Dear Friends of the Women’s Center,

It’s time to celebrate! The Women’s Center turns 40 this year, and we are definitely in a festive mood, proud of what the Center has accomplished in this time, hopeful for our future, and, yes, a little nostalgic about our past. The March screening of the incredible film “Left on Pearl” was inspiring to the entire sold-out crowd at the Brattle Theater. It was a vivid reminder of the Center’s origins in the struggle for social justice and its dramatic beginning as a protest march from Boston to Cambridge, culminating in the audacious act of taking over a Harvard building. I can’t remember when I’ve been so moved or energized. If you’re unfamiliar with our amazing story and the climate of the times, please check out the Our History link on our website, www.cambridgewomenscenter.org

As you know, the Women’s Center is not a high-profile organization, even by non-profit standards. The Women’s Center is here in order to help women and to be a space where women can support and empower each other. The Center does this day after day, year after year, quietly changing women’s lives and prospects for the better. Hundreds of volunteers work with Ming, our Center Coordinator, to keep it running.

We don’t receive huge grants from foundations and corporations or any state or federal funding. Much of the money we use to operate comes from friends, supporters, and community members like you, who know the value of the Center and want to ensure that it continues to strengthen women through these hard times and those to come.

Picture all the women whose lives the Center has touched over the last forty years, walking together – what a march that would be! What a powerful river of women would wind through the streets of Cambridge! In this fortieth anniversary year, we ask that you stand together with us in spirit – share your memories with us, stop by for a visit, attend the celebration evening on October 1st – and please give as generously as you can to help the Center keep doing what it does best.

The Women’s Center’s role in women’s history is undeniable, but our work is far from done. Let’s build on our forty-year legacy together.

In sisterhood and solidarity,
Laura Cherry
Women’s Center Board of Trustees

### WISH LIST

- Gift certificates for Target, Tags, Staples, Office Max, Drug Stores, Supermarkets, Home Depot, etc.
- Printer & copier paper
- Garden Hose
- Postage Stamps
- Toner cartridges HP 05A (CE 505A) for computer labs
- Coffee, tea, hot chocolate, sugar, honey, cream, milk, butter
- USB sticks/flash drives
- Headphones (for computer use)
- Good flat monitors 17” or larger
- Non-scented liquid hand and dish soap
- Food containers, food storage bags
- Large kitchen trash bags (13 gal)
- Paper towels and toilet paper
- Mailing labels (30/p, eg: Avery 5160)

### Computer Tutoring /Training Volunteers Needed

Share your computer savvy during computer lab drop-in hours and by arrangement. Women usually need help with basic computer skills, such as using email and the Internet, understanding how to organize documents or navigate the operating system, MS Office applications, social networking sites, and Craigslist.

We are especially looking for someone to be here 6-8pm one night a week, or every other week, but also need daytime volunteers (weekdays or Saturdays). Please call Ming at 617-354-6394 x17 or go to our website to download the volunteer application: [http://www.cambridgewomenscenter.org/getinvolved/volunteer.html](http://www.cambridgewomenscenter.org/getinvolved/volunteer.html). Then email it to Ming at ming@cambridgewomenscenter.org.

We look forward to hearing from you!
March 6, 1971 — March 6, 2011
40 Years of Celebrating Women

40 years ago, at the end of an International Women’s Day march, hundreds of women entered and took over a Harvard-owned building, proclaiming it a women’s center. They occupied the building for 10 days. The remarkable action was captured in the documentary film “Left on Pearl,” which was screened at the Brattle Theater on March 6, 2011, the fortieth anniversary of the take-over.

Before the film screening, the Women’s Center honored our dramatic beginning with our own march from the Women’s Center to the Brattle Theater, taking our first step(s) in celebrating our fortieth year! The marchers included many women, supportive men, Lila, the daughter of Laura Cherry, a Board member, Laura, and all the other Board members: co-chairs Judy Norris and Susan Noonan-Forster, Latanya Duncan, and Nancy Horwitz. Other marchers included Ming Chang, Center Coordinator, Elaine Westerlund, Incest Resources’ co-founder and volunteer fundraiser for the Center, and volunteers Ann Lynch and Sarah Scammell. Sarah and Ann created the posters we carried as we walked up Massachusetts Avenue and Brattle Street to the Brattle Theater.

We then watched the film! “Left on Pearl” celebrates the women who courageously took over 888 Memorial Drive. It is a story of women finding themselves, discovering their own power and strength, and taking personal risks to establish a place for women to support each other and work together to create a more equitable society. And here we are now — forty years later — the longest continuously running Women’s Center in the United States! The founders’ legacy lives on as we work to maintain and enhance an empowering, supportive space where all women can find resources, community, and encouragement and where women work together for social and economic justice. As throughout our history, we learn as we go - making mistakes, making waves, finding our way. There are many ways you can be part of the unfolding story - your involvement is not just welcome, but necessary!

The celebration of the Women’s Center’s 40th anniversary continues. We invite you to join us on October 1, 2011 at First Church, 11 Garden Street, Cambridge at 7:00 PM for an evening of inspiration, entertainment, and fun.
Boston Slut Walk

How do you tell your mom you're going to an event called the Boston Slut Walk? I wanted to tell her because my picture was taken. Maybe some of the photographers work for the media. Maybe my mother will see my picture in the newspaper. So I should tell her first. But how?

This march advocated the right of women to be safe, no matter what we're doing, no matter how we're dressed. I feel passionate about this. We all deserve to be safe from sexual assault, whatever our life choices are. So I knew I wanted to be involved.

There were more than 200 participants (including several Women’s Center volunteers), creative signs, meaningful slogans, fantastic energy, inspiring speakers, and dynamic workshops. I was so proud to be part of it! I loved going to an event that was not just political, but also fun. And at the same time, being out in public with women wearing “provocative outfits” reminded me of how cautious I am of my safety as a woman in the city, especially when walking late at night.

So, what did I say? I said "Mom, I was at this exciting event I want to tell you about to promote rape awareness. It was called the... Boston Slut Walk." She paused, then responded, "Good, sweetie. That's important." Sigh of relief.

For more information, visit these links. The first is to a video of the keynote by Jaclyn Friedman. It is a hard look at why and how we should reclaim the word “slut” and includes explicit language. The second link shows pictures of the protest: images that capture what it was like to be at the event as well as its playful spirit.

www.fistwavingfeminism.tumblr.com/post/5299070120/
jaclyn-friedman-at-slut-walk-boston
and www.flickr.com/photos/31167233@N08/
sets/72157626545202061/

~Honey

Cambridge Historical Commission Grant to the Women’s Center

The Women’s Center applied for an Institutional Preservation Grant from the Cambridge Historical Commission in June 2010. On July 9, 2010 we were notified that the Commission had granted our request for window restoration, installation of storm windows, and miscellaneous exterior repairs. The notification from the CHC required five contracts to be signed by the City Solicitor, the Executive Director of the Historical Commission, the City Manager, and three members of our Board of Trustees.

Before we could begin we were required to get and submit multiple bids on all the work, which then had to be reviewed and approved by the CHC. This took quite a bit of time, but we have finally been able to get started. We are now replacing deteriorated clapboard, trim, molding, soffits, and thresholds. After this work is done, we can begin staining the house and painting the trim. The staining/painting is not covered by the Historical Commission. We are very grateful to a generous anonymous donor who has pledged $6,000 for this work, which will cover half the cost. If you would be willing to support this project, that would be AWESOME! Send in your contribution or email judy@cambridgewomenscenter.org

After the painting is done, we will use CHC funds to replace all existing storm windows with Tru Channel black Low E storm windows and to replace the back storm door. Next on the agenda is the restoration of the 33 original windows, which is the costliest of all the work that the grant will cover. Window Woman of New England will do all of this work at her workroom in Peabody. She will restore about eight windows at a time, and then reinstall the restored windows and take out the next eight. We are so excited to be able to make these important improvements, which will make a big difference in the building’s energy efficiency, appearance, and long-term health, make it less drafty, and simplify opening and closing windows. Thank you Cambridge Historical Commission!

~Susan-Noonan Forster, Co-Chair, Board of Trustees

Survivor Theatre Project Spring Tour

Survivor Theatre Project recently toured its performance, "Memories of Trees," calling on survivors and allies to break the silence around sexual violence in their daily lives. “Memories of Trees” is a multimedia play about surviving sexual violence, overcoming burden, and finding liberation. It is an intricately woven tempest, beautifully written and performed by survivors themselves. Recovery Learning Communities (RLC) in Quincy, Worcester and Framingham invited Survivor Theatre to perform the piece and facilitate community dialogues on sexual violence during the month of April. The RLC creates conditions that support recovery at both the individual and community level through trauma-sensitive peer supports and the development of a regional network. Performances at the RLC brought survivors in the audience to talk openly about their abuse, and allies to reflect on new understandings of sexual violence and what it must be like to be a survivor. The final line of the play, "How will you live now?" places an undeniable challenge, and hope for the future, at the feet of each audience member.

Survivor Theatre Project Touring Company will be traveling to Chicago to perform “Memories of Trees” and teach theatre workshops at the Theatre and Pedagogy of the Oppressed Conference in July. They are actively seeking funding to support their trip. Contact Melissa at survivortheatreproject@gmail.com to help. More info on STP can be found at www.survivortheatreproject.com.

~Melissa

How Will You Live Now?

Survivor Theatre Project Touring Company will be traveling to Chicago to perform “Memories of Trees” and teach theatre workshops at the Theatre and Pedagogy of the Oppressed Conference in July. They are actively seeking funding to support their trip. Contact Melissa at survivortheatreproject@gmail.com to help. More info on STP can be found at www.survivortheatreproject.com.

~Melissa
Art Groups


We have done a little bit of everything in the art groups over the past year. The Women’s Center has free art groups that are open to anyone. No experience is necessary to come. From 10 A.M. to 12 P.M. we have Beading (on Mondays), Painting and Drawing (on Tuesdays), and Sewing (on Wednesdays).

It has been a real pleasure helping organize the art groups. I have been amazed at how generous the community has been. We received donations of paints, watercolor paper and canvasses, sewing machines and fabrics. In addition, the Cambridge Arts Council awarded us a grant to buy some additional supplies.

I have loved being in the art groups because it is such an inspiring and supportive environment. Many women have come in with little or no experience painting, beading, or sewing. Everyone helps each other and provides moral support as we go on our creative adventures! Please come join us in any of the groups, if you are interested. It is a very welcoming environment!

~Liz, group facilitator

Monthly Luncheon

The women's luncheon is a great time for people who frequent the center to get together and talk about issues that impact their lives, as well as to listen to the stories that have brought other women into this community. It is one of the rare times when many of us can put aside our demanding individualistic concerns, tune out noise from the outside world for a while, and partake of a communal event that facilitates open communication and empowerment. It is an important time for shared experience, because women in this community come from so many different kinds of backgrounds. We need a time when everyone can come and have a seat at the conference table. It is important that everyone gets a chance to let others in on who they are, where they come from, and where they want to take their lives. The sense of community created is wonderful, and the salads are not bad either.

~Lisa

On-Going Groups

- Battered Women’s Support Group (Every Wednesday, 7-9pm, except the 3rd Wednesday)*
- Beading Group (every Monday, 10am-12pm)
- Drawing & Painting (every Tuesday, 10am-12pm)
- Drop-In Computer Support for Women (every Tuesday, 2-4pm)*
- Incest Resources’ Drop-In Discussion Group for Survivors of Child Sexual Abuse (September through June, 3rd Fridays, 6-7:30pm)
- Ladies, Let’s Talk About It—Women’s Narcotic Anonymous (NA) Meeting (Thursdays, 6:30-8pm)*
- Lesbian Chat (1st and 2nd Fridays, 6:30-8pm)*
- Lesbian Connection (3rd Fridays, 6:30-8pm)*
- Monthly Theatre Arts Workshops (one Saturday/month, 1:30-3pm)*
- 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*
- Board Meeting (monthly, call for dates, 5:30-7pm)
- Women & Media (Film Screenings on the 2nd and Discussions on the 4th Saturdays, 12:30-2pm)
- Writer’s Circle (2nd Wednesdays, 7-8:30pm. No meetings in June, July, and August)

New Groups

- Health Group (4th Thursdays, 12:30-1:30pm)*
- Luncheon at the Women’s Center, 12-1:30pm (monthly) - check calendar on our website for dates*
- Urban Mamasong Café (3rd Saturdays, 12-2:30pm)
- Vocational Support Group (4th Saturdays, 11am-12pm)

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

Health Group

Do you ever wonder how to increase your strength and energy? Come hear about ways to tap into your natural sources of energy and improve your strength and well-being. This support group is facilitated by Pat Maher, Nurse Practitioner, Cambridge Health Alliance. It is held every 4th Thursday of the month, 12:30-1:30PM, in the living room. Info: pmaher@challiance.org
Volunteer Corner

I was unsure of what to expect when I first walked into The Women’s Center, but after the interview and the training, I learned how it is more than just a house for women to walk into Monday through Saturday. It is a place where women are able to share a general space to empower each other in their own ways. The helpline, which I was involved with the most, was a different space women could communicate through. Although I was only there for two hours out of my week, just being there seemed like a different world. I explicitly heard the troubles some women must endure, while realizing just how fortunate I am for having friends and family to go to for support. These women need someone to listen to them, and the helpline is a great resource for any woman to just express herself without judgment or criticism. Volunteering at the Center has taught me how to use these skills and also created an opportunity for me to interact with women from all walks of life.

~Lynn

Conflict Resolution

Although difficult to deal with at times, conflict is a common occurrence between and among people. It need not always be a negative—in fact, conflict can be very constructive. And it can be managed. Board member Nancy Horwitz, who also works as an Executive Coach and Human Resources Consultant, presented several recent workshops on this topic at the Women’s Center. Participants included a mix of volunteers, community members, and first time Center visitors.

During these interactive workshops participants had an opportunity to reflect on their own perceptions and experiences with conflict and learn tools and strategies to better manage it. We learned that differences are often the driver of conflict—differences in perceptions about how we see a situation and differences in our backgrounds and experiences. A lack of understanding/empathy and dissimilar goals/expectations frequently make resolution difficult. Conflict can be destructive/negative when it creates dysfunctional behavior, when it polarizes groups, when it destroys morale. It can be constructive when it leads to open dialogue, when it builds cohesiveness, when it relieves tension. Among other things, we discussed different ways to respond to specific situations—and when/how to use each.

The participants walked away with a greater feeling of empowerment that they can, in fact, deal with conflict better—having learned multiple approaches to use rather than continuing the less effective patterns used in the past. Overwhelmingly positive feedback included: “I would absolutely recommend this workshop, as you really learn new skills to be able to better resolve issues” and “The open format/interactive style worked particularly well and allowed for a very full and rewarding workshop.” For more information or to express interest in attending a future workshop, contact Ming at ming@cambridgewomenscenter.org.

~Nancy
There are lots of great ways to volunteer at the Women’s Center. Be a listening support on the helpline; facilitate a group, workshop, or training; do childcare for attending mothers; work on events; help with gardening; do painting, building repairs, and more.

Join us and put your talents to good use!

Mark your calendars and spread the word – we’ll be celebrating the 40th Anniversary of the Women’s Center on 10/1/11 at the First Church at 11 Garden Street, Cambridge, near Harvard Square. So many of us have had a hand in keeping the Women’s Center going, so many others have benefitted from its existence – let’s get together and enjoy! Hope YOU can come.

And if you would like to help make the evening a big success, that would be fantastic!

- Help with the Program Booklet in various ways:
  - Lay-out and design
  - Seek out ads (local businesses, organizations, people)
- Create event poster and flier
- Contact Media (send Press Releases, Public Service Announcements, etc.)
- Work on a timeline/display/retrospective of our 40 year history
- Request or Donate Free Stuff:
  - Donations for a Silent Auction
  - Food and/or drink (beer/wine/soda/juice) for the event
- Decorate/prepare the space (early evening on Saturday, October 1):
  - Set up food and drink areas and a table and chairs for accepting & selling tickets
  - Set up Silent Auction (items, descriptions, bidding sheets for each)
  - Create signage (prices for food, drinks; acknowledgement of food/drink donors; etc.)
  - Hang a huge sheet on a wall for people to write whatever about the Women’s Center
- Do childcare, if needed, at the event
- Something else you think of?

Please contact Ming at 617-354-6394 or ming@cambridgewomenscenter.org or go to www.cambridgewomenscenter.org, click on “GET INVOLVED” and then “Volunteer” Download and fill out a volunteer application!

Thank You,
Blue State Coffee!
The Women’s Center has been selected as one of the local non-profits Blue State coffee shop supported the last 2 quarters! Check out their store at 957 Commonwealth Ave, Boston (near Boston University)

**40th Anniversary Event -- Saturday, October 1-- 7pm**

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What a night!
The evening of Saturday October 1 brought together supporters and community members from throughout the Women’s Center’s long and eventful history. We laughed, we talked, we ate and drank, and we joyfully celebrated all that the Center has accomplished. Highlights of the program included an excerpt from “Left on Pearl,” a remarkable film about the founding of the Women’s Center, by the 888 Women’s History Project; amusing memories of the Center’s first days from a panel that included two founders; moving testimonials from past and current participants in the life of the Center; an appreciation of all past and present volunteers (the audience was teeming with volunteers!); an eloquent request for “Ensure the Future” donations, accompanied by a very generous pledge; and wonderful music by Wendy Sobel, Melissa Cartoun, and Carol Botreau.
The event, which also featured a silent auction, was a successful fundraiser for the Center (over $6,000) as well as an opportunity for many of us to gather, reflect, and have fun. Thank you so much to all who donated money, services, food, and items for the auction, and to the volunteers who made the event possible with their time and hard work. Our collective energy and vision created an inspiring evening!
In that spirit, we share the wishes collected on the 40th Anniversary message board posted at the Women’s Center:

~ Laura Cherry, Board Member

“A volunteer sang a beautiful song today while I was in the children’s room.”
“I’m happy to be here, Happy B-Day.”
“You are beautiful, courageous, and strong. : -)”
“May All the BEAUTIFUL, Strong Women who enter be blessed with grace.”
“I enjoy talking to women at the Women’s Center and hearing their stories.”
“The emotional support line has been a life-saver for me for the past 5 yrs.”
“Live. Love. Laugh. Be Free!”
“Here I can connect and here I can grow.”
“The Women’s Center offers so much to so many. Keep up the good work!”
“A SAFE PLACE MEANS SO MUCH.”
“You Are Loved!”
“Blessed be!”
“I’m happy to be a part of the WC community.”
“Thank you to all who share this space. Happy 40th Anniversary to us!”
THANK YOU, Elaine!

We want to express our endless gratitude to Elaine Westerlund for devoting enormous amounts of time to fundraising over the past 5 years. In August of 2006, with only $3,000 in the bank, no investment portfolio, and an $80,000 debt incurred by the Board at the time, the Women’s Center was on the precipice of closing. An Interim Board was formed, which Elaine joined, and drastic budget and staff cuts were made to keep the Center alive. In December of 2006 Elaine agreed to work on fundraising, first helping to write the year-end appeal (luckily there was money in our bulk mailing account to cover the postage), and then working on grant applications, foundation research, budgets, thank you letters, and making sure information about funding sources, grants written, grants funded, etc. was updated and well organized. This turned out to be more than 20 hours/week of volunteer time, squeezed in around her work as a psychologist; taking care of her mother (now 96 years old); running Incest Resources; planning and facilitating her Friday night group for survivors; and helping the Survivor Theater Project and the Survivor Quilt Project thrive. In the fall of 2010 she put great effort into producing the incredibly successful Incest Resources’ 30th Anniversary event.

Elaine’s steadfast appreciation of and commitment to the Women’s Center and to providing a wide array of healing and empowerment options to survivors boggles the mind. We give our heartfelt thanks to Elaine for stepping up at the most critical of times and for giving so much of herself for so long to increase the Women’s Center’s stability and impact. We are so glad she will continue to be involved through Incest Resources, her group for survivors, and more. Thank you so much, Elaine!

~ Susan, Judy, Nancy and Laura, Board of Trustees

SEEKING NEW BOARD MEMBERS

Interested in giving time and energy to helping the Women’s Center move forward and meet challenges that lie ahead? If you value the Center, have time and energy to contribute, and might be interested in joining a working Board that meets monthly, please write to tell us a little about why you might like to join, etc. Please write to: board@cambridgewomenscenter.org or Board of Trustees, Women’s Center, 46 Pleasant Street, Cambridge MA 02139.

WOMEN’S CENTER JOB OPENING

We are looking to hire a part-time fundraiser (20 hours/week). Responsibilities will include raising funds from corporations, foundations, and individuals; keeping well-organized records; giving quarterly financial reports to the Board; researching potential funders; and sending acknowledgements. Applicants should have strong computer skills, including experience leveraging social networking applications such as Facebook and Twitter; be detail-oriented, conscientious, and efficient; have excellent organizational, writing, and time management skills and the ability to multi-task. Applicant should be able to work well independently and with others. Undergraduate degree required and prior relevant fundraising experience strongly preferred.

Please send a letter of interest and resume to: Board of Trustees  The Women’s Center  46 Pleasant Street, Cambridge MA 02139-3838  or email your letter of interest and resume to board@cambridgewomenscenter.org  Deadline for applications: Friday, December 30, 2011

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 (617) 354-6394
This summer, the Center initiated a weekly trauma support group designed for trauma survivors with the goal of recovery. Many women who have endured traumatic experiences are haunted by repressed emotions (flashbacks/night terrors) and feelings of being isolated and alone. Traumatic experiences such as these cannot be repressed or forgotten. The human psyche has a remarkable capacity for recovery and even growth. The trauma group at the Women’s Center allows you to explore your feelings and memories and share your experiences with others who have endured significant trauma.

The group offers a safe space where you can work through depression and isolation by connecting with others, sharing your individual experiences, and learning how to work through the stages of recovery in an environment that is accommodating and nonjudgmental. The emotional cost of trauma is a shutdown of emotions and cognition and the group’s goal is to seek equilibrium where the trauma victim can function, reconnect, and begin to feel the emotions that guide everyday life.

The group’s concept is based on the recovery model in Judith Herman’s *Trauma and Recovery*. To accomplish these goals the group progresses through three stages of recovery: establishment of safety; remembrance and mourning; and reconnection with an ordinary life. The group meets every Tuesday from 1:30 to 3:00 p.m. on the third floor. This is a drop-in group and, registration is not required (confidentiality is respected). For more information contact Leslie Heifetz at: Lheifetz@rcn.com

~ Leslie

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The Women’s Center is going to participate in
Occupy Boston Women’s March
Sunday 12/4, noon-2pm at Dewey Square!

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My name is Christina and I suffer from PTSD or Post Traumatic Stress Disorder. My trauma is cumulative from emotional abuse from my family, coming out in society as a gay woman, and domestic abuse from my wife. I’m now going through a divorce. I receive help from medication, psychotherapy, and socializing through meetup.com. I found the Cambridge Women’s Center via the Internet last year. All the groups have great value and have only added to my well-being. I’ve made friends, have networked with others socially, and am finding value in learning I have things in common with others.

Leslie’s trauma group has helped us sort out the cause of stressors related to trauma and begin to heal ourselves. For me this group has become part of a support system to enhance my adaptation and coping.

Leslie has been great at analyzing the stressors that affect a person and suggesting ways to minimize or eliminate them. She helps those affected by trauma in clarifying and interpreting the meaning of the stressor and promotes positive coping skills.

The trauma group assists members in gaining perspective regarding their stressors and establishing relationships via a group setting. The group helps members to express their feelings including anxiety, helplessness, and hopefulness in relation to stressors.

This type of support group helps us identify the original causes of loss of control and stressors, and helps us develop problem-solving strategies. Leslie’s empathetic counseling includes lifestyle advice and ways to work on problem intervention.

The women in the group are grateful for its existence and depend on it as a life support. All of the women have reached out for a hand to pull them up. This group gives us the safe, warm, inviting environment we all need. It helps restore our dignity through the commonalities that we all share in life.

~ Christina

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Some of the Women’s Center community members participated in the Occupy Boston protest and took these pictures.
One-on-One with Nurse Pat

It is a great privilege to come to the Women's Center and have a chance to get to know the women who drop in. I have been a nurse practitioner since 1981 and have had experience and interests in many areas over the years. I am a graduate of Boston College where I received my undergraduate degree and Boston University and Boston College where I received graduate degrees. My interests are in women's health, positive mental health, and also spirituality. I am learning about natural means of healing and nutrition and always try to integrate holistic care into my work. At the Cambridge Health Alliance, I work with the Health Care for the Homeless program so I am aware of how much stress plays a role in a woman's life. I hope to offer a safe place where women can ask questions about a health issue they might be worrying about or talk about strategies to improve their health and well-being.

One-on-One with Nurse Pat meets one Thursday each month, 12:30-1:30pm. Info/Sign-up: 617-591-6731. I look forward to my time at The Women's Center and welcome all comments or ideas.

~ Pat Maher ANP BC
Nurse Practitioner, Cambridge Health Alliance

Incest Resources’ Drop-In Discussion Group for Survivors of Child Sexual Abuse

3rd Fridays, 6-7:30pm

Upcoming Dates and Topics
December 16  Family Relationships
January 20  Visibility/Invisibility
February 17  Authority Issues
March 16  Growing Up
April 20  Living in Our Bodies
May 18  Self-Care
June 15  Spirituality

Recommend Your Favorite Alternative Healers

The Women’s Center is organizing an alternative healing binder. We hope to receive your recommendations of healers in the community to create a resource for those in need.

Please submit information about your recommended practitioners and/or their business cards/flyers, and your reasons for recommending them. Sliding scale practitioners are especially welcomed! This will help empower women by giving them choices in their own healing journey.

If you have any questions, please contact Ming: ming@cambridgewomenscenter.org

SPECIAL EVENTS

Warm-Up-the-Winter Talent Show! Tuesday, 12/20, noon-1pm, with a holiday meal from Community Cooks. Please sign up for a 3-10 minute slot to showcase your talent:
- Dancing, singing, rapping, poetry reading, juggling, playing musical instruments, theatrical monologue, storytelling, stand-up comedy, performing magic tricks, and other fun activity you would like share.
- Sign-up/Info: ming@cambridgewomenscenter.org

WOMEN STANDING UP: A workshop on stand-up comedy
Come learn how to write a set, perform, and use stand-up comedy to react to and understand your world. Facilitated by comedian & theatre artist Sam Leonard. Space is limited to 8. Email survivortheatreproject@gmail.com or call 617-354-8807 for info/to RSVP.

Winter Wellness Herbal Workshop. Saturday, 12/3, 12:30-2:30pm. Come to share wisdom on how to take care of ourselves through the chilly winter months. Learn helpful herbs and simple remedies for staying warm and strong.
- Info: Kima, thethundersmouth@gmail.com

New Groups
- Support Group for Families and Friends of GLBTs. 6-7:30pm, Tuesdays, 12/13 & 12/27. Open to all women who have GLBT family members and/or friends. Suggested topics may be provided; otherwise freely discuss what’s on your mind. Info: gbtcwc@gmail.com
- Healing Through Art, Wednesdays, 6:30-8:30pm (weekly)
- Cooking with Joy, 2 Tuesdays/month, (12/6 & 13), 1-2pm. Open to all women interested in cooking with others.
- We'll make a couple of dishes and enjoy our creations at the end of the hour. No experience needed.

On-Going Groups
- Battered Women’s Support Group (every Wednesday, 7-9pm, except the 3rd Wednesday of the month)*
- Beading Group (every Monday, 10am-12pm)
- Drawing & Painting (every Tuesday, 10am-12pm)
- Drop-In Computer Support for Women (every Monday, 1:30-3:30pm and every Thursday, 6-8pm)*
- Incest Resources’ Drop-In Discussion Group for Survivors of Child Sexual Abuse (3rd 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 (1st Fridays, 6:30-8pm)*
- Lesbian Chat (2nd Fridays, 6:30-8pm)*
- Lesbian Connection (3rd Fridays, 6:30-8pm)*
- Luncheon at the Women’s Center, noon-1pm, monthly
- Monthly Theatre Workshops (one Sat./month, 1:30-3pm)*
- 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*
- Trauma Support Group (every Tuesday, 1:30-3pm)
- Board Meeting (monthly, call for dates, 5:30-7pm)
- Women & Media (Film Screenings on 2nd and Discussions on 4th Saturdays, 12:30-2pm)
- Wheelchair accessible groups; other groups accessible by pre-arrangement

* please sign up in person or call for dates and times
Support the Women’s Center Online!
Go to www.cambridgewomenscenter.org and click on "Support Us" and then "Donate Now."
You will be contributing through “Network for Good”

Volunteer Corner
Talking with the women at the Women’s Center, I feel connected. The mutual respect in this accepting environment unites all those at the Center, and the all-female setting provides common ground, leading to cooperation, safety, and empowerment. Since I began volunteering several months ago, I’ve found that, here, discrimination has no place. Women of all races, ages, socioeconomic statuses, and identities are welcomed. It is this diversity which strengthens the community, providing a structure that allows for everyone’s needs to be met. During one of my first experiences as the sole volunteer at the Center on a Saturday morning, a woman with noticeable physical disabilities came in. She requested computer access, and explained that, because of her condition, venturing down stairs was not an easy task. Because, on that busy morning, no computers were available on the first floor, it seemed this would be an issue. However, I was surprised to discover that several women gladly offered to vacate their seats and relocate to the basement. The genuine kindness and compassion demonstrated by these women was touching. It is instances such as these that make me proud to volunteer at such a supportive place.

Foundation and Corporate Support
Alice Willard Dorr Foundation
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Blue State Coffee
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Cambridge Arts Council
Cambridge Community Foundation
Cambridge Historical Commission
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East Cambridge Savings Bank
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Glass Charitable Foundation
Hartley Corporation
Harvard Memorial Church
John Donnelly Trust
John M. Sawyer Memorial Trust
Puffin Foundation
SAP, AG
TD Charitable Foundation
TJX Foundation

City Heart Art Show and Sale: Saturday 4/14/12
This is the second year of this wonderful event promoting homeless and low-income artists. We are looking for artists from the Center’s painting/beading/sewing groups. If you are interested in participating in this show, please contact Ming at ming@cambridgewomenscenter.org

Thank You!
Thank You,
Panera Bread,
Chipotle Mexican Grill,
and Starbucks!

The Women’s Center is deeply grateful for the weekly food donations provided by these businesses.

WISH LIST
- Coffee, tea, hot chocolate, sugar, honey, cream, milk, butter
- Can opener (any type)
- USB sticks/flash drives
- Gift certificates for Target, Tags, Staples, Office Max, Drug Stores, Supermarkets, Home Depot, etc.
- Printer & copier paper
- Postage stamps
- Toner cartridges HP 05A (CE 505A) for our computer labs
- Headphones (for computer use)
- Good, flat monitors 17” or larger
- Pads of textured water color paper (20” x 15”)
- Non-scented liquid hand and dish soap
- Food containers, food storage bags
- Large kitchen trash bags (13 gallon)
- Paper towels and toilet paper
- Mailing labels (30/page, eg: Avery 5160)

DID YOU KNOW:
You can also support the Women’s Center by using GOODSEARCH to search the Internet! Go to www.goodsearch.com and select "Cambridge Women’s Center (Cambridge, MA) ID: 875340" as your charity destination.

Find us on Facebook and follow us on Twitter!
The Women’s Center is on the hottest social media! You can locate us by going to www.cambridgewomenscenter.org and clicking on the facebook and twitter logos which will take you directly to our page!

Warm Up the Winter Talent Show!
Tuesday, 12/20, noon-1pm,
with a holiday meal from Community Cooks.
Please sign up for a 3-10min slot to showcase your talent--
Dancing, singing, rapping, poetry reading, theatrical monologue, storytelling, juggling, stand-up comedy, playing music instruments, performing magic tricks, and any other fun activity you would like to share.

Sign-up/Info:
ing@cambridgewomenscenter.org