

SEPTEMBER 30, 2019



CAMBRIDGE WOMEN'S CENTER ON OUR WAY

FALL 2019 NEWSLETTER

46 PLEASANT STREET | CAMBRIDGE, MA 02139
BUSINESS: (617) 354-6394 | HELPLINE: (617) 354-8807
WWW.CAMBRIDGEWOMENSCENTER.ORG

Thursdays at the Center: A Day in the Life

By Jessye Kass

By 10am on a Thursday, a lively group of women are engaging in our sewing class on the 3rd floor, while volunteer staff members are brewing coffee in our kitchen and preparing the Center for the day. Our combination of drop-in space and groups enables women from all walks of life to utilize our space. The doorbell rings and a volunteer welcomes them into the Center by opening the door with a smile. After signing in, women are free to explore the Center and meet us where they need us. Whether they need to work on the computers, talk to a volunteer for emotional support or referrals, or get food in the kitchen - we encourage them to use the Center to meet their needs.

Daily attendance varies, but we usually see between 20-40 people a day, depending on the day. Some stay all day, others for just an hour or less. Some women come regularly, while others come by occasionally. Approximately 40% of our members are experiencing homelessness, 54% are considered low-income and 80% identified as having survived some form of trauma.

Many women report social isolation and a lack of connection to support systems. While most drop-in spaces are only for a select group of women (such as women experiencing homelessness) our broad mission to serve all women means that women who attend our programs have a range of needs and backgrounds. Meal times are determined by who decides to cook when! Community meals are a great way to get to know folks in the space, and volunteers and members can often be found in the kitchen eating and talking throughout the day and into the evening. Our afternoons and evenings tend to be busier, especially on a Thursday, when we have two popular evening groups - Trauma Support Group and Narcotics Anonymous - both beginning at 6:30pm. Throughout the day, our volunteers are also answering our helpline and offering emotional support on the phone. At 8pm the Center closes, and the empty house remains ready to be used again in just 14 hours.

CENTER UPDATES: IN THE PAST YEAR WE...

- Created new intensive training for volunteers, including specified trainings for handling housing, sexual assault, resource referrals and burnout prevention.
- Welcomed 7 new board members with a range of expertise, such as a licensed social worker with a trauma-informed background and non-profit consultant.
- Re-designed and updated our website with exciting new features, including access to an online version of our updated Resource Database.
- Created a data collection and impact point management system to understand our outcomes further.
- Improved physical space: new furniture, front steps, screen door, stove, refrigerator, rugs.
- Revised and updated our resource database.



INTRODUCING MICHELLE LONG: MANAGER OF GRANTS AND DEVELOPMENT

Hello CWC Community!

I am excited to write to you in my new role as Manager of Grants and Development at the Cambridge Women’s Center. I got involved at the Center as a special projects intern where I volunteered in the drop-in space, worked with the helpline outreach team, contributed to small home improvement projects, and helped develop our new website. I am thrilled to have the opportunity to stay with the Center! I am originally from Long Island, NY, but Cambridge is where I really feel at home. I have been living and volunteering in Cambridge since 2013, and happy to say I’ll be around a while longer.

CWC FOOD UPDATE

30% of our members report that they depend on the food at the Center to meet their weekly food needs. On an average day, we see between 25-35 members utilize our space. We now receive more than 350 pounds of donated food per week, feeding an estimated 15-30 people a day. Earlier this year, members were concerned about not enough food in the Center. We’ve increased our food access, created better systems for the kitchen, and advocated for and acquired composting. Savannah Weinstock led these efforts as our volunteer Food Coordinator from the summer of 2018 through the summer of 2019 and has now moved on but stays connected to the Center.

To increase food options and quantity, we have developed a new partnership with Rescuing Leftover Cuisine, which redirects excess catered food to us a few times a month. Savannah has also expanded our partnership with Food for Free, and we remain grateful for our consistent partnerships with Lovin’ Spoonfuls, Brookline Food Co-op and Community Cooks. Through advocacy, we were able to acquire a composting bin and weekly pick-up by the city of Cambridge; this is usually only available to private residences. This summer we planted some delicious herbs and veggies (cherry tomatoes were the most popular). A huge thank you to Turner Construction for building new framing for some of our garden beds.

As food becomes more secure for us, we are working toward increasing dietary choices and concerns. We hope that our continued partnership with these organizations and the countless hours our volunteers give us translates into a positive, reliable food experience for our members. Everyone deserves to eat good food, regardless of their financial means!



Members cook in our kitchen and enjoy community meals at our luncheons.

MEMBER VOICES:

"I have been attending Dr. Elaine Westerlund's Discussion Group for Survivors of Child Sexual Abuse for five years, and can't describe how necessary it has been for me to have this free resource. From inpatient care to therapy, nothing has been more healing and helpful than Dr. Westerlund's group at the Women's Center. It is vital for women to have a space that offers so many different specialized groups; without the Women's Center I may not be here today."

ANONYMOUS CWC MEMBER



A member smiles in the art room.

"The Cambridge Women's Center has been a safe space to talk about my trauma and connect with other women who are willing to listen without judgement. I have been able to grow and heal from my experience there. This free resource in the community is valuable for any woman looking for support."

BARBARA, CURRENT CWC MEMBER

"I don't have a house and this place feels like home during the day in a way shelters never do."

ANONYMOUS CWC MEMBER

A VOLUNTEER'S APPRECIATION

"I am so grateful to have been granted the opportunity to intern at the Cambridge Women's Center. A place that has allowed me to give unconditionally and share my essence fearlessly. Not only have I been able to pour my energy in a community that greatly needs all the love and resources it can get, but I've also been gifted with the greatest treasure I could have ever hoped to receive. And this treasure is the chance to learn through and from all the beautiful and diverse women who visit us daily. I see myself in them - in their taste, stories, laughs and pain. These women are so resilient and inspiring. They stand tall - as mirrors - and through them I get to experience myself fully. (Continued on Page 4)

A SPECIAL THANKS

- **Turner Construction** for installing security grilles on our basement windows, a new back and storm door, a new ceiling on the 3rd fl hallway, lots of painting, and much more!
- **Alnylam** Day of Service volunteers for deep cleaning and organizing our space!

CAMBRIDGE WOMEN'S CENTER

46 Pleasant Street
Cambridge, MA 02139
Business: (617) 354-6394
Helpline: (617) 354-8807
General (non-emergency) email:
info@cambridgewomenscenter.org

Hours:
Monday-Friday: 10am-8pm
Saturdays: 10am-3pm
Closed on Sundays & Major Holidays
Check our website for updates!

What's up at the Women's Center?
Check out our monthly calendar on our website:
cambridgewomenscenter.org

The Cambridge Women's Center relies on the generosity of the community to provide a wealth of free programming.
All donations are tax-deductible.

The Women's Center is a tax-exempt non-profit organization,
(Women's Educational Center Inc.,
Federal ID #23-7131753)

(Continued from Page 3) I enjoy spending time here whether it's in the kitchen sharing food and anecdotes or in the living room hunched over drawings and crayola markers. The conversations and moments I've been a part of encourage me to be more self aware and conscious. The space pushes me to be intentional and continuously teaches me how vibrant my immediate community is. There's a constant exchange happening between us interns and volunteers and the members. The center has become a home for me as well in the short time span I've spent being involved as much as I can. I really love this place. Thank you for making space for me, allowing me to give and learn."

SLANDIE PRINSTON, VOLUNTEER



Slandie and Judy work on building beds for our outdoor garden!

SPRING 2020 ART AUCTION

**SAVE THE DATE FOR THE CAMBRIDGE WOMEN'S CENTER'S
SPRING ART AUCTION
SHERATON COMMANDER HOTEL
SATURDAY, APRIL 25TH, 2020 | 6-10PM
All Genders and Ages Welcome!**

Enjoy an evening filled with good conversation, beautiful art, light music, delicious hors d'oeuvres, and cocktails at a cash bar. Participate in a live auction with artworks donated from Joseph Scott Galleries.

\$25 Tickets available for purchase very soon--stay tuned!

PURCHASE AD SPACE IN THE EVENT PROGRAM!

Support the Women's Center by purchasing space in our 2020 Spring Art Auction Program Booklet. You can include an ad for your business, a special message, words of appreciation or encouragement, an announcement for your upcoming event, etc. Your ad will be featured alongside other kind supporters.

SIZES & PRICES

one-quarter page:	2 ¾" across x 4¼" down	\$50.00
one-half page:	5½" across x 4¼" down	\$100.00
full page:	5½" across x 8½" down	\$150.00

Please allow a ¼ " minimum margin around your ad graphic

Email events@cambridgewomenscenter.org for information on purchasing ad space!

Save the Date: bit.ly/WomensOpenHouse
AUTUMN OPEN HOUSE
ALL GENDERS AND AGES WELCOME!
SATURDAY, NOVEMBER 16, 2019 | 4-6PM
46 PLEASANT ST | CAMBRIDGE, MA 02139

FALL GROUPS

All activities are FREE. All who identify as women are welcome.

* = wheelchair-accessible — groups can be moved if needed.

For all groups, times and dates, please check our current calendar at cambridgewomenscenter.org

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| Acupuncture for Stress, Anxiety, PTSD and Addiction | Meditation Workshops |
| Recovery Support* | Narcotics Anonymous Meeting |
| Art Journaling | Open Luncheon (twice a month)* |
| Bay State Butches* | Reconciling Support Group |
| Beading Group | Reiki Energy Healing |
| Coping with Stress | Sassy Crafts |
| Dance Class | Sewing Group |
| Eating Disorder Recovery Group | Singing Group |
| Fat Babes: A Body Positive Support Group* | Spanish-English Conversation* |
| Feminist Book Club* | Straight Marriage, Still Questioning* |
| Fertility Awareness | Trauma Support/Discussion Group |
| Free Tailoring and Mending by Seamstress Amelia. | Women 65+ Discussion Group* |
| Healing Through Creative Arts, for survivors of sexual abuse | Women of Color Support Group |
| Health and Wellness Workshops | Write Your Way |
| Incest Resources' Drop-In Discussion for Survivors of Childhood Sexual Abuse | Write Your Story |
| Lesbian & Bi Women's Discussion | Yoga |
| Managing Your Money | |

NEW THIS MONTH: Coping with Stress, Dance Class, Singing Group

CONNECT WITH THE
WOMEN'S CENTER ON

Social Media


FACEBOOK.COM/
CAMBRIDGEWOMENSCENTER


INSTAGRAM.COM/
CAMBRIDGEWOMENSCENTER


TWITTER.COM/
WOMENSCENTER71

Incest Resources' Drop-in Discussion Group for Survivors of Child Sexual Abuse

Monthly (3rd Fridays), 6-7:30 pm | Upcoming topics:

- September 20 Identifying as a Survivor
- October 18 Rebuilding Our Lives
- November 15 Coping Skills
- December 20 Surviving the Holidays
- January 17 Negative Self-Talk

You must come on time! No one admitted after 6:15 pm so group process will not be disrupted. The room is usually available starting at 5:30 pm.

THANK YOU for your Generous Support

Alice Willard Dorr Foundation	George A. Ramlose Foundation
American Family Insurance (matching employee gift)	Good Vibrations
Anna B. Stearns Charitable Foundation	Hartley Corporation
Bank of America	Harvard Memorial Church
Basil Tree Catering	High Point Community Foundation (STP*)
Bay State Federal Savings Charitable Foundation	Foundation M
Boston Sisters Convent	John Donnelly Trust
Brookline Food Coop	Lovin' Spoonfuls
Bushrod H. Campbell and Adah F. Hall Charity Fund	Marion L. Decrow Memorial Foundation
Cambridge Savings Charitable Foundation	Marsh & McLennan Companies matching grant
Cambridge Community Foundation	Mass Cultural Council (STP*)
Cambridge Trust	Mass Peace Action Education Fund
Cummings Foundation	MIT - Vagina Monologues
Cambridge-Agassiz-Harvard (CAH) Fund	Puffin Foundation Ltd (STP*)
CCTV Cambridge	George Ramlose Foundation
Community Cooks	Resist (STP*)
East Boston Savings Bank	Sheraton Commander Hotel
East Cambridge Savings Bank	Springfield College (STP*)
Flatbread Somerville	State Street Foundation - Matching Gift
Flushing & Batavia Foundation	Steele Family Foundation
Foley Hoag Foundation	Susan A. and Donald P. Babson Charitable Foundation
Food for Free	The Philanthropy Connection
Foundation for Financial Planning	STP* = Survivor Theater Project

Consider Supporting Us However You Can:

1. Make a donation online or via mail

Donate online via Network For Good.
 Visit our website cambridgewomenscenter.org
 OR directly to <http://bit.ly/DonateToCWC>

Mail in checks made out to "Cambridge Women's Center"
 The Women's Center
 Attn: Judy Norris
 46 Pleasant Street
 Cambridge, MA 02139

2. Purchase items off our Amazon Wishlist

Purchase supplies that aren't normally donated such as handwarmers, spices, towels, printer ink, and art supplies. Visit our website OR go directly to <http://bit.ly/WishlistCWC>

3. Donate Supplies to the Center

As a shoestring budget operation, we are always interested in accepting donations of fall/winter clothing that is clean and in good condition, kitchen and food, office, art, and household supplies.

Please visit our website at www.CambridgeWomensCenter.org for a complete list of items we are currently accepting. If you have a large donation, please call in advance to confirm space availability.