

ON OUR WAY

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

Fall ~ Winter
1995/6

(617) 354-8807 TTY and VOICE



A REVIEW OF 1995 AT THE WOMEN'S CENTER

1995 has been a full year for the Women's Center, marked by growth and perseverance. Throughout the year, our dedication to women remained steadfast, as well as our commitment to the long-term health of the Women's Center. Despite fundraising challenges, we have accomplished and offered a great deal.

In 1995, we presented many new groups, workshops, and activities (see "A Calendar Year" for more on new groups) in an effort to meet the diverse needs of women. One of the Women's Center's most successful events this year was our second annual *Women's Health Day* in May. Over 200 women took advantage of the opportunity to learn about important health issues - *free* of charge. We're glad so many of you were able to join us!

We also became more involved with our local community in 1995. As a member of the City's *Domestic Violence Summit*, the Women's Center is putting our experience with survivors of abuse to work in helping Cambridge move towards its goal of becoming a "domestic violence-free zone." In collaboration with the Cambridge Women's Commission, the Women's Center co-sponsored the *Cambridgeport Take Back the Night* march and rally in February, a moving and energizing experience. Recently, we co-sponsored the *Blow the Whistle on Violence Against Women* event which featured a march through Cambridge, a speak-out, and a collective whistle-blowing. In September, we took part in the *Cambridge River Festival*.

In addition, the Women's Center has coordinated numerous outreach efforts in neighboring communities. These included: the *Somerville Women Say No to Violence* events, the *Dorchester International Women's Day* celebration, the *Upham's Corner Health Fair*, and the *Jane Doe Walk for Women's Safety*. It is gratifying for us to join with sister

organizations to work toward an end to violence and for the empowerment of all women.

In 1995 the media helped us spread the word about the Women's Center. The Center was featured on local public radio, in local newspapers, and on *Cambridge Community Television*. A compelling, feature-length article in the *Boston Phoenix* and frequent listings in the *Boston Globe* helped us reach a wide and diverse audience.

Since the beginning, the Women's Center has relied on the support of our many dedicated volunteers. 1995 was no exception. Over 100 women volunteered regularly at the Women's Center, helping with every aspect of our operation. Our 16 interns also provided invaluable help this year. Due to the efforts of the Women's Center's volunteers, we are able to be open 63 hours each week and provide over 70 groups. In 1995, volunteer energy was crucial to the success of such events as our *Garden Party/Open House* in August, our *Bake/Book/Yard Sale* in September, and the *Magical Evening of Giving* in November. Many thanks to all of our wonderful volunteers!

And as for the Center itself (the building), 1995 brought several improvements. On the exterior, parts of the house and trim were painted. Donated plants and flowers kept the backyard looking lovely. Inside, we received donations of furniture (new couches for the living room!) and computer equipment. Beautiful new interior room signs will soon be installed, as will the exquisite kitchen tiles (for our "Honor a Woman in Your Life" commemorative tile campaign).

1995 was a memorable year for the Women's Center, and we hope to make 1996 even better! In 1996 we will celebrate the *many voices, many struggles and many strengths* that have sustained the Women's Center for 25 years. Join us in our celebration!

-Jennifer Norris

PEACE AND JOY FOR ALL SISTERS... WELCOME 1996!

FINDING & SURVIVING THE WORKPLACE

- Are you unemployed or *underemployed*?
- Are you struggling in your job or work environment?
- Do you feel *alone* in your struggle?
- Are you searching for a new career?
- Do you want a support system to help you network?
- Do you want to exchange ideas, insights, and share interests?
- Do you want to make new friendships?

Many women like you have been coming to the *Finding and Surviving the Workplace* support group. This group started in May, 1991, and is still going strong. Here, women talk about many aspects of the workplace. Here, women talk about themselves. Here, women talk about *helping one another succeed*.

Join us in a safe place to share and explore ideas, interests, insights, and guidelines to find and survive the workplace. Meet women like you who have experienced job loss, job stress, or loss of self-esteem and self-confidence. Meet women who have turned failure into success. Meet successful entrepreneurs. Meet women who need *your* help. Meet women who can help *you*.

- Let's learn together.
- Let's help one another.
- Let's *survive*!

This group is a drop-in, free, on-going forum that meets the **2nd and 4th Saturday** of every month from **11:30am to 1:30pm**. We will *not* meet on the 4th Saturday of December, 1995.



SURVIVING THE HOLIDAYS

As Autumn leaves gather on the ground and the chilling winds of winter rush to greet us, thoughts turn to Hanukkah festivals, Christmas cheer, and other holiday celebrations. Expectations build, kindled by yearnings that only good things will happen this year.

Reunions with our families are intense, often difficult, and rarely the stuff of childhood fantasies. Even if we choose not to be with our families for the holidays, strong feelings may get stirred up around holiday time.

What's your strategy for living through this holiday season? Come join us for a *Surviving the Holidays* group discussion facilitated by Betsy Ross, LICSW, on Saturday, December 9, from 11:00am to 12:30pm. To register, please call (617)354-8807.

ABORTION ACCESS PROJECT

October's **Abortion Access Action Month** was a huge success! 18 groups were involved, and the month involved a press conference, forums, films, letter-writing campaigns, and concerts highlighting issues of abortion access. In addition, informational pickets were established at hospitals that do not provide abortion services in Boston, Brighton, Somerville, Quincy, Stoneham, Malden and Cape Cod. The events were covered in newspaper articles and on several TV and radio stations. National Public Radio is working on a follow-up story for a national audience. Thank you to everyone who participated!

In preparation for October's activities, letters were sent to all hospitals that do not provide accessible abortion services, asking them to increase access, and warning of public pressure if they did not. We are pleased to announce that Melrose-Wakefield Hospital and Mt. Auburn Hospital in Cambridge changed their referral procedures in response to our campaign, and now have accessible abortion services!

Beginning in January, the Abortion Access Project will have pro-choice ads on the MBTA! The ad has our new slogan, "Abortion Access - Without it You Have No Choice. Abortion must be safe, legal and accessible." We have enough money to keep the ads up for one month -- you can help keep them up longer! \$15 keeps one ad up for an additional month.

Call (617)494-1161 for more information about the Abortion Access Project. Help us improve access to abortion for all women!

EATING AWARENESS AND BODY IMAGE GROUP NOW OPEN

The Eating Awareness and Body Image Group has decided to open to new members every week! In the past, newcomers could only come on the 1st Tuesday of each month, and were asked to come early for a brief orientation. Now, new women may join us any Tuesday from 7 to 9pm.

The group usually consists of 6 to 12 women. We have no therapist or permanent leader; instead we take turns facilitating ourselves. This is *not* a diet or 12-step group.

We are women of all sizes. We try to support each other rather than compare ourselves. We also try to be sensitive and accepting of our differences. We hope that each woman here can foster a loving, comfortable relationship with her own body. We encourage each woman to find her own truths and to believe that she is able to make satisfying choices about food and other areas of life.

AGING WELL

The September meeting of *Aging Well* marked the beginning of our fourth year of coming together at the Women's Center for discussion and fellowship.

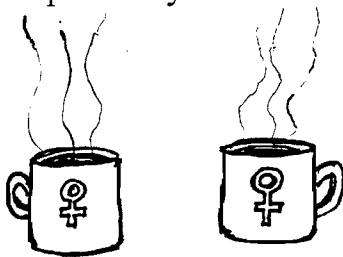
Next year is the 25th anniversary of the Women's Center and the women of *Aging Well* would like to express our thanks and appreciation to the Women's Center, which has welcomed and offered us a place to meet for three years. It gives our group a sense of stability to be able to have our meetings in the same place each month, a room which is so pleasant and comfortable. And with the use of the kitchen, we can enjoy tea and cookies while we talk of ways to age well and enjoy each others' company. We are grateful for the existence of the Women's Center, and are proud to be one with all the other women there.

At our September meeting, one of our members led a discussion of the book, *Women and Aging*, an anthology on women's aging.

Poetry and prose were the subjects of our October meeting. Some women read their own poems. One woman read the poem she had written and read at her mother's funeral. Another member read to us from a book about creativity in old age.

At our November meeting, Sylvia Miller, one of our members, talked to us about her trip to Beijing, China to attend the United Nations conference on women. She said that because of her grey hair, the Chinese people made her feel that she was someone who mattered. She was much impressed with the workshop presented by the Palestinian and Israeli women from Jerusalem who were working together for peace. Peace, they said, must begin with the children. She also attended workshops on domestic violence, educating judges on race, class, and gender bias, women in exile, and the Women Refugees Project. She said her eyes were opened to all kinds of new things, and that in all the time she was there, she never saw any anger or fighting among the women. There was real sisterhood.

The next meeting of *Aging Well* will be on Sunday, December 3rd, at 2 O'clock. Come and join us! Our topic for discussion will be *Summing Up 1995: How it Was for Women and How it Was for You*. Hope to see you then.



HOW MOVING TO TRANSFORM GOT ITS NAME

The word "exercise" carries too much baggage. It makes me feel inadequate. It stirs up memories of being chosen last for softball in elementary school; of unsympathetic gym teachers thinking I was being gauche on purpose. It makes me feel guilty because I don't exercise enough.

I have been healing from significant illness for over 30 years, a period I consider my apprenticeship. Dis-ease was how my body/mind expressed its history, a history shared by many of us. A significant discovery on this path of healing has been that specific **movements** can actually **transform** long-held patterns by releasing old trapped energies. These movements come primarily from yogic and Taoist practices. In those traditions, no distinction is created between physical and emotional symptoms. I find this attitude very freeing. Health is seen as a dynamic process, constantly renewing balance.

I hope you will join me for *Moving to Transform* from 12 to 1pm on Wednesdays. Come, explore the power of gentle movement. Enjoy, play, heal. Surprise yourself.

-Judith Poole

EXPLORING COMING OUT

The *Coming Out Exploration Group* was a very supportive and validating experience. I felt more open and more comfortable about my lesbian identity within the group. This openness helped me emerge and blossom in the rest of my life and the changes were very visible and exciting.

-Diane Carser

P.S. Another similar group will run in January!



WOMEN WRITING

Women writing continue to connect. Seeming regulars, regulars, and newcomers come to experience writing in a supportive atmosphere. We share neutral, non-critical, feeling-centered responses to our own and others' writing. The group meets every other Saturday, from 12:30 to 2:30pm. Frequently, we go out afterwards for tea-like things and company.

Amazing things have happened in this safe, supportive environment and we urge you to drop in with pen and paper and possibly have a transformative experience.

FROM THE DESK OF OUR FUNDRAISER...

As we wind down another year of serving women throughout the area, I am reminded of the Women's Center's "self-empowerment" philosophy. We believe that, with support, all women possess the power to solve our own problems and transform our lives. And we are gratified that so many women are able to locate that support at the Women's Center.

As Development Coordinator, it is my job to locate *financial* support for the Women's Center, so that we can continue to offer all of our support services free of charge. The best way to get this support is to ask for it. This is why there is an appeal accompanying your issue of *On Our Way* asking for your support!

As of November 15, 1995, the Women's Center has raised \$57,383 toward our projected annual operating expenses of \$78,569. That leaves us with a difference of \$21,186. December tends to be one of our strongest fundraising months, so... if you can, WE NEED YOU to make a donation (large or small) by the year end. Whatever you can do to help the Women's Center avert an impending deficit is greatly appreciated.

We are would like to acknowledge the following supporters for their 1995 grant awards (\$500+) to the Women's Center as of Nov. 15, 1995:

Shawmut Bank, Arthur D. Little, Inc., the DeCrow Foundation, the Ratskesky Foundation, The New England, the Jane Doe Safety Fund, A Better Place Foundation, Personal and Career Counseling, the City of Cambridge Community Development Block Grant, NYNEX, the Women in Crisis Committee of the Episcopal Diocese of Massachusetts, the Charles and Sara Goldberg Charitable Trust, First American Title Insurance Company, the Cambridge Trust Company, Gillette, the Charitable Insurance Foundation, East Cambridge Savings Bank, Loomis, Sayles & Company, GTE Laboratories, Standard-Thomson, and the Sherman Family Charitable Trust.

Thank you all for your support. I'll let you know how far *along our way* to our fundraising goal we got in your next newsletter issue.

-Pamela Goldstein



WOMEN'S CENTER'S 25th ANNIVERSARY CELEBRATION

The Women's Center is planning a 25th anniversary fundraising extravaganza to be held in 1996. Women have been meeting regularly to brainstorm ideas and lay the groundwork for an unforgettable celebration. Your input is welcome to help us create an event which reflects our commitment to women and women's issues, while raising much-needed funds.

Thus far, we have been trying to contact notable women to request their participation in this event. If you know someone who might contribute their talent and who would also draw a large audience, please call Jennifer at (617) 354-8807 or leave a message with your comments.

We need your help! If you can, please join us for any or all of our planning meetings. Your energy is greatly appreciated as we near this historic occasion. Together, we can make our 25th Anniversary celebration a great success! Thank you.

-the 25th Anniversary Committee

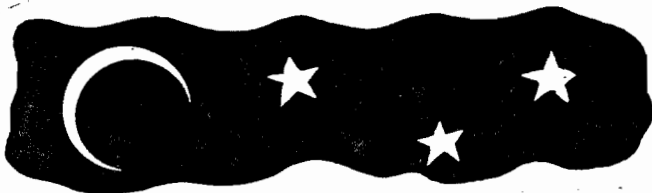
IN THE CORPORATE WORLD...

The Women's Center was one of 25 Massachusetts human service agencies to receive a grant from the Charitable Insurance Foundation. The Foundation is funded by Insurance Professionals of New England, Inc. (IPNE), which annually donates \$25,000 or 50% of its profits, whichever is greater, to the Foundation. The Foundation, in turn, supports victims of domestic violence, the homeless, and hungry. IPNE serves a variety of insurance needs, both personal and commercial. For more information, call 1-800-254-9500.

In other corporate news, IBM has launched a *Funds for Community Service* program for its employees. If you or your partner/family member are employed by IBM, the Women's Center may benefit. Your affiliation may make funding and computer equipment more accessible to the Women's Center.

And lastly... does your employer match your contributions to non-profit organizations? As an official "501(c)3" organization (tax-exempt in the eyes of the law), the Women's Center is eligible for matching funds where available (Lotus, Digital, Harvard University, and other companies already have such programs in place). Check with your employer and let us know if they have a matching gift program. We will do the rest of the paperwork.

Please contact Pamela Goldstein, (617)354-8807, if you work for IBM or have a matching donations program where you work. Thank you!





WOMEN'S INTERNATIONAL/ INTERCULTURAL GROUP

Season's Greetings everybody!!! We are planning for the upcoming year and what an exciting year it will be!

We started out by having great discussions, creating informative topics and even inviting great guest speakers.

The group is growing stronger and beginning to have a sense of ownership. Thank you to new members for their involvement and great help. Here is what they have to say about our group: Fran -- *"I wish I knew about it 30 years ago when I first immigrated to the United States."* Allison -- *"I like having an International/Intercultural Group. I admire Lisa for her strength."* Lucy -- *"I am glad I came to the International/Intercultural Group. This is the first group I belong to."*

We are going to start the New Year by dedicating our first discussion to our sisters in Bosnia. We'll proceed to our African-American sisters and then we'll talk about self-esteem and boundaries for women. We'll be having our traditional potluck picnic in May before we take a summer break. We meet on the last Saturday of every month at 1pm at the Women's Center (except in December, when we'll meet on the 16th to discuss *Women's Spirituality & the Goddess*).

So come join us, sisters, for a terrific year! Remember, our motto is: "For women by women."

Sincerely yours, In Sisterhood,


The International/Intercultural Group



BROKEN HEARTS / BROKEN RELATIONSHIPS: A SUPPORT GROUP FOR LESBIANS

This is an on-going group for lesbians who were in serious, committed relationships that have recently ended. It is a safe space to share our feelings and to experience that we are part of a healthy community larger than our own grief. Saturdays, December 9 & 16, 2 to 4pm at the Women's Center. For more information, call (617)354-8807.

WOMEN'S CENTER HOLIDAY HOURS

	Monday, December 25	CLOSED
	Monday, January 1	CLOSED
	Monday, January 15	CLOSED

AL-ANON GRUPO FAMILIAR PARA LAS MUJERES HISPANAS

Al-anon es:

Una organización mundial que ofrece un programa de ayuda propia para los familiares (esposas, hermanas, etc.) amigas de una persona que abusa de substancia, ya sea o no que esta persona busque ayuda o reconozca la existencia de su problema. Los miembros en este caso, las mujeres dan y reciben consuelo y comprensión por medio del intercambio mutuo de experiencia fortaleza y esperanza. El compartir problemas similares estrechamente a las personas y a los grupos en un lazo que es protegido por la guía del anonimato.

El proposito de Al-anon:

Es ofrecer al grupo la oportunidad de aprender a crecer espiritualmente por medio de la práctica de los Doce Pasos adaptados de Alcohólicos Anónimos, intercambiando la experiencia de afrontar a la persona que abusa de substancia, y de cómo aprender a comprender y darle ánimo a esta persona.

Este grupo:

El grupo será en español y las reuniones serán cada lunes, 6 a 7:30pm al Centro de Mujeres. Para más información o si necesita cuidado para los niños, llame a Aleyda al (617)232-4916.

VOLUNTEER HERE!

Have you ever wondered how the Women's Center offers so much? Largely, this is due to the help of volunteers. Have you ever wanted to get more involved at the Women's Center, or wondered how you could help? Here are some volunteer opportunities currently available at the Women's Center for you:

- Work on the 25th Anniversary event.
- Help with the Women's Health Day.
- Offer support/assistance to women in crisis.
- Request donations for:
 - Funding for the Women's Center.
 - Goods (e.g. non-toxic carpets, FAX machine, office supplies/equipment).
- Run errands (pick up Sojourner each month...).
- Provide childcare for meetings.
- Help with mailings (4-5 times/year).
- Sell tickets to events.
- Coordinate outreach/tabling.

Lend your skills and energy to support women and the work of the Women's Center. Call to request a volunteer application or speak to Jennifer at (617)354-8807. Try it ~ you'll like it!



**Help realize the dream
of a supportive world for women
with a contribution to the Women's Center today!**

A CALENDAR YEAR

I write up the calendar of events at the Women's Center each month. After my anxiety subsides (are there any mistakes? are there enough rooms for all these groups? will anybody come?), I relax. Then I'm amazed that so many groups exist and impressed by the women who have initiated and nurtured them. Thank you!

1995's calendars have been fuller than ever. Because of space constraints, I can mention just a few of the **40 new** offerings:

Estamos agradecidas de darles la bienvenida a unos nuevos grupos en español. **Al-anon Grupo Familiar para las Mujeres Hispanas** (Lunes, 6 a 7:30pm), **Lesbianas Latinas**, y **Un Grupo para Latinas Sobrevivientes del Abuso** (necesitamos 2 o 3 más mujeres antes de comenzar).

We are excited about some **new/old** twists. Members of **Incest Resources**, a survivor-run organization, led the *first* group for survivors (which began in 1983), and now facilitate the **Drop-in Discussion for Survivors of Child Sexual Abuse** on the last Friday of each month. And **Lesbians Choosing Children**, for lesbians who have or want children in their lives, returns to the Women's Center after a break of several years (their first meeting will be Monday, December 4).

There has been a great deal of variety in our short-term facilitated groups. A **Self-Injury Discussion Group** (6 weeks) led by Vera S. Cohen was well-attended and well-appreciated, and will run again in 1996. Vera also led **Women with Histories of Emotional/Verbal Abuse** (4 weeks) which continued for months on its own. The 6-week **Finding Clarity in Your Life** was another popular and well-liked group, as is Betsy Ross' **Relating Better** (10 week group - starting again in January). And the **Coming Out Exploration Group** (10 weeks - a new group will start soon) filled the need for more individual attention than is possible in the popular monthly **Open Discussion on Coming Out**.

Women came from Britain (Pat Winslow's **Poetry Reading**), New York (Yvette Pennacchia's **Writing as a Tool to Healing**), California (Carol O'Hare's **Jailed for Freedom: American Women Win the Vote**) and Vermont (Kate Wylie's **How Oppression Works**) to lead special events here!

Women overflowed from the Living Room into the hall and Resource Room to participate in the **Spiral Singers' Calling Women Home to Rest; A Woman's Evening of Song**.

And let's not forget the 30-something "regular" groups, many of which began years ago. Some are not even listed in the monthly calendar because they are not drop-in groups (**Manic-Depression and**

Depression, Ritual Abuse Survivors, Women with Multiple Personalities, and Parenting groups). Call for information on these groups - most have openings.

And this year we've received appreciative responses to a new group about groups: **Solving Problems in Our Groups**. It will continue to be offered once every few months, is confidential, and is for anyone seeking solutions to any kind of group problem (size, clique-ishness, lack of time-sharing...). Of course you are also encouraged to talk in your group about any problems you experience!

Thank you to all the women who have helped groups start, keep going, become more supportive, more welcoming, and more inclusive. As always, the women attending groups make them what they are.

Don't forget to check the calendar!

-Judy Norris

THE FRIENDSHIP CONNECTION

Want to make some new **friends** (another mother to hang out with you and your 1-year old; someone to have long conversations with; someone to watch *Thelma & Louise* with; someone to play guitar with you on Thursdays)? Whatever you're looking for in a friend, bring your wish to **The Friendship Connection** on Saturday, January 13, from 1:30 to 3:30pm. Through fun, games, and exercises we'll introduce ourselves, tell what we want in friendships and, hopefully, make new friends (not for dates).



RELATING BETTER GROUP

New to the Women's Center this fall is the **Relating Better Group**, facilitated by psychotherapist Betsy Ross. This ten-week workshop is designed to increase our awareness of how and why we relate the way we do. The group is exploring a variety of topics selected by its members. Issues include: examining current relationships (with friends, co-workers, lovers, family members, etc.), identifying effective vs. ineffective relating styles, and learning about obstacles to being closer.

A new group will be forming beginning on January 10th. This Wednesday evening group runs for 10 weeks from 6 to 7:30pm. To register, call: (617)354-8807.

TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm

- Dec. 4 Holiday Heebie-Jeebies (Anxiety).
- 11 Sex: What Do We Do in Bed?
- 18 Power and What it Means to a Woman.
- 25 NO RAP - Holiday.

30+ LESBIAN RAP

Tuesdays, 7-8:30pm

- Dec. 5 Homophobia.
- 12 I'm OK/You're OK (with Bisexual Rap).
- 19 Children in Our Lives.
- 26 Being Good to Ourselves.

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30-9:30pm

- Dec. 5 Coping with the Holidays.
- 12 I'm OK/You're OK (with 30+ Rap).
- 19 The Stress of Challenging Biphobia.
- 26 Friends & Lovers.

INTERNATIONAL/INTERCULTURAL WOMEN'S GROUP

Usually the last Saturday/month, 1-3pm

- Dec. 16 Women's Spirituality and the Goddess, facilitated by Marguerite Rigoglioso.

INCEST RESOURCES' FACILITATED OPEN DISCUSSION FOR SURVIVORS OF CHILD SEXUAL ABUSE

Last Friday, each month, 6-7:30pm

(please be on time to avoid disrupting the group)

- December 29 Anger.
- January 26 Survivor Health Issues.
- February 23 Self-Image.

INCEST SURVIVORS' THINKTANK

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

- Dec. 6 How to Respond to the Backlash Against Sexual Abuse Survivors.
- Jan. 3 Survivors Talk About Money & Work.

AGING WELL

1st Sunday, each month, 2-5pm

- Dec. 3 Summing Up 1995: How it Was for Women and How it Was for You.
- Jan. 7 Just Being Ourselves: Walking Right On By Media Images of Older Women.

SEXUAL HARASSMENT SUPPORT GROUP

Monday, December 11, 7 - 9pm

NEW! LESBIANS CHOOSING CHILDREN

1st meeting - Monday, December 4, 7-8:30pm

Topic: Having Children in Our Lives.

For moms, moms-to-be, co-parents, and other lesbians interested in having children in their lives.

ONGOING GROUPS

SUNDAY

- ♿ • Aging Well (*1st Sunday each month*) 2-5pm

MONDAY

- Al-anon Grupo para Mujeres (*en español*) 6-7:30pm
- Battered Women's Support Group 7:30-9pm
- Lesbian Rap 7:30-9pm
- Lesbians Choosing Children (*Dec. 4th*) 7-8:30pm
- ♿ • Reproductive Rights Network (R2N2) (*usually 2nd & 4th Monday*) 6:30-9pm
- ♿ • Women with Disabilities and/or Chronic Illness Support Group (*3rd Monday*) 3:30-5pm
- Women's NA 12 Step 7:30-8:30pm

TUESDAY

- Bisexual Women's Rap 7:30-9:30pm
- ♿ • 30+ Lesbian Rap 7-8:30pm
- Eating Awareness & Body Image Group 7-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors (*3rd Tuesday*) 7-8:45pm
- Survivors for Justice (*irregular meetings*) 7-8:30pm

WEDNESDAY

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

THURSDAY

- ♿ • Cancer Support Group (*2nd/4th Thursday*) 7-8:30pm
- Chemical Injury Information Network (*1st Thursday*) 5:30-7pm
- Feminist Reading Group (*2nd/4th Thurs.*) 7-9:30pm
- Incest Survivors Open Discussion 7:30-9:30pm
- ♿ • Women's Community Cancer Project, Open General Meeting (*1st Thursday*) 7-9pm
- Women over 45 (*every other Thursday*) 7:30-9pm

FRIDAY

- Incest Resources' Facilitated Discussion for Survivors of Child Sexual Abuse (*last Friday*) 6-7:30pm
- ♿ • Incest Survivors Anonymous 6:30-8pm

SATURDAY

- Broken Hearts/Broken Relationships: A Support Group for Lesbians (*Dec. 9 & 16*) 2-4pm
- ♿ • Coming Out Discussion for Women of All Ages (*Usually 1st Sat.; usually ASL interp'd*) 11am-1pm
- Finding & Surviving the Workplace (*Dec. 16, not 30. Usually 2nd & 4th Sats.*) 11:30am-1:30pm
- International/Intercultural Women's Group (*Dec. 16th. Usually the last Sat./month*) 1-3pm
- Women Writing (*biweekly*) 12:30-2:30pm
- Works in Progress (*biweekly*) 12:30-2:30pm

THE TILES ARE HERE!
(For the Kitchen, that is...)

This time last year, the Women's Center launched our *Commemorative Tile Campaign*, the first of its kind at the Center. The project was developed to raise needed funds for the Women's Center, while allowing donors to honor important women in their lives in a permanent and elegant way. After reviewing different artists' ideas, the Women's Center Collective commissioned Bekah Perks to work with us. Bekah, a New England-based clay artist, has designed and created exquisite tiles. Together the tiles will celebrate women and add a lovely new flavor to our Kitchen. (Really, they are beautiful!)

The Kitchen tiles are now available for viewing, and we hope to install them by the end of the year. Kitchen tiles, which are painted, glazed, 6"x 6" squares, with flower designs linked together by a connecting vine, "cost" \$250. Please, contact the Women's Center if you are interested in this campaign, or would like to come see the finished products (617-354-8807 - ask for Pamela). Many thanks to those who have already supported this effort!

P.S. We are just beginning to work with a new artist on the Living Room tiles, which are \$1,000. These will be sculpted, terra cotta, 8"x 8" squares, with a connecting design; we'll let you know when they're ready! ☺☺

All contributions to the Women's Center are tax-deductible.

NEWSLETTER BY/FOR SURVIVORS OF CHILD SEXUAL ABUSE

For Crying Out Loud is a quarterly newsletter for survivors of child sexual abuse that has been published by survivors for 11 years. The theme of the Fall '95 issue is *Safety*. If you would like to receive a free sample issue, call the Women's Center at (617)354-8807. Subscriptions to *For Crying Out Loud* are \$10/year (or less if you can't...). Previous issues are available for \$2.50/each (or less if...). Topics of past issues include: *Grief and Loss, Memory and Denial, Money, Holidays/Surviving Again, Questions to Mother, Feeding Ourselves, Speaking the Unspeakable, Rebirth*, and many more.

To subscribe or order back issues (both are sent in "Women's Center" envelopes), write to:

For Crying Out Loud
 c/o The Women's Center
 46 Pleasant Street
 Cambridge, MA 02139

WOMEN SURVIVORS OF SEXUAL ABUSE GROUP

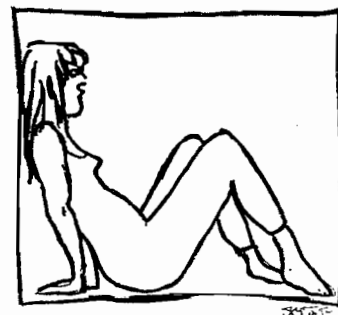
Heartlines, Inc. invites survivors of sexual abuse to attend a free, on-going, drop-in, facilitated discussion group every Friday from 6 to 7:30pm. The group meets at 50 Dudley Street in North Cambridge. Free parking. Accessible by bus or T. Call (617)524-6850 for details.

FUNDRAISING/SHOPPING EVENT A SUCCESS!

On Sunday, November 19, the Women's Center joined "*A Magical Evening of Giving*," a CambridgeSide Galleria event to benefit non-profit organizations. The evening featured door prizes, entertainment, free parking, special discounts, and more... Best of all, we raised over \$600 for the Women's Center!!! **Thank you** to all those who bought tickets to this event, and to our volunteers for selling them.

WOMEN WITH DISABILITIES AND/OR CHRONIC ILLNESS GROUP

The *Women with Disabilities and/or Chronic Illness* Support Group needs new members to keep running. In the past, this group has embraced a wide range of disabilities and chronic illnesses, both visible and invisible. Women with HIV, AIDS, Chronic Fatigue Syndrome, environmental illness, chemical sensitivity, and other illnesses are welcome, as well as those with more visible illnesses. The day and time of the meeting can accommodate members' scheduling needs. Please call Judy at (617)354-8807 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): _____



♀ ON OUR WAY

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

(617) 354-8807 TTY and VOICE



SPRING '95

WOMEN'S HEALTH DAY MAY 13th, 1995

The Women's Center, in collaboration with the Cambridge Women's Commission, the Cambridge Hospital, Partners in Health, and the Graham and Parks Community School, is pleased to present the second Cambridge city-wide HEALTH DAY FOR WOMEN. Join us May 13th for a day 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 Women's Health Day will take place from 10am to 4pm, Saturday, May 13th. Plan to spend the day with us, or just drop in for a while. Workshops and activities will take place simultaneously at the Women's Center, the Graham & Parks School, Partners in Health, and the Riverside Health Center.

The Health Day will include three workshop periods on topics including: breast cancer, yoga, menopause, eating issues and body image, holistic health care, lesbian health concerns, acupuncture, Haitian women's health, aging, nutrition, healthy relationships, Latina women's health concerns, domestic violence, HIV/STD's, abortion options, and much more. Most workshops will be offered in English, with some in Spanish and Haitian Creole. There will also be free massage offered during the day...something of interest to every woman!

All activities at the Women's Health Day are FREE. For a full listing of the day's events or for further information, call the Women's Center at (617) 354-8807 (TTY, Voice). Please call by April 28 to request childcare, ASL interpreters, or to make wheelchair/accessibility arrangements. The Women's Health Day is a day for all women to learn, share, network, and become empowered about our health. Please join us for this interesting and informative event for women. Hope to see you there!

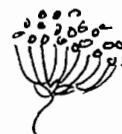
HAPPY BIRTHDAY TO INCEST RESOURCES!

1995 marks the 15th birthday of Incest Resources! The first survivor organization in the country, Incest Resources was founded in 1980 by Susan Lees, Elaine Westerlund, Kathy Morrissey, and Elizabeth Brown. Along with a handful of other survivors, the women of Incest Resources helped to pioneer the national and international survivor movement. "Things happened early here for a reason," says Elaine. "We had this incredible Women's Center, which didn't exist in other parts of the country, and it gave us two very critical things: a radical model to follow on our path to empowerment, and an in-house big sister for us -- the Boston Area Rape Crisis Center. We were truly in the right place at the right time, and we'll always be grateful for the Women's Center."

Incest Resources provided the incest survivor community with many firsts in 1980, including: its first political voice, first speaker's bureau, first phoneline, first self-help support groups, first referral & resource network, first survivor self-help literature, and the first legislative lobby. In its 15 years of volunteer service since then, Incest Resources has introduced many other firsts, continuing to support both survivor recovery and survivor activism.

Does Incest Resources have a 15th birthday wish? "Sure!" says Elaine. "What we'd really like is a commemorative tile in the Women's Center living room, where so much of our history took place. That would be the most meaningful present the survivor community could give us, and the nice thing is that it would thank the Women's Center as well as us for being there for survivors."

To contribute towards the purchase of a commemorative tile, please send donations, payable to **The Women's Center**, and designated for the **Incest Resources Tile**, to the Women's Center, 46 Pleasant Street, Cambridge, MA 02139.





WOMEN OF THE WORLD

The International/Intercultural Group has changed its name to *Women of the World*, which we felt was a friendlier and simpler phrase.

We still meet the last Saturday of the month at 1pm at the Women's Center. Our monthly discussions are open to all interested women, as we explore issues such as immigrants' experiences, friendship, and population. Our next meeting on Saturday, March 25 will focus on racism in our everyday lives.

We recently produced a brochure on the group and are distributing it widely. You can pick up a copy at the Women's Center or call for multiple copies or more information.

We are also looking for a few more people to help coordinate the group, as I will be moving out of town in August. Please call if you would like to find out more about how you can help facilitate this growing group that improves cross-cultural understanding. Call the Women's Center at (617) 354-8807 or my home number, (617) 628-1280.

-Dalya Massachi

UN GRUPO PARA LATINAS SOBREVIVIENTES DEL ABUSO

El grupo es para Latinas que han sufrido abuso sexual cuando eran niñas o como adultas. El grupo será en español y la reuniones serán cada semana en el Centro de Mujeres. Maria Turreilles, una terapeuta, va a dirigir el grupo. Comenzará en abril o mayo si hay bastante interés. Para más información llame a (617) 876-8837.

HOW OPPRESSION WORKS

Saturday, May 6, 1 - 4 pm

All types of oppression (racism, sexism, heterosexism, etc.) have common characteristics, attitudes and practices, including "internalized" oppression and "horizontal" oppression. We'll increase our understanding of how oppression works, drawing from our own experiences. We'll also discuss practices that interrupt oppressive systems. This workshop is for women of all ages and backgrounds who are interested in learning about oppression. Led by psychotherapist Kate Wylie. For information, call Kate at (802) 257-5722 or the Women's Center at (617) 354-8807.

ELLEN BASS SPEAKS - MARCH 25

Ellen Bass, co-author of *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse* will be speaking at MIT on Saturday, **March 25** at 8pm. The talk, "An Evening of Hope and Celebration," is a benefit for Heartlines, Inc., a Jamaica Plain-based organization of incest survivors helping survivors. The event will take place at Kresge Auditorium, MIT, 48 Massachusetts Ave., Cambridge. Singer/songwriter Susan Herrick will also perform.

Tickets are \$15 and are available at Cronos' Harvest bookstore in Jamaica Plain, New Words bookstore in Cambridge, Lunaria bookstore in Northampton, and H.A.W.C. in Salem. For tickets, information, or to volunteer, call (617) 524-6850.

SURVIVORS NEWSLETTER COLLECTIVE

Survivors of child sexual abuse do not need to be alone in their healing! **For Crying Out Loud** is a newsletter published by and for women survivors of child sexual abuse. We write about our experience as women survivors in order to heal and to support one another.

Our goal is to publish quarterly. Subscriptions are \$10 for four issues mailed anywhere in the world. We offer free subscriptions to women who request them. We also welcome your letters and submissions.

For info, subscriptions, or any other correspondence write to: Survivors Newsletter Collective, The Women's Center, 46 Pleasant St., Cambridge, MA 02139.

-Annwyl Rhyfelwr for the Collective

WEDNESDAY NIGHT BATTERED WOMEN'S GROUP

For me, moving forward occurred six months ago. Inside me was my voice telling me I can never go back to the way I was before and during my battering. I thought about how I could help make a difference in the lives of other battered women. Talking to women on the phone was one way, giving support and maybe giving a practical hint to a solution. That was (and is) good, but not enough. I hope opening my mouth and talking to those who don't understand will make them more aware of the plight of battered and oppressed women. That's great but still not enough. I found a forum in Newton, a new program. I am taking this course in Peer Advocacy training. I will be helping women to move forward with their lives, and making a difference. I now have validation. Thank you Betsy Warrior and the Wednesday night support group.

-Pat Haas

RE-GROUPING

Groups can help us feel better about ourselves. They can also make us feel more connected and sensitive to others, more in charge of our lives, and more aware of our potential. Each of us can contribute to a group's success or failure. Here are some ingredients for making an empowering group:

- The group begins with a "welcome!" and an opening statement that describes the group's purpose and structure, and any behavioral expectations (non-judgmental listening, affirmation, time-sharing, appropriate kinds of feedback, etc.). We benefit from knowing what to expect and what is expected of us.

- Everyone has a chance to talk and be heard. We go around the circle, divide the time, or find other ways to make sure everyone has a chance to speak. This promotes cohesiveness, a sense of mutuality, and a feeling of belonging. If we are inclined to speak a lot, we hold back to give space to others. Those who do not want to talk know it's okay just to listen.

- Differences of all kinds (race, culture, ethnic background, class, religion, etc.) are appreciated. We reach out to each other as allies, welcoming the opportunity to learn about each others' lives and perspectives. Each woman's right to give opinions, hold different views, and feel safe here is supported. On that note, if someone feels attacked or offended, she speaks up for herself and increases others' awareness. Standing up for ourselves is an important part of empowerment.

- We accept that each woman is her own expert and only she knows what is best for her. We avoid telling each other what to do. We may share how we have dealt with a similar situation, if that is requested of us.

- If there is a facilitator, she makes opening remarks, ensures that everyone is included in discussions, provides validation and acceptance, keeps discussions focused, and brings attention to any insensitive remarks or tension within the group. If there is no facilitator, each group member shares responsibility for keeping the group focused, affirming, inclusive, and safe for all.

- We discuss and make decisions together about the purpose and structure of the group. We take steps to help newcomers feel included - before, during, and after the group.

- When one of us says "I liked what you said," "Good for you," or "I'm glad you're here," we know it can make a big difference.

Mix well and enjoy!



COMING OUT TO SAY THANK YOU

In April the Coming Out Group will celebrate its 6th Anniversary. Over these years approximately 1,500 different women have supported each other in this open discussion group on coming out, the first Saturday of each month from 11am to 1pm.

Each woman who participates shares her own fears, self-doubts, joys, and unique life issues, and in return receives loving support and feedback from other members. From this sharing and validation of feelings, sisterhood is achieved. Most women leave empowered and with increased courage to cope with life's challenges and joys.

As a way of saying thank you to the Women's Center for providing a safe, supportive space for this group to happen, the Coming Out Group is collecting money to dedicate a tile in the living room. A total of \$1,000 is needed.

To all members of the Coming Out Group, past and present, your contribution is requested. Any amount is appreciated. If you wish to make a contribution by mail please send your check to: The Women's Center, 46 Pleasant Street, Cambridge MA 02139. Please make the check out to **The Women's Center** and write on the check that it is for the **Coming Out Tile**. A contribution box will also be available at each monthly Coming Out meeting.

The Coming Out Tile will be dedicated to all women's Coming Out struggles and triumphs.

-Marcia Gagnon & Anna Tarquinio, facilitators



AUTOBIOGRAPHY WORKSHOP

So far we've had 3 satisfying sessions for the new "Finding Our Own Words" workshop. The favored technique for getting words out of our bodies and onto the page has been newspaper poems (come and see what we mean!), and we've done some stream-of-consciousness writing, playwriting, and word games. Collaboration and sharing has been part of each session, with time for solitary writing and a choice of what to share. Because we're bound to open up some doors and windows with our writing, we've each agreed to a confidentiality pact within the group. This provides a safe space for experimentation and honesty.

Eventually we may have a reading of our work - probably in the spring. What's so exciting is that the workshop seems to evolve each week, as we try out new ways to tell our stories. Join us every Friday night from 6pm to 8pm or call Amy at (617) 497-2654 with questions.

TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30 - 9pm

- March 20 Religion.
 27 Pornography vs. Erotica.
 April 3 Sexual Harassment.
 10 Video (Thelma & Louise).



30+ LESBIAN RAP

Tuesdays, 7 - 8:30pm

- March 21 Topicless Night.
 28 Hobbies.
 April 4 Parenting.
 11 Video Night.

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30 - 9:30pm

- March 21 Renewal and Rebirth.
 28 Our for Fun & Food (meet at the Women's Center).
 April 4 BiVisibility.
 11 Local & National Activism.

WOMEN OF THE WORLD

Usually the last Saturday of each month, 1pm

- March 25 Everyday Experiences of Racism.

FACILITATED OPEN DISCUSSION GROUP FOR INCEST SURVIVORS

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

- April 20 Anger.
 May 18 Confronting our Fears.
 June 15 Grieving Loss & Moving Forward.

INCEST SURVIVORS' THINKTANK

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

- April 5 Physical Impact of Child Sexual Abuse.
 May 3 Self-Disclosure as a Survivor in the World.
 June 7 Depression and Incest.

AGING WELL

1st Sunday, each month, 2 - 5pm

- April 3 Poetry reading with Myra Shapiro.

SEXUAL HARASSMENT SUPPORT GROUP

Will meet from 7 - 9pm Tuesday, April 18, Wednesday, May 24, and Tuesday, June 20.



FEMINIST READING GROUP

One Monday, One Thursday/month, 7 - 9:30pm

- Monday, March 20, Sexual Personae, Camille Paglia.

W.I.T.C.H. Feminist Lecture Series

Thursday, April 27, 7:30 - 9:30pm

"Lesbian Feminism in the 90's...Standing Our Ground and Passing It On." With Patricia Kramer, Director of Women's Studies, UCONN - Stamford.

ONGOING GROUPS

SUNDAY

- ☞ Aging Well (*1st Sunday*) 2-5pm

MONDAY

- Anti-Racism Task Force (*2nd & 4th Mon.*) . . . 6-8pm
- Battered Women's Support 7:30-9pm
- Feminist Reading Group (*1 Mon./1 Thurs.*) 7-9:30pm
- Lesbian Rap 7:30-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors (*1st & 3rd Monday*) 7-8:45pm
- ☞ • Reproductive Rights Network (R2N2) (*usually 2nd & 4th Monday*). 6:45-9:00pm
- ☞ • Women with Disabilities and Chronic Illness Support Group (*1st & 3rd Monday*) 7:30-9pm
- Women's NA 12 Step 7:30-8:30pm

TUESDAY

- Bisexual Women's Rap 7:30-9:30pm
- ☞ • 30+ Lesbian Rap 7-8:30pm
- Eating Awareness & Body Image Group (*Newcomers, 1st Tuesday, 6:30pm*). 7-9pm

WEDNESDAY

- Battered Women's Support Group (*weekly except 3rd Wednesday of month*) 7-9pm
- Boston Bisexual Women's Network (*2nd Wednesday, odd #d months*) 7:30-9pm
- Incest Survivors' Thinktank (*1st Wed.*) . . . 7:15-9:15pm
- ☞ • Lesbian Al-anon 6:30-8pm
- Moods & Emotions Workshop (*2 sessions, April 26 & May 24, Judi Goodman, 862-3699*) 7-9:45pm
- Moving to Transform. 12-1pm
- Women of Colors Rap 7-8:30pm

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 (*1 Thurs./1 Mon.*) 7-9:30pm
- Incest Survivors Open Discussion 7:30-9:30pm
- Thinking About Quitting Smoking (*irregular*) 6-7pm
- ☞ • Women's Community Cancer Project, Open General Meeting (*1st Thursday*) 7-9pm
- Women over 45 (*2nd & 4th Thursday*) 7:30-9pm

FRIDAY

- Autobiography: Finding Our Own Words . . . 6-8pm
- ☞ • Incest Survivors Anonymous 6:30-8pm

SATURDAY

- ☞ • Coming Out Discussion for Women of All Ages (*1st Saturday; usually ASL interpreted*) . . . 11am-1pm
- Finding & Surviving the Workplace (*2nd & 4th Saturday*) 11:30am-1:30pm
- Women of the World (*4th Saturday*) 1pm
- Women Writing (*biweekly*) 12:30-2:30pm
- Works in Progress (*biweekly*) 12:30-2:30pm

DO SICK BUILDINGS MAKE YOU SICK? LET'S CLEAR THE AIR!

Why is it that many of us develop flu-like symptoms after exposure to new carpeting, building materials, plastics, paints, adhesives, pesticides, office machinery and supplies (such as white-out, felt-tip markers, and printer's ink), auto exhaust, tobacco smoke, air fresheners, mothballs, hairspray, nail polish, and countless other toxic substances in common use? We are hypersensitive or hyper-reactive to toxins that off-gas into the air. Our lives are forever changed by limitations around work, travel, and public gatherings.

There are many workers in the Boston area who have had to leave their jobs in sick buildings, including more than 75 nurses on disability-leave from Brigham and Women's Hospital; there are also others with deteriorating health who are not unionized and cannot afford to quit. Along with the staff at Brigham & Women's, numerous workers at the Registry of Motor Vehicles, Cambridge Rindge & Latin High School, UMass Boston, and the Suffolk County Courthouse are describing symptoms that indicate chemical sensitivity.

We invite women from these sites and others experiencing chemical sensitivity to the discussions from 6pm to 7:30pm on the first Thursday of each month at the Women's Center. Both in an open format and with invited speakers, we provide information and resources. In coalition with other environmental-justice groups, we work to effectively revise public policy on the use of pesticides, carpeting, solvents, synthetic fragrances, etc. Together we can force change that will hasten implementation of the ADA (Americans with Disabilities Act) with respect to chemical barriers that now impede full access for a growing number of disabled people.

-Judy Spear, Chemical Injury
Information Network

WOMEN'S WRITING GROUP

The Women's Writing Group continues with new members adding to the momentum of an already-strong group. Recent meetings every other Saturday at 12:30pm have found us writing: "I have always wanted to write about..." and, "What I don't know about my grandmother," and writing a spontaneous haiku in the last ten minutes of a meeting. The group is special because of the experience of discovering ourselves by writing and reading aloud in a safe space for women. Newcomers warmly welcomed.

-Heide Meyer, Co-contact person

TILES, TILES, TILES...

In the last issue of *On Our Way*, we announced a new fundraising campaign to increase the size of individual contributions to the Women's Center. For a large donation, you can buy a tile to honor or remember a woman (or group) that is important to you. We are excited to be working with local women artists to create beautiful commemorative tiles for our kitchen and living room. Tiles may read *In honor of ...* or *In memory of ...*, or you may choose a brief phrase that has inspired you. The tiles will enhance the Center with their permanence and beauty. Donations toward this campaign start at \$250. Thanks to those who have already participated and expressed interest! For more information, call Pamela at the Women's Center, (617) 354-8807.

...AND OTHER DEVELOPMENT NEWS

The Women's Center was pleased to be granted a \$1,100 award from the Jane Doe Safety Fund toward our resources and services for women overcoming the effects of battering and child sexual abuse. The Safety Fund sponsors the annual Jane Doe Walk For Women's Safety, slated this year for October 15. We are also grateful for the financial support of the following establishments which have allocated grants of \$1,000+ to the Women's Center since October: The Campbell and Hall Charity Fund, Cambridge Community Development Block Grant, the Weber Charities Corporation, the Cambridge Community Foundation, Shawmut Bank (we'll miss you ☺), Arthur D. Little, Inc., the Decrow Foundation, the Ratskesky Foundation, and The New England. We are especially grateful to Arthur D. Little for their generous in-kind photocopying of this newsletter. Many thanks to our friends in the funding community!

FACILITATOR NEEDED

The Facilitated Open Discussion for Incest Survivors, a topic-focused group that meets the third Thursday of each month, is seeking a new facilitator. If interested, call Maria at (617) 628-7806.

- YES!** Sign me up as a **regular monthly sustainer** so I can help the Women's Center "On Our Way!"
- Enclosed is my **first monthly sustainer gift** of \$_____/per month (we send monthly reminders)
 - Enclosed is my **one-time gift** of \$_____
 - Please send me a **volunteer application**.

Name: _____

Address: _____

City/State: _____ Zip: _____

Phone #(s): _____

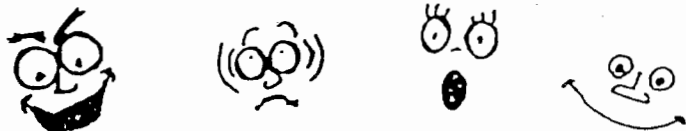
All gifts are tax-deductible...Thank you for your support!

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

Phone: (617)354-8807 TTY/Voice

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MOODS AND EMOTIONS WORKSHOP

183 A two-session workshop on moods and emotions will be held at the Women's Center on Wednesdays April 26 and May 24 from 7 to 9:45pm.

If we see our moods as the deep waters of our lives, and our emotions as the surface waves and breakers, we can begin to learn something about our capacity to have peace, take actions that support us, and allow nurturing relationships. Moods just happen automatically, but they predispose us to what we are able to do, and how we will be in the world.

As we begin to reflect on how to deal with our feelings there are several questions to ask: Do we even know how we feel? Do we need to accept the moods we find ourselves in and stop resisting? Do we need to work within our moods to connect with something deeper? Do we need to change our negative moods and do we know how to begin to do that? Can we train our bodies and posture to be more centered, experiencing a wider range of feelings than those with which we are accustomed?

In this two-session workshop, we will practice and do exercises, as well as have readings and homework to work on between sessions. For more information or to register, please call Judi Goodman, (617) 862-3699 or Linda Kelley, (617) 267-0416.

WOMEN AND SELF INJURY PROJECT

We are seeking a woman who has a history of self-injury to facilitate a support group for women who self-injure. Please send resume to Robin or Jan at ILCNS, 583 Chestnut St., Lynn, MA 01904.

MOVING TO TRANSFORM

This group provides a safe, supportive atmosphere for healing through gentle movement and stretching. Participation in this group enables one to become more aware and in tune with one's physical body, to feel more grounded, to feel much looser, and to help create more positive energy to proceed through the day.

The stretching and movement draws from yogic and Taoist traditions. We meet on Wednesdays from 12 noon to 1pm in the Children's Room. If you have questions, please call Judith at (617) 923-8856.

"NO MORE RAPE" MARCH A SUCCESS

It was great to be among over 200 women and supporters who participated in the February 11 Cambridgeport "Stop Violence Against Women" march and rally. After being snowed out the previous weekend, we had a crisp, sunny Saturday to take to the streets with an emphatic message against rape and violence, and for women's safety. The pleasant weather brought many spectators to Central Square who witnessed the high-energy procession. Among others, Women's Center staffperson Pamela Goldstein spoke at the rally. The event was a great success, and the Women's Center was thrilled to be a co-sponsor. Continued activities are being planned concerning Cambridgeport neighborhood safety. For information, contact the Cambridge Women's Commission at (617) 349-4697.

WOMEN'S CENTER HOURS
Monday - Thursday 10am - 10pm
Friday 10am - 8pm
Saturday 11am - 4pm



ON OUR WAY



SUMMER '95

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

(617) 354-8807 TTY and VOICE



WOMEN'S INTERNATIONAL/ INTERCULTURAL GROUP

Despite the departure of our founder and coordinator, the Women's International/Intercultural Group continues!!! With old and new members, as well as a new team of co-coordinators, we are excited about the upcoming year. Although we do not begin officially meeting until the fall, many of us will be hard at work over the summer months brainstorming topics for our monthly Saturday meetings, contacting possible speakers, creating our new brochure, and most importantly launching a more extensive outreach campaign. Our goal is to become a more visible outlet for women living in and around Boston. Some of our possible topics for the fall include: women's spirituality, women's leadership, and the identities, lives, and experiences of Asian women.

As in the past, the Women's International/Intercultural Group is committed to creating a space for women from diverse racial, ethnic, sexual, class, linguistic, and physical backgrounds to discuss our experiences from a global perspective. We not only draw heavily upon the lives, experiences, and perspectives of our group members to promote cross-cultural understanding, but we are also committed to seeking out information about women who may not be represented in our immediate group. Therefore, our community is one that seeks to share, learn, and broaden our awareness around our diverse experiences as women.

If you are interested in helping us with outreach and planning over the summer months, please contact Marina (508) 366-5798 or Lisa (617) 354-8807. If not, we hope to see you at our next meeting Saturday September 30th at 1pm. We'll talk about our cultures, what we hope to get from the group, and ideas for future meetings.

WOMEN'S CENTER CELEBRATES 25TH!

1996 marks the Women's Center's 25th anniversary! That makes us the second oldest continually-running Women's Center in the country. We have much to be proud of, and lots to celebrate. As we plant the seed for a grand gala celebration and fundraising spectacular in 1996 (☉☺), we call all women to help plan the festivities. If the Women's Center has special meaning to you, or if you feel connected to the Women's Center in any way, please join us! Our first planning meeting – which will mostly be a brainstorming session – will be **Thursday, September 7, 1995, 7-9 pm.** For more information, please call Jennifer, Pamela, or Judy at (617) 354-8807. Thank you!

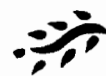
SURVIVORS NEEDED WRITE AWAY

For Crying Out Loud, the newsletter by, for, and about women survivors of child sexual abuse, seeks writers and colleagues for our collective. If interested, please contact Nancy Hurlbut at (617) 547-6268 or write to:

The Survivors Newsletter Collective
c/o The Women's Center
46 Pleasant Street
Cambridge, MA 02139

UN GRUPO PARA LATINAS SOBREVIVIENTES DEL ABUSO

El grupo es para Latinas que han sufrido abuso sexual cuando eran niñas o como adultas. El grupo será en español y las reuniones serán cada semana en el Centro de Mujeres. Maria Tourreilles, una terapeuta, va a dirigir el grupo. Comenzará en agosto o septiembre. Necesitamos 2 o 3 más mujeres interesadas antes de comenzar. Para más información llame al (617) 876-8837.





ANTI-RACISM TASK FORCE

The Anti-Racism Task Force, which seeks to increase racial/ethnic/cultural diversity at the Women's Center, has now been meeting for over 10 months. During this time there have been several changes in the task force as we continue to define the work of the group. The name has changed from the "Diversity Task Force" to the "Anti-Racism Task Force" to reflect our primary mission of confronting racism at the Women's Center.

We recognize that the Women's Center's goal of helping all women heal from abuse and sexist oppression will only truly be achieved in a diverse, culturally-inclusive environment. The mission of the task force is: 1.) to promote the empowerment of all women and 2.) to eliminate racism at the Women's Center, as well as other forms of oppression.

The Anti-Racism Task Force explores how racism is manifest at the Women's Center, and strategizes about how it can be dismantled. We seek to meet this challenge through personal reflection, dialogue, brainstorming about different approaches, and consulting with other groups and individuals.

As the name implies, the Anti-Racism Task Force is a task-oriented group of women who are committed to working together to make concrete changes at the Women's Center. Currently, we are drafting a "bill of rights" for the Women's Center: suggested guidelines aimed at making people more aware of our differences and more sensitive to each other. Our hope is that raising consciousness about these issues will help to create a climate supportive of all women. Examples of some of the points/suggestions in the document are:

Recognize that every woman who is here belongs here, just because she is here.

Welcome the opportunity to share and gain understanding of each other.

Identify and address prejudicial and insensitive remarks and actions.

Look for the completed list posted around the Women's Center in the near future.

You can help make the Women's Center more inclusive and more inviting to all women by participating in the work of the Anti-Racism Task Force. We welcome the input of all women who share our goals - especially women of color and immigrants. Join us for our meetings on the second

and fourth Wednesdays of each month from 5:30-7pm at the Women's Center. (Upcoming meeting dates are July 26, August 9, and August 23.) If you are not able to commit to attending meetings, there are several other things you can do to help, such as:

- Network with women of color organizations.
- Plan events that promote diversity such as workshops, trainings, cultural events, talks...
- Represent the Women's Center at multicultural/ethnic events.
- Letter signs and posters.
- Meet with international visitors.
- Help solicit donations of posters/books reflecting diversity.
- Volunteer or help locate volunteers to offer anti-racism trainings.
- Submit your ideas for new projects for the group to consider.

The Anti-Racism Task Force welcomes your participation and suggestions. We need your support to make the Women's Center a safe space for all women. Together, we can build a Women's Center where all women are represented and all our voices are heard. For more information, to join the group, or to share your thoughts or suggestions, call Jennifer at (617) 354-8807.



WOMEN OF COLOR REFERRAL BOOK

The Women's Center is excited to announce the development of a *new* referral book. The *Women of Color* notebook is intended to provide information in a variety of areas for African American, Asian, Portuguese, Haitian, Middle Eastern, Latina, and other women of color. If you should have any helpful hints and suggestions, or if you know of an organization that is essential to the book, please call Kristin (one of our star summer interns ☺) at (617) 354-8807.

WOMEN'S COUNSELING AND RESOURCE CENTER

Volunteer therapists are encouraged to join our feminist counseling collective! Requirements are a Master's degree in a counseling field, two years post-graduate experience doing individual therapy, and a feminist perspective. The time commitment is 2-4 hours per week and one monthly collective meeting.

Call (617) 492-8568 for more information.

AGING WELL

The June meeting of Aging Well concluded our third year. We reviewed the highlights of the past year, conducted an evaluation of our Aging Well workshop for **Women's Health Day**, and discussed subjects for the coming year's meetings. Possible topics include: loss, women's writing (our own), a book discussion, and a repeat of the subject, "What will we do with the rest of our lives?" One of our members will be attending the United Nation's *Fourth World Conference on Women* in Beijing, China and will speak about her adventures there at an upcoming meeting.

In April, we were entertained by poet Myra Shapiro, who shared her poems about women growing older. A book of Myra's poems, edited by Robert Bly, will be published soon.

The subject for our May meeting was "How to handle our chores as we grow older." We concluded that the warmth of the home is more important than anything else. Real liberation is to have no qualms about a messy house.

We invite all older women to join us. We welcome women of diverse backgrounds and cultures -- lesbian and straight, socialists and church women, women of all colors. We meet the first Sunday of the month except in July and August. On holiday weekends, we meet on the second Sunday of the month.

The next meeting of Aging Well will be **Sunday, September 10th, 2-5pm**. Come join in a book discussion of *Women and Aging*, an anthology printed by Calex Books and available at libraries. Hope to see you then.



COME TO THE PARTY!!!

The Women's Center is delighted to invite you to our 2nd annual **Garden Potluck and Open House**. The potluck will be **Friday, August 4th from 6:30-9pm** at the Women's Center -- *rain or shine* ✨. Bring women friends, children, yourself, and a yummy dish, if you can. We will provide non-alcoholic drinks and a few surprise dishes. So, come one, come all; come and see the Women's Center and meet other wonderful women from the community! If you have any questions or would like more information, call Stephanie or Kristin at (617) 354-8807.

FROM THE DESK OF OUR FUNDRAISER

As of the end of June, the Women's Center raised over \$1,500 from our Spring fundraising appeal. At least 6 women have newly joined the Women's Center's Sustainer Program, pledging a monthly contribution to keep the Center going and growing. In addition, Women's Center supporters are gradually responding to our commemorative tile fundraising campaign, which is proving to be a terrific way to honor and remember many wonderful women in our community.

While we know the Women's Center has strong community support, we ended our second Quarter with a \$5,000 deficit ☹. Financial support from individuals like YOU is crucial to keeping the Women's Center's doors open. It also is what allows us to provide **all** of our support groups, workshops, resources, and referral information, *free of charge* to women. With your help, we hope to strengthen the Women's Center's finances in the coming months, so that the Center continues to be here for women -- both now and in the future. If you missed our latest appeal (or feel inspired to donate again!), see the coupon inside this issue of *On Our Way*.

We are grateful to the following funders for their support in the second Quarter of 1995: A Better Place Foundation, the Franklin Institute, Personal and Career Counseling, and the City of Cambridge Community Development Block Grant. We would also like to express special gratitude to several Women's Center groups and projects, which not only help to fulfill the Women's Center's mission, but also donate funds to keep the Center going: the Women's Counseling and Resource Center, the Women's Community Cancer Project, For Crying Out Loud, Reproductive Rights Network, the Coming Out Group, Incest Survivors Anonymous, and Lesbian Al-Anon. Thank you, this support is crucial to the Women's Center's survival. (Keep it coming, women!...we really need it! ☺)

--Pamela Goldstein,
Development Coordinator

FINDING & SURVIVING THE WORKPLACE

There is support for women who are going through a job search, unemployment, or problems at the workplace. Our group is for women who would like to talk, help each other resolve these issues, exchange ideas, or network. We will be meeting the 2nd and 4th Saturdays in September.





IN MEMORY OF JEANMARIE MARSHALL 1958 - 1995

Jeannie Marshall, long-time cancer activist, founder of the Women's Community Cancer Project, writer, and feminist, died of cancer at age 36 on April 8, 1995. Jeannie was an inspirational woman who accomplished much in her 36 years. After being diagnosed with cancer in her early 20's, Jeannie became a cancer activist and volunteer, graduated from Tufts, co-founded the Women's Community Cancer Project in 1989, published her writings, and much more.

Jeannie touched the lives of many women as loved and valued member of the Women's Community Cancer Project and the Women's Center community. She was gentle, kind, a good listener, intelligent, creative, and had a strong and lively spirit. Jeannie never felt sorry for herself, and demonstrated an amazing courage and dignity throughout her long battle with cancer. She will be remembered and deeply missed.

WORKSHOP TO SOLVE PROBLEMS IN WOMEN'S CENTER GROUPS

In the spring women from roughly 12 different groups met to talk about how our groups run, what goes right and what goes wrong, and what to do about it. Small groups, large groups, open, closed, short-term, long-term, facilitated and not – all were represented, and there were common and uncommon threads. For example: in a small group a problem may be erratic attendance, while in a large group, a concern may be ensuring there is time for everyone who wishes to speak.

Many women come to groups looking for friends - what group structure will facilitate building friendships? How can a group help women who feel isolated become connected to the group? How can conflict between group members be handled so it strengthens rather than weakens a group?

Good questions! Come to the next **Solving Problems in Our Groups** meeting on **Thursday, September 21, 7-9pm**. We'll brainstorm to come up with some creative ideas. Also, it's fun to be with women from other groups and learn about the amazing variety we have here at the Women's

Center.

Anyone who attends any group at the Women's Center is welcome. If you're interested, call Judy at (617) 354-8807 or just show up on September 21.

VERBAL ABUSE SUPPORT GROUP

In the verbal abuse group I started to feel and to believe on a gut level that I am not to blame for another adult's outbursts or need to control. I am not to blame for anything someone else says or does. I am responsible for recognizing abuse, and for taking action to get myself to a safe place emotionally as well as physically. I am responsible for protecting the integrity of my thoughts, feelings and intuition. I am responsible for defending my boundaries. I am also responsible for monitoring my own words and behavior because I learned how to speak and how to deal with conflict from verbally abusive people.

I have found it helpful to distinguish between, and to name, the different types of verbal abuse. I can say to myself "I feel that she is blaming me for something that has nothing to do with me" and then I can trust that knowledge. It's like choosing to not catch a ball that is coming at me, and moving out of the way. I know it's coming from her, it doesn't feel good, and I have to do something about it. I have wanted someone to protect me from abuse for my whole life. Finally, I am that person. I have to learn new coping strategies. And I have to know when to leave. My gut always knows when to leave.

I practice verbal strategies like saying, "Stop!" "I've heard enough!" and "Don't talk that way to me!" I find that I have to rehearse in uncharged situations because my natural reaction is to take it or to lash back. I practice trusting my feelings. I practice taking a step back to check in with myself. When I am emotionally centered, and I recognize an abusive remark, it feels good to be able to face it and say, "No thank you, this isn't mine, it belongs to you," with respect for myself and for the other person. It is not loving to allow someone else to continue to be disrespectful. I have noticed that abusers move on when I don't take it. Usually after a tantrum or two.

There is no way I could have done this alone. I needed to be with and to talk to other people who understood what I was up against, other people who also wanted their power back. The group gave me a place where I could talk freely about things I was deeply ashamed of, and it gave me applause when I did something to break the cycle. It wasn't always easy to do but I saw many different types of people start to get the things they wanted -- relationships, job changes, meeting new people -- and it gave me the inspiration to make concrete changes in my own life. I am deeply grateful for the opportunity to have been part of the group.



HEALING THE WHOLE: THE DIARY OF AN INCEST SURVIVOR

Incest affects every molecule of your being - physically, emotionally, sexually, and spiritually. The experience often results in an inability to trust oneself or others. In facing the past, one can feel that life is getting worse rather than better.

In her powerful and moving book, *Healing the Whole: The Diary of an Incest Survivor*, Yvette Pennacchia documents the traumatic journey back through the secret of her childhood incest and forward to recovery and to the creation of a healthy, new outlook on adult life. Yvette shares with the reader her struggle, agony, triumph and courage in the journal writings she kept throughout her recovery process.

Come join her in a dialogue about "Writing as a Tool to Healing" at the Women's Center on August 10th from 7:00-8:30 pm. Yvette will discuss how writing can become a source of release, a path to your true self free of abuse and victimization, and one of the strongest tools in breaking through denial and the silence of incest. "Writing can become the storyteller of your healing process, when you write only for yourself and are not afraid to face your truth." Yvette lives in New York City, works in an academic medical center, was a member of the teaching staff at L.I.U., and lectures on the process of healing from incest.

INCEST RESOURCES' DROP-IN DISCUSSION GROUP RETURNS

Incest Resources will once again be running its facilitated drop-in discussion group for childhood sexual abuse survivors starting in September. Incest Resources was the first organization in the country to offer groups for survivors, beginning in 1981. By 1983, "the drop-in group" was up and running at the Women's Center, based on an original group model designed and developed by Incest Resources for survivor self-help. Six women attended the first meeting; a few years later, 70 women crowded into two rooms for the group.

The Women's Center is excited to have Incest Resources facilitating the meetings, as they did in the past for many years. Dr. Elaine Westerlund, long-time friend of the Women's Center and survivor activist, will be facilitating the group along with other experienced members of Incest Resources. The drop-in discussion group will be offered from **6-7:30pm on the last Friday of the month** (note new day). from September through June. The topic for September 29th will be "Ending the Silence." Call the Women's Center for future group discussion topics.

WOMEN WRITING IS:

- a place to drop in to warm up creative juices;
- a place to talk with women who write, or want to dare to;
- a place to hear women read just-written works;
- a place to hear oneself -- imagine, dream, explore, invent, create, try out;
- a place to support group process through promoting the growth, safety, and well-being of women's voices;
- a place to be awed by women's power, surprises, creativity.

Please come join us. We meet every other Saturday from 12:30-2:30 in the afternoon. All meetings are strictly confidential, participation is voluntary, and all abilities are welcome.



POETRY READING BY PAT WINSLOW

The Women's Center will be hosting a poetry reading by English poet Pat Winslow on July 27. Pat, a lesbian feminist who works with women's groups in England, says she enjoys the opportunity to make contact with women's groups internationally. Her poetry has been published in several collections. Pat won the 1993 Jackson's Arm Poetry Competition and was awarded a North West Arts Board writer's bursary last year. Through radio broadcasts in England and readings world-wide, she hopes to "entertain, to provoke thought, [and] to make connections - all the things that poetry does." To hear more, come to the Women's Center **Thursday, July 27th at 7:00pm** and listen to Pat read her poetry, followed by a question and answer session.

The Women's Center needs you this summer!

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 be a regular monthly sustainer, with a pledge of \$ _____ /per month.

(we send a monthly update and a return envelope)

Name: _____

Address: _____

City: _____ Zip: _____

send to: The Women's Center • 46 Pleasant St. • Cambridge MA • 02138

Thank you for your needed support-we appreciate it



TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm

- July 24 Video Night.
- 31 Book Discussion/Swap.

30+ LESBIAN RAP

Tuesdays, 7-8:30pm

- July 18 Food.
- 25 Bi-phobia.

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30-9:30pm

- July 18 Night Out (meet at Women's Center).
- 25 Differences in the Community.

INTERNATIONAL/INTERCULTURAL WOMEN'S GROUP

Usually the last Saturday of each month, 1pm
Sept. 30 Our Cultures, What We Want from the Group.

FACILITATED OPEN DISCUSSION GROUP FOR INCEST SURVIVORS

3rd Thursday/month thru Aug., 7:30-9:15pm
last Friday/month beginning in Sept., 6-7:30pm
July 20 Trust and Relationships.
Aug. 17 Taking Care of Ourselves.
Sept. 29 Ending the Silence

INCEST SURVIVORS' THINKTANK

1st Wednesday, each month, 7:15-9:15pm
Aug. 2 Open Discussion.

AGING WELL

1st Sunday, each month (except summer), 2-5pm
Sept. 10 Discussion on Women and Aging, an Anthology from Calex Books.

SEXUAL HARASSMENT SUPPORT GROUP

Monday, July 24th, 7 - 9pm

WHAT HAPPENS IN THERAPY

Tuesday, July 25th from 7:30-9pm

POETRY READING BY PAT WINSLOW

Thursday, July 27, 7pm

WRITING AS A TOOL TO HEALING

With Yvette Pennacchia, author of Healing the Whole: The Diary of an Incest Survivor
Thursday, August 10, 7-8:30pm

GARDEN POTLUCK AND OPEN HOUSE

Friday, August 4th, 6:30-9pm

25TH ANNIVERSARY PLANNING MEETING

Thursday, September 7th, 7-9pm

SOLVING PROBLEMS IN OUR GROUPS

Thursday, September 21, 7-9pm

ONGOING GROUPS

SUNDAY

- Aging Well (*next meeting Sept. 10th*) 2-5pm

MONDAY

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

TUESDAY

- Bisexual Women's Rap 7:30-9:30pm
- 30+ Lesbian Rap 7-8:30pm
- Eating Awareness & Body Image Group (*Newcomers, 1st Tuesday, 6:30pm*). 7-9pm

WEDNESDAY

- Anti-Racism Task Force (*2nd & 4th Wed.*) 5:30-7pm
- Battered Women's Support Group (*weekly except 3rd Wednesday of month*) 7-9pm
- Boston Bisexual Women's Network (*2nd Wednesday, 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
- Women of Colors Rap (*Newcomers 1st Wed.*) 7:30-9pm

THURSDAY

- Cancer Support Group (*2nd/4th Thurs.*) 7-8:30pm
- Chemical Injury Information Network (*1st Thursday, next meeting Sept. 7th*). 6-7:30pm
- Facilitated Open Discussion for Incest Survivors (*3rd Thursday, thru August*) 7:30-9:15pm
- Feminist Reading Group (*2nd/4th Thurs.*) 7-9:30pm
- Incest Survivors Open Discussion 7:30-9:30pm
- Women's Community Cancer Project, Open General Meeting (*1st Thursday*) 7-9pm
- Women over 45 (*every other Thursday*) 7:30-9pm

FRIDAY

- Drop-in Discussion Group for Survivors of Child Sexual Abuse (*last Fri./begins Sept. 29th*) 6-7:30pm
- Incest Survivors Anonymous 6:30-8pm

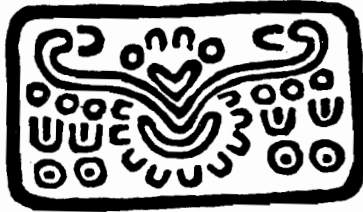
SATURDAY

- Coming Out Discussion for Women of All Ages (*Usually 1st Sat.; usually ASL interp'd*) 11am-1pm
- Finding & Surviving the Workplace (*2nd & 4th Sats., not meeting in summer*) 11:30am-1:30pm
- International/Intercultural Women's Group (*4th Saturday beginning Sept. 30th*) 1pm
- Women Writing (*biweekly*) 12:30-2:30pm
- Works in Progress (*biweekly*) 12:30-2:30pm

PERFORMANCE OF 'THAT AIN'T NO WAY TO TREAT A LADY'

Monday July 31 from 7:30-9:00pm

The performance combines dance, drama and popular music in a powerful and entertaining program that deals with the issue of violence against women. Nancy Hulse will show a short videotape that combines clips from her performance and an interview. She will then lead a discussion.



HELLO WOMEN

Summer is here and that means time off for your therapist. So it may be a good time for you to join with others for a one-time workshop to look at what is happening in your therapy – to view it from a little distance, see how it's helping you, and how you could use it better. Of course if therapy hasn't felt right for a time, or if you're on the fence about trying it, the sooner you take a look the better. So come to "What Happens in Therapy" on **Tuesday, July 25th, 7:30-9:00pm** and bring your questions and concerns.

On another subject: the group for women who self-injure will happen again in late 1995; and we may begin a Post Traumatic Stress Disorder group, too. For information call the Women's Center.

-Vera S. Cohen, LICSW

WOMEN'S MANIC DEPRESSION AND DEPRESSION SUPPORT GROUP

This is a daytime self-help group for women with either depression or manic-depression. We run the group ourselves, without a clinician or leader. The group does not replace therapy, and members need to be in treatment with a therapist. If you are interested in joining and/or learning more about the group, call the Women's Center at (617) 354-8807.



WOMEN'S CENTER HOURS
Monday - Thursday 10am - 10pm
Friday 10am - 8pm
Saturday 11am - 4pm

ABORTION ACCESS PROJECT



The defeat of the nomination of Henry Foster, and recent bills to restrict second trimester abortions, end military women's rights to get abortions, and interfere with regulations to train doctors to perform abortions signal a new round of attacks on abortion rights. We will continue to fight for unrestricted access to abortion for all women!

In October we are planning a month of Abortion Access Actions. Call us at (617) 494-1161 to add your ideas, find out about our meetings, and get involved!

REPRODUCTIVE RIGHTS NETWORK (R2N2)

R2N2 co-sponsored the first annual Boston Dyke March as part of Gay Pride in June. Over 1,000 women and groups (including a lively delegation from the Women's Center) marched from Ruggles station to join the Pride March in Copley Square. Next year's Dyke March will be even bigger and more colorful - get ready!

R2N2 is also an active member of the coalition working to defeat the nomination of Charles Fried to the Massachusetts Supreme Judicial Court. Fried was Solicitor General under Ronald Reagan, and consistently argued anti-choice, anti-labor, and anti-civil rights positions. The Governor's Council will be voting in August; call your councillor to urge her/him to defeat the nomination. For more information or to find out who your Councillor is, call R2N2 at (617) 738-9479.

IMPORTANT INFORMATION FROM R2N2

Did you know that a high dosage of many types of birth control pills can be used to bring on your period? These pills, taken in the specified dosages within 72 hours of unprotected sexual intercourse, are 75% effective in stopping a fertilized egg from implanting into the uterine wall. Often called "morning after" pills, the pills can in fact be taken immediately after intercourse or up to 72 hours later -- not just the morning after. Different brands of pills require different regimes. With Ovral, 2 pills are taken no later than 72 hours after intercourse and another 2 pills must be taken 12 hours later. With Lo/Ovral, Nordette, Triphasil, Levlen and Tri-Levlen, 4 pills must be taken before 72 hours elapse, and 4 pills are taken 12 hours later. With Tri-Levlen and Triphasil, only the yellow pills can be used. Temporary nausea and vomiting are common side effects. These pills can be prescribed by any medical provider.



THANKS DALYA/WELCOME LISA

A short note from The Women's International/ Intercultural Group. Our founder/facilitator Dalya is moving to pursue her career in journalism. We are going to miss her and we wish her luck! She's the one that started the ball rolling. We appreciate her enthusiasm, her commitment, and her caring. Come back and visit us, Dalya!

Some great news is that we have a brand new co-facilitator and contact person for the (617) area code: Lisa. Lisa comes to us with a great deal of experience and we are lucky to have her. Good luck, Lisa and welcome aboard. Call (617) 354-8807 to be put in touch with her.

VIDEO FOR GAY/LESBIAN/BI TEENS

Children's Animated Television (known as CAT), a progressive non-profit organization that produces educational video programs for children and teens, seeks volunteers and support for their new groundbreaking video. The focus of this new production will be gay/lesbian/bisexual teens -- nurturing their self-esteem, providing positive role models, and helping them confront the challenges they face. To become involved, contact:

Bessie Hadley, Executive Director
Children's Animated Television, Inc.
1492 Highland Ave., Suite 3
Needham, MA 02192
Phone: (617) 449-9699 / Fax: (617) 449-0026.

SUMMER READING LIST SUGGESTIONS

To assist you in selecting books to read this summer, we have compiled the results of a graffiti board at the Women's Center on the topic: "What's your favorite book and why?"

Bastard Out of Carolina by Dorothy Allison

Pride and Prejudice by Jane Austen

The Courage to Heal by Ellen Bass and Laura Davis - "It changed my life."

The Mists of Avalon and The New Forest by Marian Zimmer Bradley

My Antonia by Willa Cather

Mill on the Floss by George Eliot

Women Who Run with the Wolves by Clarissa Pinkoia Estes

Stone Butch Blues by Leslie Feinberg

Harriet the Spy by Louise Fitzhugh - "Best girls' fiction ever written (forget Little Women!)"

Dreaming in Cuban by Christina Garcia

Teaching to Transgress by bell hooks

Beyond the Double Bind by Kathleen Hall Jamieson

Animal Dreams, etc. by Barbara Kingsolver

Zami: A New Spelling of my Name by Audre Lorde

Praising for the Widow and Browngirl,

Brownstone ("a lightning bolt") by Paule Marshall

Song of Solomon by Toni Morrison

The Women of Brewster Place by Gloria Naylor

The Color Purple by Alice Walker

Oranges are Not the Only Fruit and Written on the Body by Jeanette Winterson

Obsidian Mirror by Louise Wisechild -

"beautifully written personal account of healing from child sexual abuse."

A Room of One's Own by Virginia Woolf