a month (the 1st and 3rd Monday, 7:00 to 8:45pm, except for some Monday holidays). It is a discussion group, open on a drop-in basis. Some women can only come once a month; other women come whenever they can. However, several long-term core groups have formed at different times over the years. At the moment there is a lull in the group, which creates the potential for a new core group to form. Women are encouraged to take what is useful to them and to leave the rest behind. Over 150 women have attended the group, and many have found it extremely helpful.

Couples where incest is a factor sometimes find themselves isolated from friends who may not understand. A number of supportive friendships among people who do understand have come out of this group. Information about reading materials and professional referrals is also available. Confidentiality is protected. So if you've been contemplating coming to this group, come check it out.

-Daniella

BODY/MOVEMENT WORKSHOPS

Although you are aware that your feelings affect your body, you seldom notice the opposite: that shifting your body postures and movements affect your feelings and thoughts. To be stronger you must be more flexible. Everything you do, you do with your whole body, so to be different, you have to expand your awareness of your habits and movements. If you want to change your automatic reactions so that you can be more responsive, you need to learn to come from a more centered place. Only then can you have a range of options. You can then learn new ways of moving that will allow you greater flexibility, direction, and peace.

In all our workshops for women we include practices and coaching to begin learning and experimenting. Two workshops will be held at Women's Center. "Standing Up For Yourself While Keeping the Lines Open in Relationship" will be held on Wednesday evening, January 18th at 7 pm, and "Converting Stress to Strength" will be held on Wednesday evening, February 22nd at 7pm. Please call Judi Goodman, LICSW, (617) 862-3699 or Linda Kelley, (617) 267-0416 to register for these workshops.



MOVING TO TRANSFORM

The vision for Moving to Transform is to create a safe place where women can come to share movement and exercise that they find helpful in their healing process.

Dayote, a Lakota Sioux wise woman, says, "We are all convalescing. We need to honor that."

We're all in recovery from one trauma or another. We are all healing. Often we try to change our lives by talking about it. But the changes are difficult to incorporate until we find ways to make peace with our bodies and find joy in them.

Through gentle movement from yogic and Taoist traditions, we can embody our healing amidst the peaceful community and support at the Women's Center.

We meet on Wednesdays from noon to 1pm in the Children's Room. If you have questions, or would like to participate but the time's not good, please call Judith at (617) 923-8856.

YOUR DONATIONS KEEP US GOING AND GROWING!



DIVERSITY TASK FORCE

The Diversity Task Force, which seeks to address the issue of increasing racial/ethnic/cultural diversity at the Women's Center, is now in its 5th week of meeting. The group was inspired by some women who are part of the Women's Center and were concerned with the lack of diversity which has characterized the women's movement in general, and the Women's Center in particular. We have been meeting with the hope that our efforts can lend to creating an environment at the Women's Center where: racism and ethnocentrism are confronted; women committed to the liberation of all women pledge to deal openly with the different manifestations of racism; and where an openness to dialogue and welcoming of all women can be achieved. We realize that ending racism in our movement and in our center is crucial in order to achieve the kind of equitable society that many of us strive for.

The Diversity Task Force is open to women committed to this ongoing challenge to make racism and ethnocentrism a central part of their own consciousness, and a part of women sharing with each other. The group is still in its formative stages and is open to new members. We intend to develop specific strategies to diversify our women's movement and the Women's Center. A major strategy that we are engaged in now -- and which is surely an ongoing process -- is confronting the reality of racism and how it affects **all women**. Some of our ongoing topics include: "Race and its Effect on the Way Women Relate to Each Other", "Racism in the Women's Community", etc. We are committed to using outside resources, books, articles, and events to help increase our understanding of the complexity of the issues that we face. Our meetings at this point are structured around discussion and dialogue. We welcome women of color and white women who are interested in this challenging and difficult task.

As an African-American woman who is a part of the Diversity Task Force, I admittedly have had my reservations about popular methods of achieving diversity and unclear motivations around the emerging concept of multiculturalism, especially in light of my history and the history of my people in this

country. It seems sometimes that it is easier to delight in how multicultural our society is becoming, and to engage in activities that acknowledge the beauty of diversity, without taking into account that racism is still alive and well. I have felt that even some progressive people in U.S. society have been reluctant to deal directly with racial and ethnic **oppression**, which is a part of the daily reality of people of color in this country. This is definitely true in the very visible and organized women's movement which has not fully listened to women speaking their truths; it has not dealt systematically with eradicating racism and ethnocentrism within its ranks. I believe that all women living in the United States who are interested in the empowerment of themselves, whether they be white women or women of color, must begin to deal with the effects of racism that have robbed us of the possibility of aligning ourselves with each other. Only then can diversity happen.

Since the Diversity Task Force is not merely concerned with increasing the diversity of women of color who come to the Women's Center for the sake of numbers, but is committed to exploring and confronting the very pervasiveness of racism and ethnocentrism which has separated women from each other, it is my hope that with the participation of caring women, the Diversity Task Force will begin to create avenues to make the Women's Center a safe space for all women.

-Mirangela Buggs



WOMEN WRITERS

The writing blues got you down? Curious about writing with a supportive group of women? Improve your spirits, flex your muscle, and come to write with women every other Saturday, 12:30 to 2:30 pm.

The group generates topics to write about for specified time segments, voluntarily reads aloud just-written pieces, and then offers positive verbal comments. Some recent topics have included: "My first best friend," "Last night ...," and "unseen influences". The women's writers group continues to welcome and receive new members on an ongoing basis. And the group often goes out afterwards to a nearby cafe to continue to connect.

NEW FUNDRAISING CAMPAIGN

One thing foundations and corporations look for in funding the Women's Center is that we get a significant portion of our budget from individual donations. We are pleased to announce that the Women's Center is launching a new "tile campaign," through which donors can dedicate a tile at the Women's Center. The idea for the campaign came when a contributor wanted to publicly honor some women in her life in a place devoted to women's empowerment. She thought the Women's Center would be the ideal place for her dedication and donation.

Since then, we have launched our "tile campaign" which invites people to "purchase" a commemorative tile in the Women's Center's living room or kitchen. Tiles can be used to honor or remember a woman, or to express a word or phrase that is meaningful to the donor. We are working with local artists to create tiles that will be long-lasting and attractive in the Women's Center.

We welcome anyone who is interested in participating and contributing to this campaign. If you would like to dedicate a tile (a new gift idea? ☺) call Pamela at (617) 354-8807 for details.

CHEMICAL INJURY INFORMATION NETWORK

This new group for chemical-sensitive women meets at the Women's Center the first Thursday of every month from 6-7:30 pm. We welcome new women to join this ongoing advocacy group and share information about chemical sensitivity to environmental pollution. Come to the group to talk with other women and learn what we are doing to reduce our risk of long-term illness and injury. We will also work to change public policy on the use of pesticides, carpeting, synthetic fragrances, etc. Upcoming agenda items for discussion include:

- The new Veteran's Administration research into Gulf War veterans illnesses: Implications for all chemically-sensitive people.
- What's happening at Brigham & Women's Hospital? How can we help non-unionized staff who are chemical injured?
- Ongoing problems at the Registry of Motor Vehicles, UMASS Boston, etc.

Join the Chemical Injury Information Network for information-sharing, medical and legal referrals, networking, support, and action. If you have questions about the group, or about special accommodations, please call the Women's Center at (617) 354-8807.

INTERNATIONAL/INTERCULTURAL GROUP

I would like to share with you my thoughts and feelings about the International/Intercultural Group at the Women's Center.

I have been a member for about two years now and enjoy every minute of it. I come from the ex-Soviet Union and my name is Marina Goloborodko. I am a citizen of this country and have been residing here for the past seventeen years of my life.

The group has helped me to understand who I am and what my cultural identity is. The group has helped me to resolve the struggle within me. I have learned to appreciate cultural diversity and to respect cultural differences of this great country of ours - America! Every community should have a group such as the International/Intercultural Group for women.

As a female, I have learned to support and understand other women in a similar situation. I have gained power, strength, wisdom and compassion towards Universal Sisterhood. I feel so lucky to have found the International/Intercultural Group! We have to keep it going. We have to provide global understanding and support for other sisters who are not so lucky, because they do not know about our group, yet. But if we reach out, everybody will find their place at our group.

-Marina Goloborodko



WOMEN'S COUNSELING AND RESOURCE CENTER

WCRC has added two new therapists! This brings our membership to 10 and increases our capacity to offer quality feminist therapy at the Women's Center to women with no or low income. We continue to seek volunteers, and require that therapists have a graduate degree in the counseling field and two years post-graduate experience doing individual therapy with adults. Our phone number is (617) 492-8568 - call us!





TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30 - 9pm

- Dec. 5 Butch/Femme/Gender.
- 12 Families and Holidays.
- 19 Pot Luck.
- 26 No Meeting - Holiday.



30+ LESBIAN RAP

Tuesdays, 7 - 8:30pm

- Dec. 6 Honesty in Relationships.
- 13 Setting Limits with Loved Ones.
- 20 Stages of Relationships.
- 27 Questions You Wish You'd Asked.

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30 - 9:30pm

- Dec. 6 Jealousy.
- 13 Fantasies.
- 20 Power & Envy.
- 27 The Art of Meeting & Flirting.

INTERNATIONAL/INTERCULTURAL WOMEN'S GROUP

Usually the 4th Saturday of each month, 1pm

- Dec. 17 Field Trip (354-8807 for info).

FACILITATED OPEN DISCUSSION GROUP FOR INCEST SURVIVORS

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

- Dec. 15 Taking Care of Ourselves.
- Jan. 19 Staying Present.
- Feb. 16 Boundaries.
- Mar. 16 Work Issues.

INCEST SURVIVORS' THINKTANK

1st Wednesday, each month, 7:15-9:15pm

- Dec. 7 Isolation & How to Break It.

AGING WELL

1st Sunday, each month, 2-5pm

- Dec. 4 'Mild Depression in Older Women, & an Effective Exercise Program' with Roberta Rosenberg, Harvard Cooperative Program on Aging.
- Jan. 8 'Ayurvedic Medicine' with Valeska von Allwörden.

DIVERSITY TASK FORCE

(every other Tuesday, 5:30-7:30pm)

- Dec. 13 Racism in the Women's Community.

SEXUAL HARASSMENT SUPPORT GROUP

Monday, Dec. 12, 7-9pm.

FEMINIST READING GROUP

- Thurs., Dec. 15, 7 - 9:30. Backlash by Susan Faludi.

ONGOING GROUPS

SUNDAY

- ♿ • Aging Well (*1st Sunday*) 2-5pm

MONDAY

- Battered Women's Support 7:30-9pm
- Women's NA 12 Step 7:30-8:30pm
- Lesbian Rap 7:30-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors (*1st & 3rd Mon.*) 7-8:45pm
- ♿ • Reproductive Rights Network (R2N2) (*usually 2nd & 4th Mon.*) 6:45-9:30pm
- ♿ • Women with Disabilities and Chronic Illness Support Group (*1st & 3rd Mondays*) 7:30-9pm

TUESDAY

- Bisexual Women's Rap 7:30-9:30pm
- ♿ • 30+ Lesbian Rap 7-8:30pm
- Diversity Task Force (*biweekly*) 5:30-7:30pm
- Eating Awareness & Body Image Group (*Newcomers, 1st Tues, 6:30pm*) 7-9pm
- Women of Color Support Group 8-9:30pm
- Open Art Studio for Survivors of Sexual Abuse (*Bring art or craft supplies*) 2-4pm

WEDNESDAY

- Assessing Your Therapy (*irregular meetings*) . . . 7-9pm
- Battered Women's Support Group (*weekly except 3rd Wed. of month*) 7-9pm
- Boston Bisexual Women's Network (*2nd Wed, odd #d months*) 7:30-9pm
- Incest Survivors' Thinktank (*1st Wed.*) . . . 7:15-9:15pm
- ♿ • Lesbian Al-anon 6:30-8pm
- ♿ • Moving to Transform. 12-1pm

THURSDAY

- ♿ • Cancer Support Group (*2nd, 4th Thurs.*) . . . 7-8:30pm
- Chemical Injury Information Network (*1st Thursday*) 6-7:30pm
- ♿ • Facilitated Open Discussion for Incest Survivors (*3rd Thursday*) 7:30-9:15pm
- Feminist Reading Group (*Dec. 15, call for future dates*)
- Incest Survivors Open Discussion . . . 7:30-9:30pm
- ♿ • Women's Community Cancer Project, Open General Meeting (*1st Thursday*) 7-9pm

FRIDAY

- ♿ • Incest Survivors Anonymous 6:30-8pm
- Women's Spirituality (*2nd & 4th Fri.*) 6:30-8pm

SATURDAY

- ♿ • Coming Out Discussion for Women of All Ages (*1st Saturday; usually ASL interpreted*) . . . 11am-1pm
- Finding & Surviving the Workplace (*2nd Saturday*) 11:30am-1:30pm
- International/Intercultural Women's Group (*4th Saturday, 3rd Sat. in Dec.*) 1pm
- Women Writing (*biweekly*) 12:30-2:30pm
- Works in Progress (*biweekly*) 12:30-2:30pm

THE ABORTION ACCESS PROJECT

The Abortion Access Project has just published the first directory to accessible abortion services in Massachusetts. The directory lists which hospitals and clinics perform abortions, cost, whether or not they accept Medicaid and/or offer free care, and availability of translation services. Copies of the directory have been mailed to health centers, women's centers, shelters and other agencies across the state. Copies are available at the Women's Center for reference, or by calling the Abortion Access Project at (617) 738-9479.

The Project continues to work on the issue of training and licensing mid-level providers to do abortion procedures. If you are a pro-choice nurse, nurse practitioner, midwife, or physician's assistant (or know someone who is), please contact us.

We are also working on expanding training opportunities for medical residents, and monitoring hospitals that merge with Catholic institutions and thereby lose reproductive health services. We welcome new members to our general monthly meeting and to call of our task forces. Our next meeting is Monday, Dec. 12, 6:45 to 9:30 pm, at the Women's Center. Call us at (617) 738-9479 for more information about our activities!

LATINA SURVIVORS GROUP FORMING

A free 12-week therapy group for Latina survivors of sexual abuse will start at the Women's Center in February or March if there is enough interest. Maria Toureilles, a Latina therapist who has worked with survivors for many years, will lead this group. Please call (617) 354-8807 if you are interested in being part of this group.

SKILLED VOLUNTEERS NEEDED

The Women's Center is seeking volunteer plumbers and electricians to help us with our capital improvements project. If you are interested in donating your time and skills, please call Judy at (617) 354-8807. Also, in the snowy winter months we can always use a few good women to help shovel at the Women's Center! Please call if interested.

YES! I want to help the ♀'s Center "On Our Way!"

Enclosed is my **tax-deductible contribution** of:

\$100 \$50 \$25 \$10 \$other _____

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

Please send me a volunteer application.

Name: _____

Address: _____

City/State: _____ Zip: _____

Phone #(s): _____

GROUPS AND THE WOMEN'S CENTER

Looking for a group? And nothing at the Women's Center fits? There are still several possibilities:

1) Call or visit to find out if the group exists elsewhere. We have a lot of information about groups outside of the Women's Center.

2) Check our list of women interested in starting/joining specific groups, posted in the Resource Room. Current ideas include Mothers without Custody, Relationship Issues, Transition/Change, Surviving Trauma, Self-Injury, and General Women's Support Group. You can add your name to the list or take the names of other women interested in starting/joining a similar group.

3) Suggest a short-term group topic. Therapist Vera S. Cohen leads groups throughout the year at the Women's Center (past groups have included Living with Loss, Friendship, Women 45 & Over, and Assessing Your Therapy). Currently, she is considering facilitating a short-term parenting group, a general support group, and another group about loss. If you are interested in one of these groups, or would like to suggest a new short-term group topic, leave a message for Vera at (617) 354-8807.

4) Start a group yourself. Most of the groups at the Women's Center were started by one or two women. Space is limited, yet there is some room.

Women interested in starting a group fill out a "space request form," answering questions about the nature of the group, why it should meet here, and how it will be structured. Decisions about new groups at the Women's Center (and other decisions about the Center as a whole) are made collectively at the All Center Meeting. Decisions are based on the perceived need for such a group, its connection to women's issues, and the level of commitment of the woman/women starting the group. In particular, we want to ensure that someone is present for every meeting of every group we publicize, so no woman will come to find that the group is not meeting.

Feelings of isolation/disconnection are rarely the topic of a group, but are common in many groups. In a successful group, members feel less isolated as they talk, listen, and experience understanding and acceptance. Making sure a group runs in a way that is inclusive, non-judgmental, and comfortable for all members involves a lot of effort but is very worthwhile and important! We are planning to write a manual on "How to Start/Run a Successful Support Group" and are writing an article for the next issue of *On Our Way* with tips for running and starting groups. Any feedback is most welcome! Call Judy at (617) 354-8807.


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46 Pleasant Street, Cambridge, Massachusetts 02139



Spring '94

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 Recycled Paper

WOMEN'S HEALTH DAY APRIL 9th

The Women's Center, collaborating with the Cambridge Women's Commission, the Cambridge Hospital, and the Graham and Parks Community School is excited to be presenting the FIRST Cambridge city-wide HEALTH DAY FOR WOMEN. During the day there will be a wide range of workshops and information on both traditional and non-traditional approaches to women's health. Lots of information and materials will be available throughout the day.

The Health Day will include three workshop periods (at 10:30am, 1:15pm, and 2:45pm) on topics including: PMS, breast health, menopause, safe sex, eating issues, infertility, holistic health care, lesbian health concerns, yoga & meditation, cancer, acupuncture, latina women's health concerns, aging, nutrition, domestic violence, HIV/STD's, birth control, how to quit smoking, talking to your teens about sexuality, childbirth, transformational breath, talking to your health care provider, substance abuse, and building self-esteem. There will also be free massage offered during the day. Something of interest to every woman!

The Health Day will take place from 10am-4pm, Saturday APRIL 9th. Meet at the Graham & Parks School (15 Upton Street, around the corner from the Women's Center) at 10am for coffee, tea, and welcome. Plan to spend the day with us...or at least drop in for a while. Workshops and activities will take place simultaneously at the Women's Center, the Graham & Parks School, and the Riverside Health Center at 205 Western Ave. Snacks and drinks will be provided at noon. Dr. Camilla Parkham of the

Cambridge Hospital will deliver a keynote talk in the Graham & Parks cafeteria at 12:30pm.

All activities at the Women's Health Fair are FREE. For a full listing of the day's events, or for further information, call the Women's Center at 354-8807. Please call by March 25th to request childcare, ASL interpreters, or wheelchair/accessibility arrangements. Please join us for this interesting and informative event for women. Hope to see you there!



THE ABORTION ACCESS PROJECT

The Abortion Access Project, a project of Boston R2N2, has had a busy winter! We have been working with an intern from the Kennedy School of Government to survey Massachusetts hospitals to ascertain exactly what abortion services currently exist, and to highlight where the most serious gaps in services are. One of the results will be a directory to abortion services in Massachusetts that we hope to distribute state-wide.

We have just been informed that the Ms. Foundation will fund a part-time staff person for the Abortion Access Project! We hope to hire a project coordinator/staff person for 10-15 hours per week. If you are or know an activist who might be interested in the position, please contact us as soon as possible.

We welcome new members. Call 738-9479 for information on our next meeting, and join us!

RITUAL ABUSE SURVIVORS GROUP

'Healing Together' is a self-help group for survivors of ritual abuse. The group was created to give survivors of ritual abuse a safe place to talk about their experience and how they were affected by it with others who truly understand (i.e., fellow ritual abuse survivors). We feel that we do not have to, nor do we deserve to, recover from this atrocity alone. We help each other to heal and find joy in our lives by offering each other a chance to share our stories, support, info/healing resources and the chance to form healthy connections with other survivors of ritual abuse.

The group began last November and has been an absolutely wonderful source of support. I am continually awed by the women in this group - their courage, insight and sensitivity. The Women's Center has also been quite a support for the group, especially Judith Norris. We are currently in the process of forming a second section of 'Healing Together'. If you are interested, please call the Women's Center at 354-8807 to leave your name and number for a contact person.

ANXIETY SUPPORT GROUP

The Anxiety Support Group is meeting weekly and enjoying the benefit of several new members' energy and input. (Just so everyone knows, the group is open for new members on the first Wednesday of every month, and closed the rest of the month).

We alternate using our meeting time for either in depth "check-in" time so we all have a chance to get feedback on issues that concern us, and for discussion of group-chosen topics. Some things we've discussed in the past are: the pro's and con's of medication for anxiety/depression; the connections between anger and anxiety; healing strategies; and dealing with social situations (or not dealing with them!).

The group meets every Wednesday from 6-7:30pm (and again new members are welcome to come on every FIRST Wednesday of each month). We welcome any women who struggle with anxiety and/or panic and encourage new members to consider making a commitment to the group so that

we can maintain a stronger trust than is usually possible in "drop-in" groups.

WOMEN WRITING

If you feel a world of words bubbling inside you, let them out. Our group focuses on writing exercises and beginnings. We encourage and listen to one another. This is a group for people who want to make a commitment to their writing but don't think they can. You CAN! Trust your voice and come write with us. You are encouraged to bring writing you would like to share (to be read for about ten minutes: bring copies if you can). Believe what you have to say is important and then come and say it! We meet alternating Saturdays from 12:30pm - 2:30pm. In April, we will be meeting on the 16th and 30th. We'll be seeing you...

SUPPORT GROUP FOR FRIENDS & FAMILY OF PEOPLE WITH CANCER

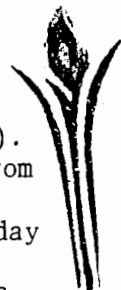
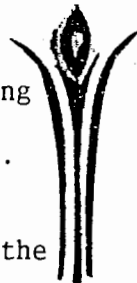
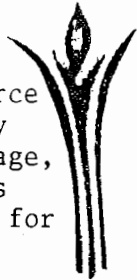
The drop-in group for women who are close to people living with cancer provides a place to share our common and individual experiences. In other words, an informal, safe place to talk or express feelings we may not be supposed to feel, but do.

Come as you need to. The group meets twice monthly on the second and fourth Thursdays from 7-8:30pm.

For additional information, call Anna at 547-6240.

INCEST SURVIVORS ANONYMOUS

Incest Survivors Anonymous is a twelve-step group for women survivors of incest. The group meets each Friday from 6:30 to 8pm. Meetings are led by qualified individual survivors. The chance to speak is timed for everyone. We do not cross talk or interrupt speaking survivors. Those who support us, our pro-survivors, may also attend. Offenders, initiators, or perpetrators may not be in our meetings. An optional topic meeting can form at this time upstairs at the Women's Center.



LIBRARY AND ARCHIVES UPDATE

The Library and Archives have been very busy this past year on several fronts. Last fall, we had two graduate students from Simmons College interning in the Archives. Two collections were processed: the Abortion Access Coalition, 1977-1980, and Women Against Violence Against Women, 1976-1984.

The Archives has been heavily used during the past several months by researchers working on a number of different projects. Extensive use of the Archives collections has been made by Catherine Russo for her forthcoming video documentary on the history of the early Boston Area Women's Movement.

Our on-going priorities are to provide more detailed descriptions of the collections and to publicize the Archives. A major task we would like to accomplish is a printed guide to the Archives collections that could be distributed to publications, Women's Centers, and Women's History Centers. We also have ideas for several other projects and we welcome new members to the collective.

We want to remind readers that we are available to consult with women's groups in the area who would like advice or assistance in organizing their records. We are also available to assist groups in transferring their non-current records to the Archives.

The Library has added over 200 books to its collections this past year, though we are still losing over a hundred books a year as a result of borrowed books not being returned.

The Library does not receive any funding or regular donations. The Library raises money through periodically reselling donated books which cannot be used in the Library because they are not appropriate to the collections or are multiple copies. Fortunately, with the tremendous assistance of our Simmons college intern Jane, and the assistance of several Women's Center staff members, we were able this past fall to raise a few hundred dollars from selling books at a local second-hand bookstore. However, even with much help and muscle, it is a major effort in time and womenpower to pack and lug hundreds of books from the Center to a local bookstore. The money raised from these periodic sales goes to

buy supplies as well as new books. Archival quality file folders, storage boxes, and other supplies are very costly. We receive no funding or financial contributions to insure that supplies and new books will be provided for on a regular basis.

The Library depends on your generosity. Please consider making a financial donation to the "Library Fund." Money can be ear-marked for supplies or for new books.



NEW LESBIAN MOM'S GROUP

The Women's Center began offering a new group in January - for new lesbian moms. The group was initiated and facilitated by Leslie Loomis, a psychologist and a lesbian mom of a 4 year old son. We are seven couples with children ranging in age from 4 months to 2 years. For some of us, groups have been helpful throughout the processes of insemination, pregnancy, adoption, etc. What this group offers in a unique way - is a chance to explore the issues in the couple's relationship which arise when two become three (or 4 or more!).

The energy it takes to be parents is enormous. It's difficult to have much energy left over and the partner relationship sometimes suffers from lack of time and attention. This group provides support to again make our couple relationships a priority.

Our six week group ended in February. While Leslie is unable to continue with the group because of other commitments, the seven couples have agreed to continue as a peer support group for another six week cycle and will reevaluate at that time. Because of our size we are not able to take new members now, but may open again in the future.

Thanks so much to Leslie for getting us started and guiding our beginning.

NURSES NEED SUPPORT

I am a nurse (an RN) myself and need support. If you do too, and are interested in helping form a support group, please leave your name and number for Yolene at the Women's Center.



TOPICS FOR DISCUSSION



LESBIAN RAP

Mondays, 7:30 - 9pm

- March 28 Frank Discussion on Monogamy
- April 4 Effects of Stereotyping
- 11 Lesbians Invade Family Restaurant -to be determined
- 18 Potluck - Bring a Picture of your Mom & your Baby Picture
- 25 Lesbian Avenger (Guest Speaker)

30+ LESBIAN RAP

Tuesdays, 7 - 8:30pm

- March 29 Game Night
- April 5 Feeling Different & Alone
- 12 Role Models
- 19 Getting to Know You
- 26 What We're Reading

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30 - 9:30pm

- March 29 Dinner at S & S Deli (meet at the Women's Center)
- April 5 Bisexuality - What Does It Mean to You?
- 12 Movie Nite
- 19 Diversity in the Bi-Community
- 26 Dealing with Homophobia/Biphobia

INTERNATIONAL/INTERCULTURAL WOMEN'S GROUP

4th Saturday, each month, 1pm

- March 26 How Does a Country's Development Affect Women?
- April 23 A Cross-Cultural Look at Domestic Violence

INCEST SUPPORT GROUPS

Facilitated Open Discussion Group for Incest Survivors

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

- April 21 Coping/Honoring Ourselves
- May 19 Breaking the Silence

Incest Survivors Thinktank

1st Wednesday, each month, 7:15-9:15pm

- April 6 Child Sexual Abuse & Other Forms of Political Torture
- May 4 Incest: Is the Personal Political?
- June 1 Child Sexual Abuse by Clergy and by Relatives

WOMEN'S CENTER HOURS

Monday-Thursday.....10am-10pm
 Friday.....10am-8pm
 Saturday.....11am-4pm



ONGOING GROUPS AT THE WOMEN'S CENTER

SUNDAY

- ⊕ Older Women Aging Well.....2-5pm
(1st Sunday, not meeting in April)

MONDAY

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

TUESDAY

- Bisexual Women's Rap.....7:30-9:30pm
- ⊕ 30+ Lesbian Rap.....7-8:30pm
- Eating Awareness & Body Image Group (New members, 1st Tues, 6:30pm)...7-9pm
- Healing After Abortion (4/26)...7-8:30pm

WEDNESDAY

- Anxiety Support Group (Open to new members, 1st Wed.).....6-7:30pm
- Assessing Your Therapy (2nd Wed., every 3 months).....7-9pm
- Battered Women's Support (weekly except 3rd Wed. of month).....7-9pm
- Boston Bisexual Women's Network (2nd Wed, odd #'d months).....7:30-9pm
- Incest Survivors' Thinktank (1st Wed).....7:15-9:15pm

- ⊕ Lesbian Al-anon.....6:30-8pm

THURSDAY

- ⊕ Cancer Support Group (2nd & 4th Thursdays).....7-8:30pm
- ⊕ Facilitated Open Discussion for Incest Survivors (3rd Thurs.).....7:30-9:15pm
- Friends and Family of People with Cancer (2nd & 4th Thurs.).....7-8:30pm
- Incest Survivors Open Discussion Group.....7:30-9:30pm
- Manic Depression & Depression Group..1pm
- ⊕ Women's Community Cancer Project Open General Meeting (1st Thurs.).....7-9pm

FRIDAY

- ⊕ Incest Survivors Anonymous.....6:30-8pm

SATURDAY

- Coming Out Discussion for Women of All Ages (1st Sat, usually ASL Interpreted, optional lunch out after).....11am-1pm
- Finding & Surviving the Workplace (2nd Saturday, not in April)...11am-1pm
- International/Intercultural Women's Group (4th Saturday).....1pm
- Women Writing (biweekly)....12:30-2:30pm
- Women's Writing Group (biweekly).....12:30-2:30pm

FINDING AND SURVIVING THE WORKPLACE



SEXUAL HARASSMENT AT WORK - MEDIATION AS AN ALTERNATIVE

Our support group provides a safe and accepting forum for women to share experiences about work and the workplace. Many of us have lost our jobs, some have quit out of frustration or abuse suffered on the job, some have been fired, some are considering a career change, and others are stuck and need help figuring out their next steps. While our stories are different, their *themes* and our desires to connect with others resonate as we attempt to find and survive the workplace.

When I first joined the group over a year ago, I was looking for a place to talk and to listen. I'd lost my job unexpectedly six months previously, and needed a place in which I could comfortably talk about the pain and frustration I still felt about my experience with others who empathized. I felt my friends and family had long since tired of my grieving and had limited patience with my lack of motivation. I'd read about this gathering in the Women's Center newsletter and decided to give it a try.

I could not have found a more receptive, supportive group. While there are many organizations in town providing job hunting skill seminars and workshops, this was my first experience with people who were willing to listen to my story, to validate my experience with their understanding nods, smiles, hoots & hollers(!), and to share *their* stories in return if they felt moved to do so. No expectations, no demands. I have gained tremendously from my participation in the group over the past year. I've made new friends, I've gone into business for myself, and I know I still have a place to come to share my concerns and dreams and to be inspired by every other woman's story.

If you are looking for a place to tell your story, if you are struggling with a work-related issue that's holding you back, or if you would like support for creating your next step (including figuring out what it is!), come join us. The group meets on the second Saturday of each month, 11:30am-1:30pm (NOTE: We will NOT be meeting in April. Our next meeting will be May 14th).

The potential for sexual harassment occurrences, allegations and lawsuits exists in any workplace. The best strategies to prevent/reduce liability include establishing policies and procedures that require the reporting of sexual harassment and to train supervisors and employees alike to recognize and resolve such problems within the organization. Many workplaces, however, do not yet accept their responsibility to acknowledge sexual harassment and, when it occurs, employees are in a quandry. If the harasser persists and the company looks the other way, women may feel they have no recourse but to find an attorney for protection. Companies sometimes then retaliate.

Another option might be to consider early on the process of mediation which uses a neutral person to facilitate communication among all the people involved.

A mediator helps both parties determine what is important and assists them in generating their own solutions which can be very creative. Employers sometimes prefer to mediate because they have a part in the resolution which is often less punitive than court/jury awards. Another factor is that mediation is a voluntary process for both parties and either can withdraw at any time.

For the employee this process is a lot less costly than hiring an attorney. It is quicker: mediation can start immediately and be resolved in one to four weeks. The employee can also get the company to take some responsibility as opposed to going to court where they may deny everything.

-Louise Bonar

(Louise Bonar meets monthly with any woman around sexual harassment issues. Upcoming dates are April 7, May 17, and June 15 from 7 to 9pm. She can be contacted through the Women's Center at 354-8807.)



THE WOMEN'S EDUCATIONAL CENTER, INC.
46 Pleasant Street
Cambridge, Massachusetts 02139

Phone: (617) 354-8807

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CENTRAL AMERICAN FEMINISTS

Two women leaders from some of the first "out" feminist organizations in Latin America will be visiting Boston and giving a presentation on Thursday April 7th from 7-9 pm at MIT Room 6-120. Maria Teresa Blandon from Nicaragua and Morena Herrera from El Salvador will share and discuss the 6th Latin American Feminist Encuentro (Encounter) which happened in November 1993. Sponsored by Women Across Borders, CASA, and other feminist and Central America activist groups. Please join us and meet these dynamic feminist Latina sisters! For more information: Nancy Ryan at the Cambridge Women's Commission, 349-4697; or Sarah Driscoll, 522-2051.

WOMEN SAY NO TO VIOLENCE

The 5th annual "Women Say NO To Violence" March and Rally will be held on Tuesday, May 17th, 1994. Beginning at 6pm at Somerville High School, the event includes a rally with speakers and musical performances, a display of the Clothesline Project, and a march through the city of Somerville to Davis Square where we will hold a candlelight vigil and speak-out.

For more information, please call Maria Altamore at the Somerville Commission for Women: 625-6600 x2400.

STOP

**THE WAR
AGAINST
WOMEN**



Help support "On Our Way" and the Women's Center!

YES! I want to help out the ♀'s Center!

Enclosed is my **tax-deductible contribution** of:

\$100 \$50 \$25 \$10 \$other _____

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

Please send me a volunteer application.

Name: _____

Address: _____

Phone # (s): _____

Please clip this coupon and return to: ♀ Women's Center,
46 Pleasant St. Cambridge, MA 02139.

Thank you for your needed support...we appreciate it! ☺

♀ ON OUR WAY

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

(617) 354-8807 TTY and VOICE

SUMMER/FALL '94

RECOGNIZING THE ABILITY IN DISABILITY

For a long time I did not consider myself "disabled". To me being disabled meant using a wheelchair, or being visually impaired. Since my condition is not visible to the naked eye, I don't look disabled. I have a breathing problem in my lungs.

Back in December 1991 I was diagnosed with a rare lung disease. Once physically active, I now found myself having trouble with things most people take for granted. I get short of breath climbing stairs, walking to my car, and I certainly don't climb mountains like I used to. Even simple things, like getting groceries, are now very difficult.

It has taken me a while to realize that, yes, I, too, am disabled. It took me a year to apply for my handicapped parking sticker. Now that I have one I realize how much easier life has become. I just don't like the stares I get from people who see me using a handicapped space when they don't see the crutches. That is one of the problems people with "hidden disabilities" have to face.

Fortunately the Women's Center has a new group for Women with Disabilities and Chronic Illness. Our main goal is to provide a supportive and empowering environment for women to discuss our experiences being disabled or having a chronic illness. We also exchange valuable information, including where to go for medical insurance, how to get assistive equipment, and how the Americans with Disabilities Act can help people with disabilities. This group is free of charge and open to all women who have a disability or chronic illness. It is a peer-run support group, meaning it isn't run by a therapist, but by group members themselves. Currently we have about five members and are looking to increase our numbers. So if you feel you might benefit from a group such as ours, please join us.

We meet at the Women's Center on the first and third Monday of each month (except holidays) from 7:30 to 9pm. The Center is wheelchair accessible, with some handicapped parking available. Sign Language interpreters can be arranged, with advance notice, free of charge.

If you are interested in the group, and/or wondering if you have a disability, call Karen Couture at (617)868-8964 or Sarah Kenemuth at (617)354-2438. And know you are among friends.

-Karen Couture

INTERNATIONAL/INTERCULTURAL GROUP TAKES OFF

The International/Intercultural Group is now over one year old. We have been meeting since April 1993 to share our ideas and experiences about life in the U.S. and other countries where we have lived. Our monthly groups are proving to be an exciting, educational, and fulfilling activity for us all.

Our Mission Statement is as follows: The Women's International/Intercultural Group is an informal network of women who live in the Boston/New England area. We are women of diverse backgrounds who have gathered to evolve creatively toward our vision for social change: universal sisterhood. We share experiences, work to address isolation and loneliness, offer solidarity and support, and promote cross-cultural understanding. We are helping each other to grow (inter)personally and to challenge injustice in our lives.

This summer we received a grant of \$500 from the Boston Women's Fund to help in our efforts to reach out to as many women as possible. We are interested in expanding opportunities for cultural sharing and bringing new perspectives to the group.

Recent discussion topics have included women's status in the family, domestic violence, and our daily challenges with cultural differences. We have also held a picnic and a visit to the Museum of Fine Arts.

Our plans for the coming year include a forum on women's immigration issues and a film festival.

Our next meeting will be on September 24 (fourth Saturday of the month) at 1pm at the Women's Center. Our guest will be a counselor speaking on the relationship between mothers and daughters, across cultures. Please plan to attend!

-Dalya Massachi



WEDNESDAY NIGHT SUPPORT GROUP FOR BATTERED WOMEN

Many members of our group are at grave risk of continued male violence. We are concerned about access to panic alarms for women in our group, and for all women. Women in the Middlesex and Norfolk Counties have access to panic alarms to help protect themselves and back up their restraining orders. Thanks to some hard work and your support we have been able to achieve this.

Women from all over the state attend our group, but not all have access to panic alarms. It's especially troubling that Suffolk County (including the very populous Boston area) does not provide panic alarms.

You can help by calling these agencies to express your concern and support for better protections for battered women and for access to alarms:

Suffolk County District Attorney Ralph Martin's Office: 617/725-8617, Diane Coffey.

Sheriff Bob Rufo's Office: 635-1100 ext. 247, Marilyn Kerry-Mills. (Prison overcrowding appears to be the chief concern here - not the safety of women. Rather than send a batterer to jail after he has broken a restraining order, they propose to put a leg bracelet monitoring device on him.)

Boston Police Domestic Violence Unit: 343-4350, Sgt. Jeanette Thomas and Det. Paul Cato. (Here we were told with the greatest soothing that panic alarms would be a problem because they are a repetitive expense. Court time spent on violated restraining orders, assault, rape, custody hearings and murder trials are surely no less expensive, and all too repetitive under the current regime.)

We have been calling these numbers for over a year now. We've been patronized, dismissed and stalled off. They said they would get back to us, but they haven't. Meanwhile women keep dying. Your calls will make a difference.

-Betsy Warrior

WOMEN WRITING

We are a group of people sharing in the process, not necessarily the product. Beginners and Pulitzer Prize winners welcome! We ask that you simply want to write. Be open to learning about yourself and your voice. We meet every other Saturday from 12:30-2:30pm. Join us!

SIGNS OF IMPROVEMENT

We are thrilled to announce that the Women's Center has two brand-new, hand-painted large signs hanging on the building. We extend our sincerest gratitude to artist/signpainter extraordinaire Grace Peters for donating the signs. Please drop by to see them...you won't have any trouble finding us now!



FOR CRYING OUT LOUD



10th Anniversary Special Commemorative Issue

In honor of its tenth anniversary, a special issue of FOR CRYING OUT LOUD is being published by the Survivors Newsletter Collective. FOR CRYING OUT LOUD is a quarterly newsletter written by and for women survivors of child sexual abuse. The Survivors Newsletter Collective represents a continuum of women dedicated to healing through writing and putting out healing energy to the world.

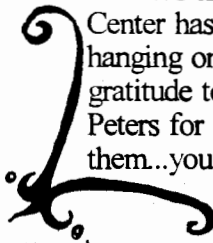
"The most important message we can give women out there is that *you are not alone*," said member Annwyl Rhyfelwr. "For women who choose to deal with rather than deny the effects of abuse, there is very little cultural, social, or family support. It takes tremendous courage for a woman to name the abuse, put feelings to it, reach out to others, and be heard. For many women, recovery starts with reading about other women's experiences and contributing their own. We are committed to supporting this process and are grateful to all survivors who have the courage to speak about their abuse."

This special edition includes an insert of writings from past collective members along with letters and pieces from its readers.

- FOR CRYING OUT LOUD can be purchased at: The Women's Center, Crone's Harvest, Harvard Bookstore Cafe, and New Words Bookstore.
- To subscribe (\$10/year) or for a sample copy, write: The Survivors Newsletter Collective, 46 Pleasant St., Cambridge, MA 02139

LAWSUIT FILED AGAINST AUTHOR OF *THE COURAGE TO HEAL WORKBOOK*

A lawsuit has been filed in California against Laura Davis, author of *The Courage to Heal Workbook* and co-author of *The Courage to Heal*, two books that have helped many thousands of survivors find their way to healing from pain and isolation. Kimberly Mark, who filed the suit, claims that the workbook convinced her she had been sexually abused as a child, thereby causing her emotional damage. The suit argues that the book is a "dangerous product" and therefore should be exempt from First Amendment guarantees of free speech. A group of survivors, activists, writers, civil libertarians, therapists, lawyers and others has formed to support Laura Davis' constitutional right to free speech. The group is seeking financial contributions towards legal costs as well as help spreading the word about this case. For more information, contact the Courage to Heal Defense Committee, c/o Dana Scruggs, 340 Soquel Avenue, Suite #205, Santa Cruz, CA 95062. Or call (415)255-4603.



COMING OUT IN CAMBRIDGE

Are you experiencing emotional attachments to certain women in your life that are making you unsure of your own sexuality? Do you yearn to explore these feelings in a non-judgmental atmosphere, where you can be with other women who are in a similar situation? Do you want to be able to share your experience anonymously?

There is a group that will help you with all this, plus more. Led by Marcia, who has been the main facilitator since it began five years ago, the Coming Out group has been meeting at the Women's Center on the first Saturday of every month from 11am until 1pm. On holiday weekends (such as Labor Day), the group will meet on the second Saturday.

The topics range from what a lesbian is to family relationships and when and how one should go about "coming out". There is laughter, as well as tears. Along with this comes a sense of camaraderie few groups ever have. One will definitely discover a whole new group of friends not found anywhere else.

After the meeting ends, many go out for lunch. Some make plans to do other things, like camping, parties, or going to Provincetown for a weekend.

This group is open to all women. It is free. There are interpreters available for those who are deaf and hard of hearing.

The members range in age from nineteen to sixty plus. Many are, or have been, married. Some have children. Most are single, although there are a few lesbian couples who come for the support they cannot get where they are. The one thing all members have in common is the acknowledgement that coming to this group was the biggest step they ever took. For most of them it was a step that proved to be a step forward into a wonderful new world.

RIDE YOUR BIKE TO THE WOMEN'S CENTER!

We are excited to report that this summer the Women's Center has a beautiful new bike rack! Thanks to Gräber Bicycle Parking Systems for selling us the rack at cost, and to our dedicated volunteers who installed the bike rack (no easy job!). It is located in the back yard. So ride on over!

NEW FACILITATOR NEEDED FOR INCEST SURVIVOR GROUP

For over 10 years, the Facilitated Open Discussion Group for Incest Survivors has provided a place for survivors to heal and get support. We hope to keep the group going, but to do so must find a new facilitator. The group meets on the third Thursday of every month, and discusses a pre-selected topic. If interested, please call Judy Norris at 354-8807.

AGING WELL

Aging Well begins its third year at the Women's Center in September. We invite women to join us in building a community of older women exploring our interests. Our members span four decades, ranging in age from the 50's to the 80's. We meet the first Sunday of the month (the second Sunday on holiday weekends) from 2 to 5 pm for lively discussions and friendship.

In the past year we've enjoyed: "*Music We All Love*," the film "*Strangers in Good Company*," and guest speaker, Diane Laskin Seigel, co-author of *OURSELVES GROWING OLDER*, speaking on "*Postponing Fragility*." One member spoke about her trip to Haiti, and two of our members reviewed a book on feminism in 20th century revolutions.

In April we participated in the first Cambridge Women's Health Day. We titled our workshop: "*How Do We Age Well? Let Us Count the Ways*." Some of the ways we've found are to encourage, inspire, enlighten and support one another.

We'll be meeting next on Sunday, September 11, with a Welcoming Women Potluck and a discussion on "*Remembering Old Women We Have Loved*"

For our October 2 meeting, Dr. Camilla Parham will speak to us on: "*How the Medical Industry Targets and Exploits Older Women*." We heard Dr. Parham speak at the Cambridge Women's Health Day and welcomed her strong message to women to take charge of our health care.

We welcome diversity and invite women of color, women of all ethnic groupings and ways of life to join us.

WOMEN 45 & OVER

What Now?

You can fade out or radiate more brightly.

Life may not be what you expected. Are you feeling stuck, lost, scared, lonely, wondering where your life has gone and where it might be going?

This is a place to come share, discover, revive, and renew with other women. There will be four meetings, September 12, 19, 26, and October 3rd from 7-8:30pm. The first meeting, on September 12, will be open, after that the group will be closed. Led by therapist Vera S. Cohen, (617)354-2304.

OPEN ART STUDIO FOR SURVIVORS

A place for survivors of any kind of sexual abuse to create things and express themselves in an atmosphere of fun. Meets from 2-4 pm (come for all or part of the time) every Tuesday.

Questions? Call Marjy B. at 489-6910.



THE ABORTION ACCESS PROJECT HOLDS STATEWIDE CONFERENCE



The Abortion Access Project held its first statewide organizing conference in June and developed a series of task forces. All of these task forces need activists to accomplish our goals. We hope you'll get involved in one of the following projects:

- **Mid-level provider training:** Vermont has successfully changed their laws to allow mid-level practitioners to perform abortions. In October we plan to bring together activists from Vermont and providers from Massachusetts to strategize about changing the Massachusetts law which prohibits non-M.D.s from performing abortions.
- **Ob/gyn resident training:** The Planned Parenthood Clinic in New York has pioneered the use of their clinic site as a training facility for ob/gyn and family practice residents to learn abortions. A number of Massachusetts practitioners would like to learn the procedure, but do not have a training site. This fall the Abortion Access Project will bring together staff from the New York Planned Parenthood clinic and activists, providers and clinic directors from Massachusetts to explore instituting training opportunities at Massachusetts clinics.
- **Catholic hospital mergers:** There is a national trend of smaller hospitals merging to be more economically viable. In many cases, community and private hospitals are merging with Catholic hospitals, and losing all family planning and abortion services. The Abortion Access Project will compile information about how local groups are fighting to maintain vital women's health services in their communities.
- **Nursing issues:** In a number of hospitals, a primary obstacle to provision of abortion services is the refusal of nursing staff to attend abortion patients. We will explore avenues to raise nurses' awareness about access issues and ways to identify and support nurses who are pro-choice.
- **Directory of abortion services:** By the end of the summer, we hope to publish a comprehensive directory of abortion services available in Massachusetts. We will include information about costs and accessibility of first and second trimester procedures in hospitals and clinics across the state.

Please call (617) 738-9479 for more info.

WOMEN'S COUNSELING & RESOURCE CENTER SEEKS NEW MEMBERS

The Women's Counseling and Resource Center is a volunteer collective that provides therapy to no and low income women at the Women's Center. If interested in volunteering (master's degree and experience required) please send your resume to WCRC, c/o The Women's Center, or call (617) 492-8568.

SILENT NO LONGER

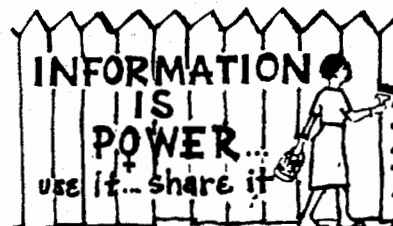
Silent No Longer, People United to End Sexual Violence Against Children is a new local activist group, organizing around the idea that sexual abuse of children is an abuse of power, and that by working together we can help prevent it. *Silent No Longer* is led by survivors and open to women and men, survivors and non-survivors. We welcome anyone interested in doing direct actions and education about child sexual abuse, including cult and ritual abuse survivors, multiples, and survivors of pornography and prostitution.

Although we do not meet at the Women's Center because our membership includes men, *Silent No Longer* got started by passing around a signup sheet at last fall's Women's Center "Surviving the Family" fundraiser. Although we're not a support group — and focus on political work instead — we are bringing what we've learned in therapy into our activism. We emphasize taking care of ourselves, and we're working to create an activist community that is safe and empowering for survivors in various stages of healing. We're also committed to exploring how race, class, gender, sexual orientation, disability, and other factors affect people's experience of incest and other forms of childhood sexual violence.

Our successes include: confronting a board member of the False Memory Syndrome Foundation, speaking publicly on the power dynamics underlying sexual violence against children, attending demonstrations and events as a group (so much more fun than alone!), and building our organization. Our future plans include:

- Hosting a forum on the nature of memory and why **all** survivors, including the most marginalized, are believable;
- Informational leafletting at movies that are offensive, or relevant events and lectures;
- Responding to offensive articles and images in the media, including those that sexualize children;
- Combatting backlash against survivors;
- Social gatherings, singing, and other things just for fun!

To join us, to be added to our mailing list, or for more information about our work, please call the Women's Center (354-8807) and leave your name and number. A member of *Silent No Longer* will call you back. Or you can write to us at *Silent No Longer*, 955 Massachusetts Ave. #262, Cambridge, MA 02139. Break the silence, end the violence!





SEXUAL HARASSMENT ON THE JOB:

Questions and Answers

1. What is sexual harassment anyhow?

Sexual harassment is any *repeated, unwanted, unwelcome* sexual advance such as jokes, innuendoes, and repeated requests for dates at work which make you feel uncomfortable and/or cause you problems on your job.

Sexual harassment can range anywhere from a look to a rape. It can include leering or ogling, verbal sexual suggestions, "accidentally" brushing against your body, a "friendly" squeeze or pinch, catching you alone for a quick kiss, an explicit proposition backed by the threat of losing your job OR by the promise of a better one.

In short, *if you object* to any of the above, then you are experiencing sexual harassment. *Ideally*, you will be able to report the behavior to your boss and the office sexual harassment policy will provide a speedy, confidential and satisfactory resolution.

Alas, employers are woefully slow to adopt policies and offer education and training to managers, supervisors and employees. This "head in the sand approach" is found everywhere from offices and warehouses to operating rooms and classrooms.

2. Why don't women talk about it more and warn others?

Women are afraid to be ridiculed, embarrassed, humiliated, and/or fear losing their jobs. We have been told that "boys will be boys", that it is not really serious; that we should be good sports; that we should be flattered. The truth is unwanted sexual advances are degrading and very stressful. Women have been taught to feel it is their fault; so we rarely even tell family members for fear we will be laughed at. And to report it risks being blamed or even fired.

3. What is my legal protection?

Sexual harassment is covered by the Civil Rights Act under Title VII which prohibits discrimination. The Equal Employment Opportunity Commission is charged to look into your complaint and you may also want to file with the Mass. Commission Against Discrimination.

Hiring your own attorney is another option, as is mediation if your employer is willing.

Should sexual harassment happen to you, *immediately* start documenting in detail and keep this file at home. If there are witnesses, ask if they will stand by you. If not, tell other people and record these conversations.

The Women's Center has a monthly Sexual Harassment Support Group (Sept. 22, Oct. 18, Nov. 16, and Dec. 12). 9 to 5 is also a good place to call.

-Louise Bonar, Consultant specializing in sexual harassment education and training. (617)254-1729.

9 to 5 ASSOCIATION OF WORKING WOMEN

9 to 5 is an advocacy organization of working women. Since 1973 they have been fighting to end sexual harassment and protect the rights of workers. 9 to 5 has just opened a new Boston office. For more info., call (617)348-2970 or 1-800-522-0925.

FINDING & SURVIVING THE WORKPLACE SUPPORT GROUP

This is the fourth summer that this support group has been meeting. Women of varied education and experience meet to exchange their stories about both success and failure. From our experiences we learn to cope with our situation and go on with our lives. This support group has helped women who have lost jobs to regain their self-confidence. From time to time, for example, a participant in the support group has also become a facilitator.

Are you unemployed? Dissatisfied with your job? Job searching? JOIN US. Tell us your stories. Let us support each other in our period of transition.

We meet the second and fourth Saturday of every month from 11:30am to 1:30pm. For more information call the Women's Center at 354-8807 or the facilitator Manjusree Sen at 693-4427.

BOSTON WOMEN'S ACTION COALITION

The Boston Women's Action Coalition (WAC) is an open alliance of women committed to direct action on issues affecting the rights of all women. We are witnesses to the current economic, cultural, and political oppression that limits women's lives and the horrifying effects of these limitations. WAC insists on economic parity and representation for all women and an end to sexism, homophobia, racism, religious prejudice, and violence against women. We insist on every woman's right to quality health care, child care, and housing, and to reproductive freedom. We will exercise our full creative power to launch a visible and remarkable resistance.

Boston WAC meets Wednesdays at 7 pm at MIT Building 1, Room 135 (Not meeting until Sept. 14th). Call the WAC line for more information at 446-0364. All women are welcome! Come join us!!

SPOTLIGHT ON DOMESTIC VIOLENCE

On June 21st, the Women's Center appeared in the 10 O'Clock News on Channel 56 to comment on the O.J. Simpson murder trial for the brutal stabbings of Nicole Brown Simpson and Ronald Goldman. The media coverage was an opportunity for the Women's Center to raise awareness about domestic violence, and to tell women that support networks exist to help them.

TOPICS FOR DISCUSSION



LESBIAN RAP

Mondays, 7:30 - 9pm

- Sept. *5 No Rap - Holiday.
- 12 Making a Pass.
- 19 Entering/Re-entering the Lesbian Community
- 26 Singles vs. Couples: the Issues.

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30 - 9:30pm

- Sept. 6 Spirituality & Sexuality.
- 13 Scavenger Hunt.
- 20 Coming Out at Work.
- 27 Stereotypes about Bisexuals.

30+ LESBIAN RAP

Tuesdays, 7 - 8:30pm

- Sept. 6 Lesbians and the Media.
- 13 What Makes Relationships Last?
- 20 Improving Ourselves.
- 27 What are We Getting Out of the Rap?

INTERNATIONAL/INTERCULTURAL WOMEN'S GROUP

4th Saturday/month, 1pm (not meeting in August)

- Sept. 24 Mothers and Daughters, Across Cultures and Generations.

FACILITATED OPEN DISCUSSION FOR INCEST SURVIVORS

3rd Thurs./month, 7:30-9:15pm (4th Thurs. in September)

- Aug. 18 Anger.
- Sept. 22 Boundaries.

INCEST SURVIVORS' THINKTANK

1st Wednesday, each month, 7:15-9:15pm

- Sept. 7 Pathologizing Incest: Who is Sick, the Survivor or Society?
- Oct. 5 Incest and the Media: What is Included, What is Left Out?
- Nov. 2 Surviving the Backlash: the Second Wave of Assault on Survivors.
- Dec. 7 Isolation and How to Break It.

AGING WELL

1st Sunday/month, 2-5pm (2nd Sun. in September)

- Sept. 11 Welcoming Women Potluck and Discussion on "Remembering Old Women We Have Loved".
- Oct. 2 Dr. Camilla Parham will speak on "How the Medical Industry Targets and Exploits Older Women".

SEXUAL HARASSMENT SUPPORT GROUP

Upcoming fall dates, all meetings from 7-9pm

- Thursday, Sept. 22; Tuesday, Oct. 18;
- Wednesday, Nov. 16; Monday, Dec. 12.

ONGOING GROUPS

SUNDAY

- ♿ • Aging Well (*1st Sunday, except 2nd Sunday in September*) 2-5pm

MONDAY

- Battered Women's Support 7:30-9pm
- Women's NA 12 Step 7:30-8:30pm
- Lesbian Rap 7:30-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors (*1st & 3rd Mon.*) 7-8:45pm
- Reproductive Rights Network (R2N2) (*usually 2nd & 4th Mon.*) 6:45-9:30pm
- ♿ • Women with Disabilities and Chronic Illness Support Group (*1st & 3rd Mondays*) 7:30-9pm

TUESDAY

- Bisexual Women's Rap 7:30-9:30pm
- ♿ • 30+ Lesbian Rap 7-8:30pm
- Eating Awareness & Body Image Group (*Newcomers, 1st Tues., 6:30pm*) 7-9pm
- Healing After Abortion (*alternate Tues.*) . . . 7-8:30pm
- Open Art Studio for Survivors of Sexual Abuse (*Please bring supplies*) 2-4pm
- Support Group for Women of Color 8-9:30pm

WEDNESDAY

- Assessing Your Therapy (*meets irregularly, every few months. September 28*) 7-9pm
- Battered Women's Support Group (*weekly except 3rd Wed. of month*) 7-9pm
- Boston Bisexual Women's Network (*2nd Wed, odd #d months*) 7:30-9pm
- Incest Survivors' Thinktank (*1st Wed.*) . . 7:15-9:15pm
- ♿ • Lesbian Al-anon 6:30-8pm

THURSDAY

- ♿ • Cancer Support Group (*2nd, 4th Thurs.*) . . . 7-8:30pm
- Facilitated Open Discussion for Incest Survivors (*3rd Thurs., 4th Thurs. in Sept.*) 7:30-9:15pm
- Incest Survivors Open Discussion 7:30-9:30pm
- ♿ • Women's Community Cancer Project, Open General Meeting (*1st Thursday*) 7-9pm

FRIDAY

- ♿ • Incest Survivors Anonymous 6:30-8pm

SATURDAY

- Childbirth Preparation Class (*6 weeks, beginning September 24*) 11am-1pm
- ♿ • Coming Out Discussion for Women of All Ages (*2nd Sat./Sept, usually 1st Sat; ASL interpreted; optional lunch out after*) 11am-1pm
- Finding & Surviving the Workplace (*2nd & 4th Saturday*) 11:30am-1:30pm
- International/Intercultural Women's Group (*4th Saturday*) 1pm
- Women Writing (*biweekly*) 12:30-2:30pm
- Works in Progress (*biweekly*) 12:30-2:30pm

THANKS TO BREAD & CIRCUS

On July 12, 1994, our local Bread & Circus store held a "5% Day" to benefit the Women's Center. The store donated 5% of their proceeds for the day - a total of \$1,396.44 - to the Women's Center! We also had an information table set up in the front of the store, which many women visited throughout the day. The Women's Center is very grateful to Julie Barsam and everyone else at Bread & Circus for making this day happen and for making it such a success! And thanks to all who shopped!

CHILDBIRTH PREPARATION CLASS

6-Week Series, Saturdays, 11am - 1pm

As a pregnant woman, there are choices you have and decisions you can make that can improve your and your baby's birth experience. Understanding the process of labor, knowing comfort measures, and having supportive people with you are a few things that can have a positive effect.

In this class we'll discuss the health care you give yourself and that you receive from health care providers. Also, we'll discuss your concerns, expectations, and questions about this tremendous transition to parenthood. It's also a good opportunity to begin making a network of mothers.

This is a woman-only class that is open to lesbian, bisexual or heterosexual pregnant women, single or partnered, and female support people. Women at all stages of pregnancy are welcome.

The class begins on Sat., Sept. 24, 11am-1pm, and runs for six weeks. There will be a video and ample handouts to supplement the discussions.

-Robin Snyder-Drummond

Robin Snyder-Drummond is a trained labor coach, certified childbirth educator, and mother of 2. For more information, call Robin at 522-9316.

WOMEN'S CENTER WALKS IN "FROM ALL WALKS OF LIFE"

On June 5, 1994, a team from the Women's Center participated in the *From All Walks of Life* AIDS pledge walk. A total of \$1,614 was raised by the nine women on our team! Thanks to all those who participated and helped to raise money for this very worthy cause. We hope to do it again next year (June 4, 1995) with an even bigger team!

VOLUNTEERS: DATA ENTRY ANYONE?

The Women's Center is seeking some volunteer help with data entry. We can train you, but some experience is preferred. A great opportunity to help the Women's Center and the women of the community! For more information, contact Pam at the Women's Center (354-8807). (flexible hours)



EATING AWARENESS & BODY IMAGE

The Eating Awareness and Body Image Support Group meets Tuesday nights at the Women's Center. The group is not run by a therapist or permanent leader. Facilitation is shared among group members. It is neither a diet group nor a 12-step group.

Eating Awareness participants are women of all sizes. We aim to support each other rather than compare ourselves, and to be sensitive and accepting of our differences. It is our hope that each woman foster a loving, comfortable relationship with her body. We encourage each member to find her own truths and to develop the confidence to believe that she is trustworthy and able to make satisfying choices about food and all other areas of life.

The meeting is loosely divided into 2 parts. During the first hour, discussion is centered around food and related topics. In the second hour, the focus shifts to body image issues. Clearly, there is a great deal of overlap between the two halves of the meeting. The second hour also provides a forum to discuss specific topics or participate in structured exercises, such as guided visualizations, art or writing projects, and other activities. All women may choose whether or not to participate.

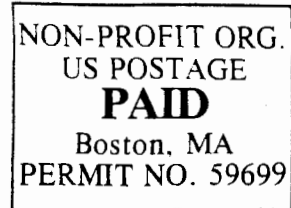
Discussions of food and body image often remind us that we experience many different kinds of hunger, deprivation, and satisfaction. These discussions are often an entry point into a range of emotional issues, such as incest and abuse, anger, power and control, culture, media, family history, sexism, homophobia, and patriarchy. Some of the sources we are informed by are the writings of Geneen Roth, Susie Orbach, and Kim Chernin, as well as the Feeding Ourselves group. A bibliography is available for more information on these authors.

Each woman is welcome to share whatever she wishes about her own experience. When one woman finishes, others may, if they wish, give her supportive, respectful, non-judgmental feedback. We keep our feedback relevant to the needs and experiences of the speaker. The attention of the group stays focused on the speaker until she feels fulfilled.

Everything discussed during the meeting remains strictly confidential. An orientation for newcomers takes place from 6:30-7pm on the first Tuesday of each month. At all other times, newcomers are welcome to call the group contacts listed at the Women's Center for more information.

WOMEN'S CENTER HOURS

Monday - Thursday 10am - 10pm
Friday 10am - 8pm
Saturday 11am - 4pm



Address Correction Requested



THOUGHTS ABOUT THE WOMEN'S CENTER

I first found out about the Women's Center a year and a half after I moved to Boston. I wanted to get involved in some sort of volunteer work serving women and I saw a listing for an upcoming training for BARCC - the Boston Area Rape Crisis Center. "Yes!", I thought, "this is for me." After a phone interview, I was invited to attend the BARCC training, then being held... at the Women's Center.

In 1980 I came to the Women's Center regularly. Rape crisis counseling can be very demanding and upsetting; often I arrived at the Women's Center with such focus on the work that I had little left over to notice the surroundings. Bit by bit, however, and in a most unobtrusive way, the Women's Center itself, apart from BARCC, began to make itself known to me.

Daytimes, it was a quiet, almost meditative place. Rooms were open, inviting, comfortable in a lived-in somewhat run-down sort of way. Staffers answered the phone, responded to questions, sorted and organized resource material, handled numerous postings that the walls sported. At night the Women's Center was dynamic, full of life and energy, laughter, arguments, charged discussions, light social interchanges. It was as if the walls changed shape to accommodate any sort of female energy that entered; an accepting holding place for all that it means to be a woman. Day or night, it felt like a safe, protecting, nurturing space.

I left BARCC after two years and eventually went back to graduate school. Throughout those years I'd occasionally stop by the Women's Center for a support group meeting, to catch a presentation, to browse through the innumerable resources there. While I didn't visit often, it was reassuring to find the Center still present, comfortable, active, and functioning while other women's centers disappeared. The Center felt

like a "good parent" - one who lets you develop along your own path, but is there for you when needed.

Almost three years ago I joined the Women's Counseling and Resource Center (WCRC), a feminist therapist's collective which the Women's Center houses. As part of WCRC I began seeing clients at the Women's Center every week, as well as attending once-a-month collective meetings.

The Women's Center itself seems to have changed little in tone; still a place where one can go to find a quiet cup of tea, or engage in a heated discussion, or browse through postings, listings and books, or get support from other women on a plethora of topics. It feels like a place of safety and acceptance, of growth and inquiry, a place to consolidate new learning or push into unknown territory. But most of all, it is still a place for women and women only; it is unlike any other place I have ever been. I am most grateful for its existence in this age and location, so generally toxic to women. To the Cambridge Women's Center and all who make her go, I say a heartfelt "thanks!"

-Eve M. Goldfarb, MA Counseling Psychology,
member, WCRC (currently on leave)

YES! I want to help out the ♀'s Center!

Enclosed is my **tax-deductible contribution** of:

- \$100 \$50 \$25 \$10 \$other _____
- I'd like to become a regular monthly sustainer, with a pledge of \$_____/per month.
- Please send me a volunteer application.

Name: _____

Address: _____

City/State: _____ Zip: _____

Phone #(s): _____

Thank you for your support...we appreciate it! ☺