



# ON OUR WAY



Newsletter of the Women's Center

46 Pleasant Street, Cambridge, MA 02139

(617) 354-8807 (helpline); (617) 354-6394 (business); [www.cambridgewomenscenter.org](http://www.cambridgewomenscenter.org)

December 2012

## It's All Because of YOU—Tribute to Volunteers

The other day, a woman who is new to the Women's Center came to the monthly luncheon. As we were talking, she was delighted and astonished to learn that the Women's Center is the longest continuously running women's center in the country! Even though I know this already, somehow bringing up the fact struck me deeply.

Have you ever wondered how the Women's Center has been able to run continuously all these years? The answer is obvious, but that it could happen is astounding ~ it is thanks to the collective effort and team work of countless volunteers pouring their hearts and souls into sharing their time and wisdom that the Women's Center has been able to be here through thick and thin, for all women and their children for more than forty years.

Volunteers open and close the Center six days a week and keep up with the day-to-day operations, such as answering the helpline, maintaining a friendly and supportive atmosphere, organizing and keeping the space clean and tidy, stocking supplies, watering the plants, making sure the computers are up and running, teaching classes, facilitating support groups,

providing childcare, baking and cooking, telling people about the Center, and helping prepare this newsletter for bulk mailing.

They are also often behind the scenes serving on the Board of Trustees, doing fundraising, bookkeeping, organizing the library, representing the Center by tabling at community events, updating the website, putting together resource lists, and much more.

I know some women at the Center don't like to be called a volunteer since they know what they do is what they think is important to do or what they feel they should do simply as a part of the community and giving back. I know some women would rather call themselves an activist or an organizer than a volunteer because they are acting out of their sense of purpose and their mission to elevate the status of women in society. I agree with all of them. Whatever we call these women, their selfless actions are amazing role models in this community!

I know I will never say often enough: THANK YOU!

~Ming

## The Women's Center—Breaking the Mold and Breaking Barriers

When I arrived at the Women's Center in early September, I didn't know what to expect. A Brandeis University undergrad, I had decided to be an intern at the Center as part of a Women's and Gender Studies course. Many of my friends had secured internships at organizations like REACH and Emerge, and as a result, I expected the Women's Center to be of a similar mold.

Every week, my peers and I met during class and shared stories about our respective internships. As I listened to my classmates share their experiences, I was struck by how unique the Women's Center is. While they talked about the hours of training they endured in preparation for their internships, I talked about the batch of chocolate chip peanut butter chunk cookies I made at the Center. While they discussed the professional psychologists they had had the pleasure of meeting, I described the inspiring conversation I once had with a homeless activist over dinner. While they explained that they had never met the President or Coordinator of their programs, I depicted the weekly one-on-one chats I looked forward to having in Ming's office. Is the Women's Center "better" than these other organizations? Not necessarily. But the Center's approach to fostering

relationships and sisterhood among women is incomparable, and I wouldn't have traded it for the world.

My time at the Center has taught me that there are virtually no differences between myself and the women I meet there. On the surface, we are certainly different; they are often older than me, sometimes by twenty years or more; they have been married, divorced, have owned homes, have been homeless; they have lived in the "real world" and gleaned insights about life that I will not learn for years to come. But our struggles and our passions are the same. We have endured life's trials and reveled in its beauties, and though our *experiences* have been different, our reactions and underlying emotions - the stuff that makes us human - are identical.

When I arrived at the Women's Center in September, I didn't know what to expect - but I know I did not expect to leave this place with the depth of compassion and love that I have today. The women have taught me more about myself than I ever could have learned alone. They have taught me that, underneath our races, social classes, and life experiences, we are all sisters deserving of respect and happiness.

~Hailey Magee

# Thank you!

- Alice Willard Dorr Foundation
- Alnylam US, Inc.
- Bay State Federal Savings Charitable Foundation
- Bushrod H. Campbell and Adah F. Hall Charity Fund
- Cambridge Arts Council (Art Collectives)
- Cambridge Community Foundation
- Cambridge Savings Charitable Foundation
- Cambridge Trust Company
- Charles Stark Draper Laboratory
- Clipper Ship Foundation
- East Cambridge Savings Bank
- Eastern Bank Charitable Foundation
- Frederick E. Weber Charities Corporation
- George A. Ramlose Foundation, Inc.
- Google Matching Gifts Program
- Hurlbut Family Foundation
- John Hancock Matching Gifts Program
- Liberty Mutual Matching Gifts Program
- Marion Decrow Foundation
- Martin Fund at Boston Foundation
- Massachusetts Cultural Council
- Memorial Church, Harvard University
- Northampton Arts Council
- River Foundation
- Sheila Gamble Fund
- TD Charitable Foundation
- TJX Foundation

## My Second Home

There is this place that I go to that I would like to consider my second home: the Women's Center. I heard about the Women's Center from a friend. I went there for a group that takes place on Thursdays called "Let's talk about it." I really felt at home there. The volunteers are so kind as well as the women that go there. I feel so safe there and feel like I can be myself.

At the time I was looking for volunteer work. I knew I could go anywhere. However, when I went to the Women's Center for the first time, I knew right away that the house needed me and I needed it as well. I spoke with Ming, the coordinator that works there. I spoke with her about my situation. She was so caring and understanding about my needs. A few days later, I was volunteering.

I clean the bathrooms, sweep, mop, and tidy up the front and back of the house.

On Tuesdays there is an art group that I go too. Megan, who runs the group, puts together creative crafts that I look forward to doing, such as origami, collage, or sometimes we will just color or paint.

The Women's Center has been, and I hope will be, an interesting and significant part of my life for many years to come.

~Toni

## Beading Group

I have been coming to the Women's Center because it's a place you can call home and feel safe. I come to the Women's Center every week to run the beading group and I really enjoy coming to the group because I get to be around others who also love to do beading. And not only that I get to meet new and exciting people, I am getting to know them and talking, laughing and just having fun helping them and teaching them how to bead. Doing beading helps keep my mind occupied and it is relaxing. Knowing that my presence is appreciated I feel real good coming to the group.

Edith Watson

## Interview with April

April, age 30, is an intern from Cambridge College. "I'm a proud cancer survivor, published poet, and have a strong belief in the resiliency of the human spirit."

*What made you decide to facilitate this group?*

I thought it could be a tool to empower women by giving them a creative outlet for self-expression, self-discovery, and self-reflection.

*Why do you continue to facilitate this group.*

Because of the positive effects I've seen it have on the group members, who are more expressive and creative.

*Has the group encountered challenges and if so how were they dealt with?*

Surprisingly, there has not been much conflict. The group has created a level of safety and respect so women feel they can share deep thoughts in a variety of ways and know they will not be ridiculed or belittled. My only challenge is having materials planned for the group that allow them to stretch their imaginations and feel engaged.

*What does the Women's Center mean to you?*

To me, the Women's Center is a valuable resource for women who are looking for a place to belong, make positive connections, and find a pathway to personal growth and empowerment.

*What have you learned at the Women's Center?*

That all women are strong, talented, and imaginative in a variety of ways but do not always get an opportunity to show they are strong, talented, and imaginative. I think the Women's Center provides new opportunities for women who may have felt they had none.

*Is there anything else you would like to say?*

I would just like to thank all of the women who have come to the Creative Writing Workshop for opening their hearts and minds and sharing their talent and creativity with me ---- and with each other.

### Women's Center Hours:

Monday-Friday: 10am-8pm

Saturday: 10am-3pm

We are closed on major holidays.

## Healing is Possible

*Healing is possible, and we are not alone.* As a survivor of childhood incest, this message has been a life-changing gift I've received from my years in the Incest Resources' Discussion Group at the Women's Center. Monthly our group comes together to bear witness to each other's unique life stories and healing processes. I feel empowered by the courage displayed by this diverse group of women, and I am always amazed by the beauty and eloquence of the wisdom shared among the group. Together we speak the unspeakable; together we collectively reach forward toward richer, fuller lives

Incest Resources is truly a *rare* gift since the Women's Center is the only provider of free services available to survivors. Because of this, women travel from all across the region – from Western Massachusetts, New Hampshire, Rhode Island, and Connecticut - to find the resources it provides. Many of us in the group lack the financial means required for other private groups, and thus are tremendously grateful the Women's Center exists.

Seven years ago I traveled cross-country to Boston in search of healing and a new life. I have since found that healing and life, and it is among this extraordinary community.

~Stacy H.

## Battered Women's Support Group

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

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

J.B.

### Incest Resources' Drop-In Discussion Group for Survivors of Child Sexual Abuse 3<sup>rd</sup> Fridays, 6-7:30pm, September—June

#### Upcoming Dates and Topics:

December 21	Self-Acceptance
January 18	Interdependence/Codependence
February 15	Trauma and Reenactment
March 15	Trust and Safety
April 19	Intimacy
May 17	Sexuality
June 21	Moving Forward

## Winter Gathering~Community Talent Show

Tuesday, 12/18, 12-1pm, Come enjoy a holiday meal from Community Cooks and entertainment. And if you'd like to perform - sing, play an instrument, tell a joke or story, read a poem, whatever - please contact Ming at 617-354-6384 or [ming@cambridgewomenscenter.org](mailto:ming@cambridgewomenscenter.org)

### On-Going Groups

- Beading Group (every Monday, 10am-12pm)
- ButchBoi Life (2<sup>nd</sup> Tuesday of the month, 6-7:30pm)\*
- Crochet/Knitting Group (every Thursday, 1-2pm)
- Drawing & Painting (every Tuesday, 10am-12pm)
- Drop-In Computer Support for Women (Wednesdays and Thursdays, 6-8pm)
- Incest Resources' Drop-In Discussion Group for Survivors of Childhood Sexual Abuse (3<sup>rd</sup> Fridays, 6-7:30pm, September through June)
- Ladies, Let's Talk About It—Women's Narcotic Anonymous (NA) Meeting (Thursdays, 6:30-8pm)\*
- Lesbian Conversation (1<sup>st</sup> Fridays, 6:30-8pm)\*
- Lesbian Chat (2<sup>nd</sup> Fridays, 6:30-8pm)\*
- Lesbian Connection (3<sup>rd</sup> Fridays, 6:30-8pm)\* (not in Dec)
- Luncheon at the Women's Center, noon-1pm, monthly
- One-on-One with Nurse Pat (4<sup>th</sup> Thursdays, 12:30-1:30pm)
- Sewing Group (every Wednesday, 10am-12pm)
- Straight Marriage, Still Questioning. Peer led support group for the woman in a straight relationship struggling with her sexual orientation. For details please email [kate.e.flynn@gmail.com](mailto:kate.e.flynn@gmail.com)\*
- Theatre Arts Workshops (one Saturday/month, 1-3pm)\*
- Trauma Support Group (Tuesdays, 1:30-3pm)
- Board Meeting (monthly, call for dates, 5:30-7pm)

### New Groups

- Creative Writing Workshop (Three Thursdays, 12/6, 13 and 20, 6-7pm)

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

**For complete monthly calendars, please go to our website at [www.cambridgewomenscenter.org](http://www.cambridgewomenscenter.org)**

If you are interested in starting and/or leading a group, please contact Ming at 617-354-6384 or [ming@cambridgewomenscenter.org](mailto:ming@cambridgewomenscenter.org)

## NEW GROUP STARTING

The Women's Emotional Empowerment Group is a support group open to women of all backgrounds, ages, and sexual orientations, whose mission is to empower women who have experienced emotional abuse or have had the feeling of being emotionally drained in relationships. Together we can inspire each other to positively move forward with our lives through healing dialogue, activities, and encouraging personal growth in all areas of our lives. Join us for our empowerment series in a safe atmosphere where we can express ourselves and help each other let go of painful emotions, regain confidence, and invite trusting and caring relationships in the future. For more info: Carole: [kbreevlife@gmail.com](mailto:kbreevlife@gmail.com)

# Wish List



- Coffee Maker
- Can opener
- Large Electric Crock Pot
- Food containers
- Food storage bags
- Coffee, tea, hot chocolate, sugar, honey, cream, milk, butter
- Unscented hand and dish soap
- Paper towels and toilet paper
- Pads of textured water color paper (20" x 15")
- Good, flat monitors 17" or larger
- USB sticks/flash drives
- Headphones (for computer use)
- Printer & copier paper
- Mailing labels (30/page, eg: Avery 5160)
- Postage stamps
- Gift certificates for Staples, Office Max, Drug Stores, Supermarkets, Trader Joe's, Whole Foods, Harvest, Target,

## The Quilt Collection is Growing!

The Survivor Quilt Project, which has its home at the Women's Center, will be exhibiting its stunning collection of quilts, Speaking Truth to the Next Generation: An Incest Survivor Quilt Series, from February 14<sup>th</sup> - 22<sup>nd</sup>.

The exhibit will be part of Lesley University's February events to raise awareness about violence against girls and women. We are thrilled that the Lesley community is collaborating with faculty member Michelle Harris to create a new quilt for the exhibit, and we look forward to its unveiling! Founder of the Survivor Quilt Project, Michelle is an Art Therapist and a member of Incest Resources. Please don't miss this powerful, must-see exhibit!

~Elaine Westerlund

## Survivor Theatre Project presents The World We Live In Is Not The World We Live In



Healing your life from sexual violence within a culture that encourages it.

"I expected to feel outrage and grief, but I came away transformed by the wit, courage and solidarity of the performers." -Audience member, Northampton, MA

**Saturday December 15th 8pm**

Yoga Sanctuary, Thornes Marketplace  
150 Main Street, Northampton MA (3rd Floor)

**Sunday December 16th 2pm**

Cumington Community House  
33 Main Street, Cumington MA

Written & Performed by STP Touring Company / Directed by Rythea Lee  
Tickets at the door only: \$10-\$20 Sliding Scale  
(no one turned away for lack of funds)



[www.survivortheatreproject.com](http://www.survivortheatreproject.com)

## See the Vagina Monologues at Lesley!

On February 15<sup>th</sup>, 16<sup>th</sup>, and 17<sup>th</sup>, Lesley University undergraduate and graduate students will perform Eve Ensler's 'Vagina Monologues' and the Women's Center will receive some of the proceeds! Please come and celebrate the resilience of women - and the resilience of our very own Women's Center - at this moving and meaningful event!

~Elaine Westerlund

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

**Support the Women's Center Online!**

On the Women's Center website click on "Support Us" and then "Donate Now."  
You will be contributing through the non-profit "Network for Good"

**Or send a check to the Women's Center**

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

**Please make your tax-deductible check payable to The Women's Center**

**Mail to: The Women's Center, 46 Pleasant Street, Cambridge, MA 02139**

My donation is in honor of: (name) \_\_\_\_\_  
(address) \_\_\_\_\_

My gift will be matched by my employer \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

All donations are tax deductible. The Women's Center is a 501(c)(3) nonprofit,  
tax-exempt organization, Federal I.D. #23-7131753

*Thank You!*



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(617) 354-8807 [www.cambridgewomenscenter.org](http://www.cambridgewomenscenter.org)

Spring 2012

## Making a Difference Together

Dear Friends,

For over forty years, the Women's Center has been a place where women from all backgrounds have come together to find community, discover hope, and experience healing. We have been able to keep the doors open to our 138 year old Victorian house only through the charitable support of people like you—people who believe in our goal of women's rights and empowerment. The ripple effect of this support has a profound impact on women of the Greater Boston area that in turn strengthens our communities. We'd like to thank you for your commitment to such a worthy endeavor and ask you to help us continue to reach the many women who are in such great need of our programs and services.

In the words of Sarah, a volunteer at the Center, "The Women's Center is about women helping women. Making a human connection. Everything on the outside falls away: race, ethnicity, status, sexual orientation, background, experience, intelligence, income level, material wealth. What is left are women interacting with other women, supporting each other, learning and experiencing together. It is about giving and receiving resources, comfort, understanding, acknowledgement, space. It's about a cup of hot coffee, a place to rest, a library full of books, a computer, somewhere that feels like a home, a family, a community. It's about acceptance. It's genuine and it is complete."

Sarah is one of over 100 volunteers who keep the Center thriving. The Women's Center has been a haven for thousands of women struggling to deal with homelessness, domestic violence, sexual abuse, poverty, discrimination, social isolation, and more. As the new fundraiser for the Women's Center, I am grateful and humbled to be working for such a groundbreaking organization. I've already met many inspiring and strong women who are supportive and encouraging in ways that foster growth and learning. I'm becoming more familiar with the many offerings of the Women's Center and am amazed that such a small place can house such a wide array of much needed support groups, educational workshops, and creative art programs. You can help ensure that we are able to continue to offer these services to deserving women by donating to us today.

I had the chance to sit down with Elaine Westerlund, Director of Incest Resources and former volunteer fundraiser for the Center. I was truly impressed by her commitment to her work and her belief in her survivor discussion group's ability to transform the lives of those who attend. I'm honored to be taking Elaine's seat next to Judy Norris, Board member and volunteer at the Center for over 39 years. Judy has already begun to impress upon me her wisdom and her gratifying experience of being a part of the Women's Center since its founding. I find myself surrounded by people with a common vision of celebrating how far we have come and taking stock of where we want to go—and we can only make those strides forward with your generous support. Please, give with your hearts and provide the opportunity for women to courageously confront their challenges and overcome their difficulties. We can't do this without you!

~Cynthia

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Left for us in the Children's Room by the 2<sup>nd</sup> grade (6-8 year old) Brownies

## **The Women's Center**

46 Pleasant Street  
Cambridge, MA 02139  
(617) 354-8807

### **Website:**

[www.cambridgewomenscenter.org](http://www.cambridgewomenscenter.org)

**What's up at the Women's  
Center?**

**Check out our monthly calendar  
on the website.**

### **Email:**

[info@cambridgewomenscenter.org](mailto:info@cambridgewomenscenter.org)

### **Hours:**

Monday-Friday: 10am-8pm

Saturday: 10am-3pm

**We are closed on major  
holidays.**

**Helpline: (617) 354-8807**

**Business line: (617) 354-6394**

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## **Volunteers**

The Women's Center gratefully acknowledges the ongoing efforts and contributions of our volunteers.

Thank you for giving so generously of your time and of yourselves.

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

All donations are tax-deductible.

For further information about various volunteer opportunities or to offer in-kind donations,

contact Ming,

Women's Center Coordinator:

[ming@cambridgewomenscenter.org](mailto:ming@cambridgewomenscenter.org)

(617) 354-6394

## **Welcome Cynthia!**

A warm welcome to Cynthia McCarty, who has just come aboard as our new part-time fundraiser! Cynthia has done volunteer work for Stop the Silence, a non-profit focused on the prevention and treatment of Child Abuse, United Way, and Bristol Women's Homeless Shelter in Waltham, where she designed and secured a grant to begin an arts program. Her work experience includes the Komen National Race for the Cure® and Big Brothers Big Sisters. She has experience with all aspects of the grant application process, event planning, fundraising from individuals, and volunteer management. She brings many skills, a strong commitment to women's empowerment, and great enthusiasm. Welcome, Cynthia!

## **Hello from Cynthia**

I recently joined the Women's Center as the new part-time Fundraiser, and I've been warmly welcomed by the diverse and inspiring community. I'm eager and excited to be a part of a movement that works to empower women through a vast array of integral programs and services. I'm passionate about women's rights and I believe deeply that women can transform their lives through community, creativity, and courageousness. I'm so thankful for the support and direction of Judy Norris, who has been guiding me through the busy environment of the fundraising office. I'm looking forward to the opportunity to learn and grow in my role in the coming months, and I'm grateful for the chance to meet so many of you.

## **Kudos to Judy!**

We are very pleased to announce that the Women's Center's Jill-of-all trades, Judy Norris, received the Beverly Benner Cassara Award in 2011! This award is presented, from time-to-time, to a special senior volunteer who embodies Beverly Cassara's unique and long-term commitment to the ideals of productive aging, lifelong learning, and the understanding that volunteering is an enduring resource for the entire community. One of the founders of the Women's Center, Judy has volunteered at the Center in every capacity imaginable for over 40 years! It was especially meaningful to have the award presented by longstanding friend and supporter of the Women's Center, Bob Hurlbut, Executive Director of the Cambridge Community Foundation, and Co-Founder & Chair of the Cambridge Senior Volunteer Clearinghouse. Our heartfelt thanks to Bob and the CSVN for recognizing and honoring Judy with this well-deserved community service award!

~Elaine

## **Board of Trustees Expansion**

Interested in helping the Women's Center move forward and meet challenges that lie ahead? The Board of Trustees is responsible for the organization's vision, goal-setting, oversight, finances, policies, and personnel issues. Members attend monthly meetings and take or share responsibility for critical tasks, such as arranging building maintenance and restoration, fundraising, event planning, conducting hirings, and oversight of tax filings. We strive to uphold the Women's Center's mission, which is:

- To provide women with the resources and support they need to deal with domestic violence, sexual abuse, racism, poverty, discrimination, social isolation, and degradation
- To challenge and change attitudes, actions, and institutions that subjugate women

If you value the Center, have time and energy to contribute, and might be interested in joining, please write to tell us a little about why you might like to join, etc. Please write to: [board@cambridgewomenscenter.org](mailto:board@cambridgewomenscenter.org) or Board of Trustees, Women's Center, 46 Pleasant Street, Cambridge MA 02139.

## Activists On Stage

The Survivor Theatre Project extended its outreach in 2011, bringing empowerment through the arts to survivors of sexual abuse in Western Massachusetts! A Northampton-based group of survivors, facilitated by Rythea Lee, developed a compelling original play about attempting to heal from sexual violence in the context of the very culture that encourages it. An inspiring series of sincere, sarcastic, and soulful autobiographical vignettes, *The World We Live In Is Not The World We Live In* made its debut at the Wildlife Sanctuary Studio in Florence, MA in November of 2011. A 2012 tour is in the planning stages.

Also during 2011, the third Cambridge-based survivor group, facilitated by project founder and director, Melissa Penley, created *The Sound of Today*, a powerful original collection of poetry, story, music, and movement, which debuted at the Cambridge Community Center in November. This bold and dramatic piece is now being expanded in anticipation of a 2013 tour.

This past year additionally included a tour of *The Memories of Trees*, a moving work created in 2010 by the second Cambridge-based survivor group, which Melissa also facilitated. In July of 2011 the group performed at the International Pedagogy and Theatre of the Oppressed Conference in Chicago! We congratulate them on the honor of being selected and the success of their trip, as well as raising the funds to get there!

This year the Survivor Theatre Project has been and will continue to offer a different one-day workshop at the Women's Center each month. In the fall, an opportunity for survivors to participate in a three-session theatre and music workshop will be announced. In addition, an eight-week extended theatre workshop funded by the Northampton Arts Council, V-Day Ashfield, and individual donors will be taking place in Western Massachusetts. Extended theatre workshops at the Women's Center have been generously funded by the Massachusetts Cultural Council and the Cambridge Arts Council for two years running.

The Survivor Theatre Project is now seeking funding for their upcoming season. If you have funding leads or wish to contribute, please go to [www.survivortheatreproject.com](http://www.survivortheatreproject.com) or write to [survivortheatreproject@gmail.com](mailto:survivortheatreproject@gmail.com).

~Elaine Westerlund

## HERSTORY Quilt

As part of Women's History month, the women of the Women's Center in Cambridge designed and created this quilt as a way of sharing our stories. Women designed quilt squares in response to two prompts: "What is your secret?" (on green fabric) and "What is your strength?" (on pink fabric). By sewing the squares together into a quilt, this project serves as a reminder that our individual stories connect to each other to create a larger sense of the challenges we face, how we are empowered, and who we are as women today.

~Sarah



A section of the quilt.

The Women's Center is looking for  
**a volunteer bookkeeper.**

If you are interested in contributing your talent to  
this wonderful community,  
please contact Ming, Center Coordinator,  
at 617-354-6394 or via email—  
[ming@cambridgewomenscenter.org](mailto:ming@cambridgewomenscenter.org)

How does our garden grow? Will the sunflowers and cosmos seeds the Girl Scout Daisies started in the Children's Room grow and bloom? Any chances seed planted carefully in free compost from the Cambridge Recycling Center will give us parsley, basil, zinnias, and nasturtiums? Will we actually get some eggplants and butternut squash from two donated plants? Or will bugs and slugs do them in?

Each year the garden is an adventure, with a different cast of caretakers. To help out, a little or a lot, contact [judy@cambridgewomenscenter.org](mailto:judy@cambridgewomenscenter.org) or 617-354-6394.

## New Group: ButchBoi Life

ButchBoi Life is a social group whose mission is to bring masculine of center identified queer women together. The founders of ButchBoi Life – Alyssa Green and Bren Cole - found that masculine identified women are often struggling for visibility in the LGBTQ community, and set out to change that. ButchBoi Life provides a safe space for all to discuss the issues we face, to socialize, and to find others we can relate to.

Meetings are held every second and fourth Tuesday from 6:00-7:30 PM in the living room of the Women's Center. ButchBoi Life also organizes group outings to local venues. All masculine women are welcome to join the fun and make some new friends – meeting attendance is not required to attend events.

ButchBoi Life strives to maintain a safe space where all opinions and ideas are respected. We welcome individuals from all races, backgrounds, and masculine of center identities.

## New: Yoga Class

Come and enjoy the innumerable benefits of yoga Tuesday evenings from 6:30 – 8:00 pm at the Women's Center starting June 12. Practicing yoga not only promotes greater endurance, strength, and flexibility but also has shown to improve self-esteem and concentration and helps you to relax and better handle stress.

The instructor, Erin Colling, is a certified yoga teacher with experience practicing and teaching a wide range of yoga styles to students of all levels and abilities. By drawing on a style of Hatha yoga that integrates alignment of posture, attention to breathing, and flowing movement, she will teach you the basics of breathing, standing and seated poses, and sun salutations, and provide you with the tools you need for a successful and supportive yoga practice.

Erin pays great attention to the individual needs of her students, and is flexible in her approach to accommodate different experience levels, body types, degrees of flexibility and strength, and health issues. All necessary props will be provided and mats are available upon request. Space is limited, so please contact Erin ([erin.yogi@gmail.com](mailto:erin.yogi@gmail.com)) or call the Women's Center (617-354-8807) for reservations.

Incest Resources' Drop-In Discussion Group for Survivors of Childhood Sexual Abuse will be on break during July and August, but the popular group will be returning for yet another series in September. Meetings will be on the 3rd Fridays of the month from 6:00-7:30pm. Upcoming dates and topics will be: September 21, Breaking the Silence; October 19, Mother-Longing/Letting Go; November 16, Anger and Forgiveness; December 21, Self-Acceptance. For more information go to [IncestResourcesInc.org](http://IncestResourcesInc.org)

## New Group for Women in Recovery

Please join other women in recovery from addiction for a new group; *Who am I in my sober life?* This is a goal-making support group for women in recovery. The group will have an emphasis on finding out what we like and who we are as sober people. We will also focus on self-care in sobriety. The group will be meeting on Wednesday nights 6-7:30pm, starting Wednesday, June 6<sup>th</sup>. This is a dry support group. If you are interested please do not hesitate to email Lisa for more information- [lisa.coppola36@go.cambridgecollege.edu](mailto:lisa.coppola36@go.cambridgecollege.edu)

## New Group: Songs of Empowerment for Women

Do you like to sing? Are you interested in using your voice to express yourself? Would you like to experience the exhilaration just as the women marching to take over a Harvard building as the beginning of the Women's Center in 1971? Then come to this singing group where you don't need to worry about your voice and just show up and sing for the pure joy of it!!!

### On-Going Groups

- ♦ Battered Women's Support Group (every Wednesday, 7-8:30pm, except the 3<sup>rd</sup> Wednesday of the month)\*
- ♦ Beading Group (every Monday, 10am-12pm)
- ♦ ButchBoi Life (2nd Tue of the month, 6-7:30pm)\*
- ♦ Drawing & Painting (every Tuesday, 10am-12pm)
- ♦ Divorce Support Group (every Tuesday, 3-4pm)
- ♦ Drop-In Computer Support for Women (Mondays and Tuesdays, 2-4pm, and Wednesdays and Thursdays, 6-8pm)
- ♦ Grief Support Group (every Thu, 1-2pm)
- ♦ Healing Through Art (every Wed, 6:30-8:30pm)
- ♦ Incest Resources' Drop-In Discussion Group for Survivors of Child Sexual Abuse (3<sup>rd</sup> Fridays, 6-7:30pm, September through June)
- ♦ Ladies, Let's Talk About It—Women's Narcotic Anonymous (NA) Meeting (Thursdays, 6:30-8pm)\*
- ♦ Lesbian Conversation (1<sup>st</sup> Fridays, 6:30-8pm)\*
- ♦ Lesbian Chat (2<sup>nd</sup> Fridays, 6:30-8pm)\*
- ♦ Lesbian Connection (3<sup>rd</sup> Fridays, 6:30-8pm)\*
- ♦ Luncheon at the Women's Center, noon-1pm, monthly
- ♦ Monthly Theatre Workshops (one Sat./month, 1-3pm)\*
- ♦ One-on-One with Nurse Pat (4<sup>th</sup> Thursdays, 1:30-1:30pm)\*
- ♦ Sewing Group (every Wednesday, 10am-12pm)
- ♦ Straight Marriage, Still Questioning. Peer led support group for the woman in a straight relationship struggling with her sexual orientation. For details please email [kate.e.flynn@gmail.com](mailto:kate.e.flynn@gmail.com)\*
- ♦ Trauma Support Group (every Tuesday, 1:30-3pm)
- ♦ Board Meeting (monthly, call for dates, 5:30-7pm)
- ♦ Women & Media (Film Screenings, 2<sup>nd</sup> Sat, 12:30-2pm)\*

### New Groups

- ♦ Anger Management Group (every Thu, 2-3pm)
- ♦ Goals in Recovery (every Wed, 6-7:30pm)
- ♦ Songs of Empowerment for Women (every Sat, 1-3pm, starting on 6/9)
- ♦ Yoga Class (every Tue, 6:30-8pm, starting 6/12)

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



**City HeArt Art Show and Sale  
Saturday April 14, 2012 at Old South Church, Copley Square**

City Heart 2012 was an art show and sale representing 40 plus artists from eight different shelters and transitional programs in the Boston and Cambridge area. Setting storm in its second year, the annual event brought many sojourners together for a vibrant day of inspiration, teamwork, and sacrifice.

Unlike the typical competitive art scene, City Heart artists came together and found great meaning in giving, as well as receiving support and encouragement. Many of the artists surprisingly discovered another reason to see worth and dignity within oneself.

Art is a powerful bridge through which, as one artist put it "the human soul is found." Each volunteer, shelter staff member, art director, and artist, together, presented an art show of excellence, beauty, and truth. The Women's Center and many women artists from the Center were very proud to be a part of this amazing event.

~Heidi

**Traveling Quilts**

Several of the art quilts created by the Survivor Quilt Project were exhibited in Bulgaria in December of 2011 at the New Bulgarian University in Sofia! Survivor Quilt Project founder and director, Michelle Harris, spent the fall semester in Bulgaria and organized the quilt exhibit in collaboration with Professor Alexandra Ivanova. During the month-long exhibit, Michelle also presented a workshop at the University for Bulgarian professionals and art therapy students on the use of art therapy for trauma recovery. The types of art therapy that would be appropriate in Bulgaria were discussed, including approaches with orphans and disabled children who are now being de-institutionalized by mandate.

The international outreach and exposure are very exciting for everyone connected with the Survivor Quilt Project! We commend Michelle for making these meaningful events happen and generating such enthusiastic interest and positive feedback.

We welcome Michelle back to the Women's Center and her Cambridge psychotherapy and art therapy practice, and we congratulate her on her new position in the Expressive Therapies Department at Lesley University as Associate Director of Field Training!

~Elaine Westerlund

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

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

**Please make your tax-deductible check payable to The Women's Center.**

\_\_\_ My gift will be matched by my employer \_\_\_\_\_

\_\_\_ My donation is in honor of: (name) \_\_\_\_\_

(address) \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

*Thank You!*

Checks payable to **The Women's Center**. Mail to: Women's Center, 46 Pleasant Street, Cambridge MA 02139

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

*Spring 2012*

**Support the Women's Center Online!**

Go to [www.cambridgewomenscenter.org](http://www.cambridgewomenscenter.org) and click on "Support Us" and then "Donate Now."

You will be contributing through "Network for Good"

\*\*\*\*\*  
\* Use of our Women's Center has increased steadily since 2007. In 2011, there were 9,146 visits to the Women's \*  
\* Center; helpline volunteers answered 4,594 calls; and attendance at groups, workshops, and trainings totaled \*  
\* 2,887. As more women come to depend on the Center as their lifeline, your support is needed more than ever. We \*  
\* simply could not provide our extensive array of free programs and services without your generosity. \*  
\*\*\*\*\*

**WISH LIST**

- Coffee, tea, hot chocolate, sugar, honey, cream, milk, butter
- Herbs for the garden
- 50-75' Garden hose
- Large garden watering can
- Can opener
- USB sticks/flash drives
- Printer & copier paper
- Postage stamps
- Garden chairs
- Folding chairs
- Headphones (for computer use)
- Good, flat monitors 17" or larger
- Pads of textured water color paper (20" x 15")
- Unscented hand and dish soap
- Food containers
- Food storage bags
- Kitchen trash bags (13 gallon)
- Paper towels and toilet paper
- Mailing labels (30/page, eg: Avery 5160)
- Gift certificates for Target, Tags, Staples, Office Max, Drug Stores, Supermarkets, Home Depot, etc.



**Find us on Facebook**

**Follow us on Twitter!**

The Women's Center is on the hottest social media! You can locate us by going to [www.cambridgewomenscenter.org](http://www.cambridgewomenscenter.org) and clicking on the facebook and twitter logos which will take you directly to our page!

**FACILITATE/START THE GROUP OF YOUR DREAMS!**

Most groups and workshops at the Women's Center happen because one woman feels a need for a group or wants to provide others with support or information on a special topic. We'd love to offer classes/workshops on financial literacy, applying for jobs, knitting/crocheting, and home repairs. If you have an idea, let us know! Please contact Ming at [ming@cambridgewomenscenter.org](mailto:ming@cambridgewomenscenter.org) or 617-354-6394 about starting a group, workshop, or training,

There are lots of other great ways to volunteer at the Women's Center. Be a listening support on the helpline; do childcare, do gardening, shovel snow, do painting/building repairs, run errands, and more. Join us, and put your talents to good use! Please contact [ming@cambridgewomenscenter.org](mailto:ming@cambridgewomenscenter.org) or 617-354-6394.