2004 has been a challenging year. On a national level, Decision 2004 is over and the Women’s Center understands what’s at stake. The rights of women, the poor, and seniors are at risk. War continues to jeopardize our youth, the lives of others, and what remains of funding available to support government programs that benefit the most vulnerable. The environment takes a back seat to corporate profits. We must be vigilant, involved, and committed to change.

2004 has been tough within the Women’s Center as well. We encountered resistance to internal change. We confronted the acting out of racism, as we sought to reach and welcome a broader constituency of women. In addition, a long-term, full time volunteer retired, and four staff people attempted to absorb the work of five. Despite these adversities, our mission and our vision are not compromised.

During the past year, Women of Action, our organizing project, won another local victory for low-income families. They demanded and obtained complaint cards in the Cambridge Housing Authority Leasing and Occupancy offices (see article on page 3), providing a process for low-income families and individuals to lodge their concerns with housing authority officials. We expanded our Mother-Child Art Program, doubling the number of families we serve. We hired a new Volunteer Coordinator, Melissa Jean-Charles, and began developing a much stronger volunteer training program. Melissa also created a plan for on-going in-service trainings for our volunteer staffers, enriching the staffing experience at the Center. As a result, many volunteers started taking a more active role in other aspects of the organization.

We held our first week-long staff retreat, which culminated in a plan to engage and promote a more diverse, dynamic, and inclusive women’s community space. We re-organized our Resource Room, creating a colorful and comprehensive jobs board and a striking political education and social action board. We co-sponsored and advertised the Cambridge Anti-poverty forum organized by Cambridge Economic Opportunity Committee. We took a number of public stands on issues affecting women.

Today, the Women’s Center is more relevant and necessary than ever. Our free services, programs, and resources are vital to women. As government abdicates its responsibility to women, children, and other oppressed groups, we are determined to challenge their neglect. We commit ourselves to the struggle for social and economic justice, while continuing to provide

WISH LIST

- Air Purifier
- Dehumidifier
- Digital camera
- Desktop Computers: Pentium III or faster desktops, working mother boards & processor, Hard Drive 10GB or larger; 17” Monitors
- Merlin Telephones
- Large Coffee Maker
- CD-ROM drives & CD burners
- Electrical, Painting, and Maintenance Work
- HP inkjet toner cartridges (#45)
- Gift Certificates to Home Depot, Pier 1 Imports, and Tags
- Electric Drill and Electric Screwdriver
- Office Supplies
- Computer Tech Assistance
- Subscriptions to magazines: Z Magazine, Utne Reader, Bitch, Mother Jones, Curve, Bust, Hip Mama
- Large Straw Area Rug
- Kitchen supplies
- Hand soap and Dishwashing Liquid
- 2 or 3 Drawer File Cabinet with Lock
On Our Way
The newsletter of the Women’s Center is published 3 times per year in May, September, and December.

The Women’s Center is a non-profit resource and support center for all women and their children, founded in 1971.

Our mission is twofold:
to provide women with the tools and resources they need
to emerge from abuse, discrimination, addiction, sexism and racism, harassment, social isolation, violence, poverty, or other injustice
to challenge and change attitudes and institutions which subjugate women.

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 our wealth of free programming. All donations are tax-deductible to the full extent of the law.

For further information, contact:
The Women’s Center
46 Pleasant Street
Cambridge, MA 02139
(617) 354-8807
email: info@cambridgewomenscenter.org

Hours:
Monday-Thursday: 10am-10pm
Friday: 10am-8pm
Saturday: 11am-4pm
Helpline: (617) 354-8807

New Creative Arts Group for Black Women

The Creative Arts Group for Black Women begins on January 15, 2005. This group is for any women who identifies herself as Black or African American and wants to explore expressing herself through the creative process.

Each session will include an arts project using different media (paint, clay, collage, 3D sculpture, drawing etc.) and discussion time. Each project will be based on various themes relevant to the lives of African American women such as self-image, external and internal racism, relationships, power and empowerment.

Black Women are a creative, intelligent, loving and powerful segment of our society. Our resources are vast, and our voices are rich with meaning. Because our lives are full with the ins and outs of everyday survival, it is hard to find time to nurture ourselves through artistic endeavor and make our voices heard. The Creative Arts are an important and underused tool for communication, one that innately holds a great healing and transformative power. When we engage in the arts we communicate with ourselves, and we harness that power. When we share our art with others we communicate with the world, we expand that power.

Sharing the artwork produced in a group setting can be a very freeing way to connect with others and ourselves. It is for this reason that at the end of the session a reception will be held for all women to come and see the original artwork generated by the group. It will be a time to share, connect, ask questions and learn. We are all creative, and in allowing this part of ourselves to blossom, we foster self and social awareness, we grow.

The group will begin in January and be held on 6 Saturdays from 1:30-2:30:
- January 15th and 29th
- February 12th and 26th
- March 12th and 26th

Please let us know if you are interested in attending or supporting the Creative Arts Group for Black Women. Class is free and space is limited so register early to reserve your spot. No experience is necessary!

~ Lace Campbell, Facilitator

To register, call or email: Beyond the 4th Wall Performing Arts Studio

Sistah to Sistah Returns!

Cold wind and low temps are on the way, so what better way to stay warm this winter than with sisterhood and kinship. Sistah to Sistah, a weekly personal growth and support group for women of color, returns to the Women’s Center. In this group, we discuss various issues that impact our lives as women of color. We focus on our goals for personal growth and development and also the complexities of relationships with our families and intimate partners. We examine our identities in our community and workplaces while exchanging resources and building friendships.

This is our opportunity to create a supportive environment for creating strategies to cope with racism, sexism, homophobia and other forms of oppression that interrupt our daily lives. Join our community. Mark your calendars and don’t let nothing stand in your way!

~ Laura Baker, Facilitator

Sistah to Sistah begins Wednesday, December 4th from 6:30 to 8:30 and will meet weekly.
Looking to 2005, we welcome two new groups for women of color to our programming line up. One, Sistah to Sistah, a discussion group, focuses on topics of relevance to women of color. The other, Creative Arts for Black Women, provides an artistic outlet of expression to explore significant themes using creativity. We also introduce new personal growth workshops such as What's Next? Begin to Discover Your True Life Path, offered by life coach Inna Nirenburg. We broaden our support services with Support for Young Lesbian and Bisexual Mothers. In collaboration with the Arthritis Foundation, we offer weekly exercise classes for women suffering with arthritis.

As Women of Action (WOA) continues its fight to win housing victories for low-income women in Cambridge, we also plan to nurture both the skills and the budding activism among the children of WOA members. Our organizer, Lynn Murray, in conjunction with WOA members and childcare workers, is developing a social justice curriculum for WOA kids. We will incorporate that curriculum and some basic ASL training into our WOA childcare programming. In this way, we encourage new skills among the children of WOA members. And, we prepare for social and economic justice efforts into the next generation.

Also new in the coming year: the Center will require anti-racism training for all board, staff, and volunteers. As we challenge each other on women's issues, so too will we challenge each other on issues of race and racism. This is a fundamental and important internal change. We must be vigilant in our self examination, if we are to effectively challenge and change communities and systems outside of ourselves.

At a time when it is easy to fall prey to depression, we look forward to the gains that we might make instead. We hope that you will be with us and support us in these efforts.

~ Mary Quinn, Executive Director

This year we kicked off Women of Action's (WOA) Housing Justice Campaign, and we recently won our first victory. As members of WOA, we discussed the difficulty we experience when accessing services from Cambridge Housing Authority (CHA). We are all CHA tenants. Whether it is disrespectful service from CHA staff or lack of information when asking about deadlines, these problems further complicate our already stressful and critical situation—obtaining and keeping housing. We agreed that we needed an easy and accessible way to have these problems addressed and solved so that our needs are met and we receive the services and information we deserve. We decided that a complaint card would be a first step in documenting the multiple problems we experience, while creating CHA accountability to tenants and other individuals who are accessing services from CHA.

After several months of organizing, we demanded and won a complaint/comment card system in the main CHA Office of Occupancy and Leasing. Prior to these cards, there was no clear system, outside of the threat of eviction, for reporting and solving issues experienced by tenants and CHA housing applicants, who often feel intimidated by CHA staff. Most people seeking assistance from CHA do not have other housing options. So they need a way to safely report the problems they are experiencing without fearing their housing status will be threatened. With the complaint/comment card system in place, we now have a way to have problems addressed and a guarantee of a response within 14 days. Cards may be filed anonymously and a "no retaliation" clause is included to ensure that filing will not endanger housing status.

We are excited about the new system that allows the voices of low income women and other tenants to be heard by CHA. We will monitor the effectiveness of the card system by talking with other low-income women who file cards. To increase the accountability of CHA, those who file a complaint may request that a copy be sent to Women of Action and Cambridge Economic Opportunity Committee (CEOC). If anyone needs further advocacy in handling a housing problem, CEOC is available for individual advocacy and support.

The complaint card system is our first step in a series of organizing efforts to demand that tenants are involved in all CHA decisions that impact them. We are encouraged by our recent victory and look forward to the work ahead as we set future goals in this campaign. We invite other low income women to join our movement and campaign, organizing for housing justice in Cambridge.

~ Lynn Murray, Community Organizer

To learn more about Women of Action or to become a member, contact Lynn at 617-308-7330. Membership is restricted to low-income women.
**GROUPS**

**Monday**
- 6-7:30pm ~ Al-Anon for Women (weekly) 12/22, 12/29, 1/5, 1/12, & 1/26.
- 7:30-9pm ~ Lesbian Rap, (weekly) Topics: 12/6 - Lesbian Health Issues; 12/13 - Light in the Dark: Christmas, Hanukah, & Kwanza.
- 7-9pm ~ Putting the ‘Happy’ Back in “K; [RSVP: workshop@heywhatsnext.com].
- 7:30-9pm ~ Lesbian Partners & Ex-partners of Incest Survivors 12/20 & 1/17.
- 7-9pm ~ What’s Next? Begin to Discover Your True Life Path [RSVP: workshop@heywhatsnext.com].

**Tuesday**
- 10-am-12pm ~ Parenting Support, (weekly) Lesbian & Bisexual Mothers, ~ 12/9, 12/23, 1/13, & 1/27.
- 7:30-9pm ~ Battered Women’s Support Group, 12/1, 12/8, 12/22, 12/29, 1/5, 1/12, & 1/26.
- 7-9pm ~ Support For Young Lesbian & Bisexual Mothers, ~ 12/9, 12/23, 1/13, & 1/27.
- 7-9pm ~ Support for Queer Marriage; 12/9, 12/23, 1/13, & 1/27.
- 7-9pm ~ Writer’s Circle, 12/14 & 1/11; [info: Cassandra @ (617) 494-2695].

**Wednesday**
- 2-3:30pm ~ Women Maximizing Abilities 1/19.
- 6:30-8:30pm ~ Sistah to Sistah: Discussion (starts 12/4 and runs weekly; info: (617) 354-6394 prior to attending.)
- 10:30-11:30am ~ PACE (People With Arthritis Can Exercise Too), (starts Wednesday, 1/11 and runs weekly).

**Thursday**
- 6:30-8:30pm ~ Healing & Art for Trauma Survivors, 12/9, 12/23, 1/13, & 1/27.
- 6:30-8:30pm ~ Women of Action Open Mike, 12/2 & 1/6 [Must call Lynn at (617) 354-6394 prior to attending.]
- 7-8:30 ~ Lesbian Buddhist Book Group, 12/2 & 1/6 [Book: *Insight Dialogue* by Greg Kramer].

**Friday**
- 6-7:30pm ~ Incest Resources Facilitated Discussion for Survivors of Child Sexual Abuse, 12/17 topic: Family; 1/21 topic: Distorted Thinking.
- 11am-1pm ~ Coming Out Open Discussion for Women of All Ages, 12/4, 12/18, & 1/15.
- 11am-1pm ~ Women of Action, 12/11, 1/8, & 1/22. [Must call Lynn at (617) 354-6394 prior to meeting.]
- 2-3pm ~ Creative Art Class for Black Women, 1/15 & 1/29

**Saturday**
- 11am-1pm ~ Coming Out Open Discussion for Women of All Ages, 12/4, 12/18, & 1/15.

**New and Featured Activities**

**Creative Art Class for Black Women:** For women who identify as Black or African American. A series of 6 classes to explore creativity and themes relevant to the lives of African American women. RSVP to Lace at (617) 868-9900

**Eating Disorder Support Group:** Join others dealing with eating disorders. Gain support and discuss body image. To register: bethiecpa@hotmail.com

**Mother--Child Art Classes:** Series of 10 free classes for young children (2-4 years old) with their moms. Children explore creativity and develop fine motor skills, while painting, sculpting, and drawing. Register at (617) 868-9900.

**Putting the ‘Happy’ Back in “Happy Holidays”:** Workshop by Inna Nirenburg, Life coach. Identify ways to handle holiday stress, while creating a plan of action to better enjoy the season. Register: workshop@heywhatsnext.com

**Sistah to Sistah:** Begins December 4th Discussion group for women of color. Join us as we discuss issues relevant to our lives, such as racism, oppression, family, and nurturing relationships. Info: (617) 354-8807.

**Support For Young Lesbian & Bisexual Mothers:** Join other lesbian and bisexual mothers in discussing the challenges and unique issues that arise while raising children. Info: (617) 354-8807.

**What’s Next? Begin to Discover Your True Life Path:** Interactive workshop by Inna Nirenburg. Jump start your creativity to discover possibilities and solutions in your life. Info: inna@heyWhatsNext.com

**Women’s Center Holiday Schedule:**
December: the Center closes at 10PM on Thursday 12/23 and reopens at 10AM on Tuesday, 12/28. The Center closes at 4PM on Friday, December 31 and reopens at 10AM on Tuesday, 1/4. January: the Center is closed on Monday, January 17 in

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Snow Policy: The Women’s Center is closed whenever the City of Boston or the City of Cambridge declares a snow emergency.
Ahh, it's that time of year - cozy and loving family get-togethers, peaceful evenings spent in the company of loved ones, the joy of the season permeating all your pores. You sit by the fire, sipping a perfectly-spiced steaming mug of cider, and smile at your angelically well-behaved child. You think to yourself, if only this season could go on forever...

What? What's that you say – this doesn't sound like your life? Are you more used to frenetic rushing, fear of familial judgments, unending insanity and hurt feelings, and non-stop bickering? Did the turkey burn, the in-laws create a scene, and that angelically well-behaved child track mud all over your newly upholstered couch?

Have no fear! Come join us for an inspiring, informative, and possibility-filled evening where YOU get to consciously create your holiday season. Are you ready to infuse the "happy" back into your "happy holidays"?

In this workshop you will:
- Look at just what it is that makes this time of year so stressful for you
- Identify specific, manageable, and effective ways to handle these stressors
- Create an action plan and safety resources to help you be your best inside and out during this season
- Actively and purposefully create a new reality of what the holidays can be - a time of connection, joy, friend ship, love, and sharing - as something to be truly thankful for

And don't miss Inna's January 24th workshop, back by popular demand and just in time for the new year: "hey! What's Next? Introduction to Your New Life Direction".

~ Inna Nirenburg, Facilitator

About the Presenter: Inna Nirenburg is a powerful, grounded and insightful life coach and workshop leader. Trained at the Coaches Training Institute, she uses her wisdom and intuition to help her clients answer the question "What's Next?" in all areas of their lives, and to find meaningful work. For more information, see http://www.heyWhatsNext.com.

Blue, a friendly woman who often cooks in our kitchen, welcomes you to try her Island Blend Potato Salad recipe. This recipe was a childhood favorite in her home state of Hawaii. Her mother cooked it for her entire family and all enjoyed. Now it is yours to enjoy!

Ingredients:
- 5 lb. Bag Potatoes, peel and cut
- 4-5 Eggs
- 1 Single Medium Size Celery, Diced
- 1 6 ounce can Tuna
- 1 Small Onion, Diced
- 1 Can Large Olives, Pitted, Whole
- Mayonnaise, Salt, Pepper, Mustard, and Relish

Preparation Instructions:
Boil Potatoes, Eggs. Dice both after boiling. Put into large bowl. Add remaining ingredients. Toss. Add mayonnaise, salt, pepper, mustard, and relish to taste.

~ Melissa Jean-Charles, Volunteer Coordinator

The Women's Center is in need of daytime volunteers & interns to staff our Helpline. The Helpline is an extension of the work we do at The Women's Center: connecting with women, providing peer support, and serving as a resource for numerous topics. To learn more about volunteering at The Women's Center, please contact Melissa at 617.354.8807

~ Melissa Jean-Charles, Volunteer Coordinator
Eating Disorders affect a large number of women in the United States. The statistics indicate that approximately 7 million girls and women struggle with eating disorders and 15% of young women have some kind of disordered eating patterns. From these findings, it is clear that there is a tremendous need for support and counseling against this widespread disease.

When dealing with a sensitive issue such as women’s bodies, women are reluctant to share this debilitating illness with anyone and feel alone. That is why it is imperative for women with eating disorders to have a safe place to come together, get support, and fight against this disease together.

We are so thankful to now have the comfort and support of the Women’s Center. During the fall, the Women’s Center introduced the eating disorder and body image support group for women of all ages struggling towards recovery. We meet weekly to gain support and feel strengthened by their peers. The group’s purpose is to help those who are fighting for recovery. With the safe and supportive community at the Women’s Center, we no longer feel isolated, without anyone to express our pain to.

~ Beth Mann, Facilitator

For more information about this group, please contact Beth, group facilitator, at bethiecpa@hotmail.com. The group is currently closed, but will open periodically during the year to new members who have registered with Beth.

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On Thursday, October 28th, author of “The Woman’s Belly Book: Finding Your Treasure Within”, Lisa Sarasohn descended upon The Women’s Center to give a reading from her book as well as show several exercises that focus on the power of the belly. Sarasohn, who has been touring the United States, just came back from speaking at a group of Harvard students about body image. In her workshop, Sarasohn demonstrated several belly breathing exercises combined with the yoga poses to encourage participants to get in touch with their belly. She speaks of the belly’s power in unleashing creativity, augmenting sexual pleasure, enhancing intuition.

Though the Women’s Belly Book is not a book that focuses on eating disorders, it does promote a healthy body attitude. Sarasohn maintains that there are reasons to love your belly. Sarasohn book has been labeled as an empowering book by authors within the body and mind industry. Her workshop was a fun exploration of the belly, the breath, and a healthy perspective.

~ Melissa Jean-Charles, Volunteer Coordinator


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Yes, I want to support the Women’s Center!

Enclosed is my tax-deductible donation of: ___$500 ___$250 ___$100 ___$50 ___$25 other $ ____

___ My donation is in honor of: (name)___________________________________________________________
(address)_________________________________________________________

Name _________________________________________________________
Address_________________________________________________________
City_______________________ State_____ Zip Code___________________
Phone_____________________ Email________________________________

Checks payable to The Women’s Center. To: Women’s Center, 46 Pleasant Street, Cambridge MA 02139
If you’d prefer to be taken off of our mailing list, please check the following box and return □
The Women’s Center Springs Into Summer 2004

This spring, the Women’s Center introduces a new atmosphere — celebrating the lives, victories, and voices of women.

As you enter the Center, you are greeted with music, the aroma of brewing coffee, and snacks. On the first floor, magazines, newspapers, and other publications are available for your perusal.

Upon arrival, you are offered a copy of the new Women’s Center Guide and Guidelines, a pamphlet designed to assist you in accessing our programs and services. The guide provides a layout of the building, a description of each program, guidelines for utilizing the Center, our philosophy statement and mission.

The Women’s Center is building a stronger sense of community and a celebratory community environment. As we broaden our constituency base, we are incorporating different cultures and styles of both healing and celebration. For example:

Some women prefer quiet, uninterrupted space for healing. Others heal through laughter, lively conversation and activism. We honor and provide space for both.

Our Resource Room has a new look. Thanks to a donation from Bose of Burlington, our resource and referral information now rests within two beautiful new cherry bookcases. In addition, an entire wall is designated to political issues affecting the lives of women. We encourage all to get involved and make a difference!

Soon, the Women’s Center will begin holding community forums twice per year. The forums will provide an opportunity for women in the community to share their ideas and feedback with the Women’s Center board and staff. Watch for an announcement in our monthly calendar.

In the Fall, we hope to begin a 40 hour, state certified training program for all of our Hotline volunteers. This new approach promises to enhance our Hotline services. It also will provide stronger professional development for our dedicated volunteers.

At a time when there are more attempts to restrict our rights—especially women’s and immigrant’s rights, the Women’s Center stretches to meet the growing challenges. We continue providing a refuge of healing, laughter, and activism. The Center fosters critical thinking and, when necessary, dissent.

We welcome you to visit the Center and participate in the new and exciting changes to our programming. Together, we inspire one another in the pursuit of justice and celebration of all women.

~Mary Quinn
Executive Director

WISH LIST

- “White Noise” machine
- Set of kitchen knives & storage block
- Dehumidifier
- Digital camera
- Desktop computers: Pentium III or faster desktops, working mother board & processor
- Monitors: 17” or larger
- Hard Drive: 10 GB of capacity or larger
- CD-ROM drives & CD burners
- HP inkjet toner cartridges (#45)
- Gift Certificate to Home Depot
- Closet organizing storage bins
- Office Supplies
- Printing/Copier Paper (white and colored)
- Subscriptions to magazines: Z Magazine, Utne Reader, Bitch, Mother Jones, Parenting Magazine, Colorlines, Curve, Bust, Hip Mama
- Magazine rack
- Dishwashing detergent
- Hand soap (liquid)
- Herbal tea, coffee, cookies, crackers, and sugar

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9) Foundation & Corporate Support
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11) Women Say ‘NO’ to Dieting continued...
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Helpline: (617) 354-8807

From the Desk of the Fundraiser

One afternoon at a local coffee shop, a woman came to my table and introduced herself as someone who had met me at the Women’s Center. I remembered her immediately. She came to the Center a few months before desperate for emergency shelter and peer support. I happened to be the person staffing the Helpline and assisting women in the Center. I helped to set up a phone interview for her at a long-term shelter for women. I did not see her leave the Center that day, and wondered if she was able to obtain shelter.

Over coffee, she told me that she did get into shelter that day. She shared with me that when she came to the Women’s Center for help, she had no where else to turn. Now, she has housing and attends a support group to heal from the trauma that she experienced. She thanked me for assisting her saying, “no one had ever cared enough to help me before.”

Everyday, the Women’s Center empowers women with life-changing assistance and support. When women connect with the Center, they obtain resources and services that foster healing and activism.

It is your support that makes this work possible. Join us this spring with a generous tax-deductible donation to the Women’s Center. Your contribution makes a real difference in the lives of women.

~Nicole Marcotte
Development Coordinator

Introducing Melissa Jean-Charles

Allow me the opportunity to introduce myself as the NEW volunteer coordinator for the Women’s Center. I took on the position on April 26th and have been smiling since.

My walk into working with women began with the Association of Haitian Women of Boston (AFAB). At AFAB, I became a member of the Haitian Roundtable on Domestic Violence, which provides outreach, education, prevention, and crisis intervention of domestic violence in the Haitian Community.

I was attracted to the Women’s Center because of its mission and dedication to providing women with the resources to emerge from trying times. Not only is the Women’s Center a testament of sisterhood and human love, but also a witness to the power we have as women. We live in a world where women are homeless, cannot get health care, are raped, beaten- exhausted from all that bombard them. It warms my soul to know that there is a place where women can come to heal. To quiet down after the emotional storms have passed and learn to harness their power as incredible beings.

Every day I come to work, I am overwhelmed with hope, pleasure, and pure joy. I am reminded of a quote by Margaret Mead saying, “Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has.” This is what the Women’s Center is all about: a small group of committed women, dedicated to making a change.

I look forward to being a voice, a force, a guide, and a friend here. I look forward to continuing my walk with the Women’s Center.

~Melissa Jean-Charles
Volunteer Coordinator
The Women’s Community Wants YOU!

When you join the Women’s Center as a volunteer, you are plugged into a vibrant community of women. As a volunteer, you will
- Provide peer support to women in crisis
- Update critical resource information
- Develop your political analysis
- Connect to your own power!

Why wait any longer to get involved in what is sure to be an amazing experience? Our summer volunteer orientation begins June 19th, 2004. To sign up for the orientation or learn more about our volunteer opportunities, please contact Melissa at 617-354-6394 or Melissa@cambridgewomenscenter.org.

~Melissa Jean-Charles
Volunteer Coordinator

The Women’s Counseling and Resource Center

Do you feel stuck in your life? Feeling troubled by circumstances of the past that you have not been able to resolve? Needing to find new strategies for coping?

The Women’s Counseling and Resource Center (WCRC), a volunteer collective of well-trained psychotherapists, can help. We offer women who have no or low incomes an opportunity to receive excellent individual counseling or psychotherapy by well-trained psychotherapists with graduate degrees and years of experience helping women to understand themselves and their lives.

WCRC is located at the Women’s Center. For more information, please call the WCRC at (617) 492-8568. You may leave a confidential message on our voicemail and a therapist will return your call as soon as possible within five to seven days.

~Women’s Counseling and Resource Center

Gaining Strength and Hope from the Battered Women’s Support Group

The Women’s Center’s Battered Women’s Support Group has been one of the most memorable and supportive groups that I have ever belonged to. It was extremely supportive and very helpful to me at the most difficult time in my life.

When I first attended this group back in 1999, I had been a victim of physical, emotional, and mental abuse. I appeared at my first meeting with bruises all over my body, very scared and intimidated by everything and everyone! It even makes me sad to remember that day again. It took two consistent solid years of my life to get myself back together again.

Now, I am a very stable, highly confident, strong woman. From the tools and support I gained at the Battered Women’s Support Group, I am aware right away aware of when man is being abusive. Now, if I notice the slightest sign of abuse, which usually starts out as verbal and then escalates, I do not get involved in a relationship with that person. I will leave that relationship right away without hesitation. I keep up my protective shield to safeguard myself from getting hurt again.

I highly recommend the Center’s Battered Women’s Support Group to anyone who has ever encountered battering in their relationships. Because the group is small, every person has the opportunity share, ask questions, and learn from one another. The group facilitator is extremely encouraging. Her strength, courage, hope, and skills help battered women build other individual empowerment & strength for a much better future.

If you are experiencing abuse in your relationships, do not let a day pass without trying this group out for yourself. It’s free, so what have you got to lose? I guarantee that you will truly benefit from it as I have!

~Theresa Chern

Honor Someone in your Life with a Gift to the Women’s Center

A donation to the Women’s Center is the perfect gift for birthdays, weddings, anniversaries, or just to say thank you!

Send a contribution to the Women’s Center with a note giving us the name and address of the person you are honoring.

We send your loved one a note telling them that you’ve made a gift in their name.
**GROUPS**

**Monday**
* 6:30-8:30pm ~ Al-Anon for Women (weekly)
* 7:30-9pm ~ Lesbian Rap, (weekly)

Topics: 6/7-Sexuality and Religion

7:30-9pm ~ Lesbian Partners & Ex-partners of Incest Survivors, 6/21.

**Tuesday**
7:30-9pm ~ Bisexual Women’s Rap, 6/1 and 6/15
10:30am-12pm ~ Parenting Support (weekly), to join call Diane @ (617) 876-2139

7:30-9:30pm ~ Support for Queer Married Women, 6/8
7-9pm ~ Writer's Circle, 6/8
info: Cassandra @ (617) 494-2695

**Wednesday**
7-9pm ~ Battered Women’s Support Group, 6/2, 6/9, 6/23, & 6/30
6-8pm ~ “Grand” Moms, 6/9
7-9pm ~ Liquid Poets, 6/9 & 6/23
info: liquidwriters@hotmail.com

* 2-3:30pm ~ Women Maximizing Abilities Now (WOMAN), [for women w/disabilities] 6/2 & 6/16

* 7-9pm ~ Women’s Center Annual Meeting, 6/23

**Thursday**
* 6:30-8:30pm ~ Women of Action Open Mic, 6/3 [Please call Lynn at (617) 308-7330 or (617) 354-6394 before attending.]

6:30-8:30pm ~ Healing & Art for Trauma Survivors, 6/10 & 6/24
7-8:30 ~ Lesbian Buddhist Book Group, 6/3 [Book: The Beginner’s Guide to Insight Meditation by Arinna Weisman]

* 7-9pm ~ 30-50+ Multicultural Lesbian Rap, 6/10

7:30-9:30pm ~ Thursday Night Gathering of Survivors of Child Sexual Abuse (weekly), Info: lilithlive@aol.com

**Friday**
6-7:30pm ~ Incest Resources Facilitated Discussion for Survivors of Child Sexual Abuse, 6/4

**Saturday**
* 11am-1pm ~ Coming Out Discussion for Women of All Ages, 6/5 & 6/19

* 11am-1pm ~ Women of Action, 6/12 & 6/26: Campaign Meeting, call Lynn before attending your first meeting (617) 308-7330 or (617) 354-6394.

**New and Featured Activities**

**“Grand” Moms:** Join in conversation, laughing, resource sharing, and enjoying a meal. Let’s support each other as we raise a second generation of kids. RSVP: (617) 354-8807. Call, so we have enough food and childcare.

**Healing and Art:** For Trauma Survivors. Tell the truth about the past, explore the present, create the future through artistic expression. No prior experience or skill needed. Info: (617) 354-8807

**Healing Circle:** Will not meet June — August. Resumes in September. Info: ashanti@intentionality.net.

**Nothing Too Heavy to Share (NTHTS):** For daytime meeting and evening meeting per survivors of extreme abuse One week—come to either or both. Info/Join: Esther (617) 354-8807.

**Mother/Child Art Classes:** For children 2-4 years of age with mom. Encourage and explore creative play. Learn about easy and affordable art projects for your home. Register at (617) 354-8807 or (617)283-8715.

**Women Center Annual Meeting:** Join the Women’s Center Board and Staff in evaluating our accomplishments and planning for the coming year. Info: (617)354-8807

**That Takes Ovaries:** June 19-20, 26-27 at The Blacksmith House, Cambridge Center For Adult Education, 56 Brattle Street, Harvard Square, Cambridge, MA. Saturdays at 8pm. Sundays 2:30pm & 7:30pm. Sliding scale contribution. Co-sponsored by the Women’s Center.

* wheelchair accessible groups

To find out which groups are open to M to F transgndered women (living full time as a woman), call (617) 354-8807.
This spring, the Women’s Center launches its two part series Section 8: The Fight for Housing Justice in Cambridge on its Cambridge Community Television program, WomenSpeak. This series explains the complicated and often misunderstood Federal Housing Voucher Program, Section 8. It also offers strategies and hope for navigating the world of expensive housing in light of budget cuts that impact low income communities.

In the first series (which aired May 12th), housing organizer, Mary Regan of Cambridge Eviction Free Zone, housing attorney Ellen Shacter of Cambridge and Somerville Legal Services and Cambridge tenant and community organizer Nancy Hall, discuss who is eligible for a Section 8, how to deal with discrimination when presenting a Section 8 voucher to a landlord, and whether or not the Section 8 program is secure enough to support those most in need.

Part Two of Section 8 (which airs June 9th) focuses on the work of local grassroots organizations in the fight for more affordable housing in Cambridge as well protecting the services that exist currently for low income folks. We talk to tenants in public housing as well as tenants with Section 8 to learn first hand their experiences with various housing agencies and to exchange strategies for navigating the system. In addition, we highlight various campaigns that that are in full swing in Cambridge so that viewers can plug in and join the struggle for housing justice.

In Cambridge alone, over 2,000 low-income families have Section 8. This program is the lifeline of security for those most vulnerable in our city. It is important that we all know of the impact of budget cuts on Section 8 and become involved in organizing campaigns to keep the program alive. The future of Section 8 depends on it.

Please tune in on June 9th to learn what’s happening around Section 8 and how you can get involved.

~Lynn Murray, Community Organizer

“A special “thank you” to the foundations and organizations who have contributed $250 or more since December 2003

- Boston Women’s Fund
- Bushrod H. Campbell & Adah F. Hall Charity Fund
- Cambridge Community Foundation
- Cambridge Trust Company
- Chahara Foundation
- City of Cambridge
- Clipper Ship Foundation
- First American Title Insurance Co.
- Frances R. Dewing Foundation
- Marion Decrow Foundation
- Mind’s Eye Yarn
- George and Beatrice Sherman Family Charitable Trust
- The R.O.S.E Fund
- Women Empowered

We gratefully acknowledge the many inkind contributions that help to make our work possible and the Center more comfortable including those from:

- Bose of Burlington, MA
- MINUTEMAN PRESS
- NECS
- SBHN

Women Say ‘NO’ to Dieting

Fact: Each year 65 million Americans choose from 30,000 diet plans and 1 out 4 college women is bulimic.
Fact: American women spend over 33 billion dollars on diet products and 1 out of 200 teenage girls is anorexic.
Fact: We have become a food phobic, fat phobic nation and millions of us have become driven, compulsive eaters who ultimately hate ourselves in a culture that defines our self worth by the size of our jeans.
Fact: Each year, events occur all over the world on May 6th to encourage women to feel free in their own bodies and to develop positive self esteem from within rather than from what society says we “should” be.
Women say ‘NO’ to Dieting continued...

On May 6th, Gabrie’l Atchison of Atchison Productions sponsored the 2nd Annual International No Diet Day Event at the Cambridge YWCA. Each year at this event, women come together to take a break from diet insanity, if only for one day. The event celebrates International No Diet Day, which began in Canada in 1992 with the goal of ending chronic dieting, weight obsession and size discrimination. Today, events occur all over the world on May 6th to encourage women to feel free in their bodies and to stop spending money and passion chasing self-esteem by chasing a ideal size.

Atchison Productions, a healing dance and empowerment organization for women—kicked this year’s No Diet Day Event off with a bang. Women came from all over the Greater Boston area to rally around fabulously diverse and first time models in a “Love Her Body” Fashion Show. In addition, musical and spoken word acts by such arts as Mia Anderson of Drag Kings Sluts and Goddesses fame and Raquel Evita Seidel, poet and dancer, led the way in self-affirmation of all bodies.

No Diet Day is not just a day. It’s a movement toward embracing yourself as you are, and not what society says you should be.

~Lynn Murray, Community Organizer

Yes, I want to support the Women’s Center!

Enclosed is my tax-deductible donation of: ___$25 ___$50 ___$100 ___$500 ___other $ ____

___ I’m interested in volunteering at the Women’s Center.

Thank You!

Name__________________________________________

Address_____________________________________________________

City_______________________ State_____ Zip Code___________________

Phone____________________   Email _______________________________

Checks payable to The Women’s Center. To: Women’s Center, 46 Pleasant Street, Cambridge MA 02139

If you’d prefer to be taken off of our mailing list, please check the following box and return
Brick Fails to Intimidate: Strengthens Women’s Center Resolve

On May 27, a brick shattered a window of the Women’s Center Resource Room, destroying any lingering illusion that racism does not exist at the Center.

Over the past few years, the Women’s Center has worked to develop a strong anti-racism agenda and promote multiculturalism as a priority internally. This shift wasn’t simply an effort to engender tokenism, as is so often the case. Rather, we committed to consistently and diligently work to ensure that women of color occupy positions of leadership within the organization. This is now reflected in both the staff and board of the Women’s Center.

In our effort to welcome working class, low-income, and women of color to the Center, we, the staff, instituted a number of changes. We developed guidelines to ensure consistency in the treatment of all women utilizing the Center in conjunction with a guide to facilitate access to programming by women who are new to the Center. We appropriated the first floor of the Center as community space, encouraging laughter, music, celebration, conversation, and discussion.

Slowly but surely over time, the aesthetic of the Center is changing to reflect and welcome a broader constituency. Our posting boards are attractive and neat, allowing women to more easily access information that they seek. Women in their twenties and thirties compliment us on the new atmosphere, which they find more reflective of their generation. We are gratified as we meet new women who enjoy the Center, obtain resources, and find a sense of community and empowerment here.

These changes, however, are met with resistance and anger by some women who have historically experienced the Center as reflecting only their cultural values, wants, and needs.

The connection between this resistance to change and racism is evident when staff and volunteers uphold the Women’s Center’s guidelines. Frequently, the women of color on staff are the recipients of the most hostile barrage of insults and physical intimidation when pointing out our guidelines. One example out of many is of a white woman, who’s been accustomed to a predominantly white women’s organization, accusing the Assistant Director of being a “flunky” for the Director – never mind that the Women’s Center has never before had a woman of color in a position of such leadership and authority… It seems that, her authority and leadership may well be the very thing to which some react with so much anger.

So, although shocking, it was not a complete surprise when, on May 27, a woman who was told that she could not bring her pet into the building, committed a Hate Crime.
On Our Way

The newsletter of the Women’s Center is published 3 times per year in May, September, and December.

The Women’s Center is a non-profit resource and support center for all women and their children, founded in 1971.

Our mission is twofold:

- to provide women with the tools and resources they need to emerge from abuse, discrimination, addiction, sexism and racism, harassment, social isolation, violence, poverty, or other injustice
- to challenge and change attitudes and actions which subjugate women.

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 our wealth of free programming.

All donations are tax-deductible to the full extent of the law.

For further information, contact:

The Women’s Center
46 Pleasant Street
Cambridge, MA 02139
(617) 354-8807
email: info@cambridgewomenscenter.org

Hours:
Monday-Thursday: 10am-10pm
Friday: 10am-8pm
Saturday: 11am-4pm
Helpline: (617) 354-8807

From the Desk of the Fundraiser

“Thank you for always being the place that I can turn to in those times when there is nowhere else to go. You have saved my life and changed my life many times over. I am most grateful.” - Anonymous

It is amazing that a support group, a Helpline call, access to a computer and the internet, or a simple ‘hello, how are you today’ can change someone’s life. A donation to the Women’s Center can do the same.

For so many women, the Center is the first and only place where they feel safe enough to share that they have been raped, sexually assaulted or battered, are lesbian, bisexual or transgendered, or struggling with poverty and homelessness. This week alone, several women contacted the Center because they’ve been raped; others because they are escaping from batterers who are searching for them. And it’s only Wednesday.

The Women’s Center is a life-line for these women and countless others. The key to our success lies within our community of strength, support, and encouragement.

As a donor to the Women’s Center, you make life-changing connections to the Center possible for women. Your financial contribution:

- Validates the painful struggles that women endure;
- Shows women that they are not to blame for the abuse and discrimination they face and;
- Provides women with critical resources immediately - without hassle or red-tape.

Please support our programming with a generous tax-deductible donation. Together, we provide life-changing resources to women who are reaching out to us for support, understanding, and hope.

~ Nicole Marcotte, Development Coordinator

An Intern’s Perspective

On my first official day as an intern, I quickly realized that the Women’s Center is not just a straightforward resource hub for women. When I helped homeless women who did not know where they were going to sleep at night to secure a bed at a shelter; provided resources and peer support to survivors of domestic violence and sexual assault; and offered a listening ear to a struggling to secure viable employment in a worsening economy, I learned that the Center community was a safe haven for these women and so many more. It is a place where women enduring daily hardships feel understood and supported; where they can relax, use a computer, or share their experiences with other women. Luxuries, I realized, I had taken for granted.

I realized women are stronger when supported by other women, and the Center aspires to truly empower women. During my time at the Center, I found myself trying to help with any project I could to improve the Center for women. Empowering women to overcome their own obstacles made all of my work fulfilling. I cherished every moment in which I could assist women.

Of all that I am taking away from my internship experience, the most important lesson I learned was: No matter how small you may feel your effort or help for others may be, never give up, because your help goes a long way- even if you feel your help may go unnoticed. Thank you to all of the women at the Women’s Center for inspiring me to continue assisting more women to overcome their fears.

~ Camila Hernandez

As an intern, Camila updated and organized both the Spanish Resource Binder and the Sexual Assault Binder. She also staffed our Helpline.
She: (1.) made a racist, verbal assault against a staff person; (2.) threatened that staff person; and (3.) threw a brick through the window of the Resource Room.

We understand that racism is experienced not only in the overt act of ‘throwing a brick’, but it is also evident in more discreet ways. For example, when one expects the culture of an organization to reflect white middle class values – that is racism. When white women demand that the entire Center be kept as quiet space, because they believe that quiet is the ‘right’ atmosphere for healing, they are negating the values of many women of color and working class women who see celebration and laughter as their road to healing. That too is racism. And, it doesn’t matter whether those values include feminism or not. Racism is still racism.

The Women’s Center is a community Center for all women. A brick flung through our window will not diminish our determination to build a multicultural organization.

We are excited that since the hate crime, some of the white women in our community have shown a desire to engage in dialogue about racism, and a number of our volunteers have expressed interest in joining the struggle against racism – both overt and covert – within the organization. Their contributions encourage us, as we strive to develop a truly multicultural Women’s Center.

~ Mary Quinn, Executive Director

NOTE: In Massachusetts, a Hate Crime is defined as a crime in which the perpetrator’s conduct is motivated, in whole or in part, by hatred, bias, or prejudice, based on the actual or perceived race, color, religion, national origin, gender, disability, or sexual orientation of another group or individual.

The Women’s Belly Book: A Reading and Workshop with Author Lisa Sarasohn

The Women’s Center is excited to welcome Lisa Sarasohn, author of The Woman’s Belly Book: Finding Your Treasure Within, for a book reading and workshop on October 28th from 6:00-8:00pm.

Lisa will help women discuss and explore how we can reclaim the center of the body - that is the belly.

Join us in experiencing a sampling of belly-energizing movement, breath, and body awareness activities drawn from the Woman’s Belly Book as we learn to embrace the belly, and not be ashamed of it.

~ Melissa Jean-Charles, Volunteer Coordinator

Over the summer, the Massachusetts Bay Transit Authority (MBTA) initiated a “random” search policy, calling it an effort to “guard against terrorism.” Though the MBTA claimed searches would be at random, the policy left the door open for the inclusion of behavioral profiling as a factor determining who would be searched.

We believed that such searches do not keep people safe. Instead, they would inspire fear in citizens while stripping away our constitutional right to be protected from unfair searches and seizures. Behavioral profiling would unjustly target people of color, with “random” searches amounting to racial profiling.

In response, Women of Action (WOA) collaborated with other grassroots organizations and civil liberties groups to form The Safe and Free ‘T’ Alliance. The Alliance challenged the constitutionality of the policy and demanded that searches of ‘T’ passengers be stopped.

Along with other members of The Alliance, WOA organized the entire summer at ‘T’ stations. We handed out flyers to riders that explain why the search policy was ultimately racial profiling; instructed folks about what to do if they were “randomly” selected by ‘T’ officials with bomb-sniffing canines; and participated in rallies, which included street theatre depicting mock MBTA check points to illustrate how invasive and inefficient the searches would be for riders.

Due to The Alliance’s organizing efforts, the MBTA halted its “random” searches of ‘T’ passengers. However, the MBTA reserved the right to initiate searches in the future.

~ Lynn Murray, Community Organizer

Update: On September 15th, the MBTA decided to permanently implement “random” bag searches of ‘T’ passengers. In response, WOA will work with the Safe and Free ‘T’ Alliance to fight against these civil rights violations by the MBTA.

For information on how you can help to protect civil liberties, contact Lynn at 617-308-7330.

Honor Someone in your Life with a Gift to the Women’s Center

Searching for that perfect gift? Look no further! A donation to the Women’s Center is a wonderful gift for birthdays, weddings, anniversaries, or just to say thank you!

Send a contribution to the Women’s Center with a note giving us the name and address of the person you are honoring. We send your loved one a note telling them that you’ve made a gift in their name.
# Women's Center Calendar ~ September & October 2004

## Groups

### Monday

- **4-5:30pm ~ AESP Support for Women Working with Trauma Survivors**, (weekly for 10 weeks; pre-registration required)
- **6-7:30pm ~ Al-Anon for Women** (weekly).
- **7:30-9pm ~ Lesbian Rap**, (weekly)

### Tuesday

- **10:am-12pm ~ Parenting Support** (weekly), Info: Diane (617)876-2139.
- **7:30-8pm Healing Circle** (weekly)
- **7:30-9pm ~ Bisexual Women's Rap**, 9/7, 9/21, 10/5, & 10/19.
- **7:30-9pm ~ Support for Queer Married Women**, 9/14 & 10/12.
- **7-9pm ~ Writer's Circle**, 10/12; info: Cassandra (617) 494-2695.

### Wednesday

- **2-3:30pm ~ Women Maximizing Abilities Now**, 9/15, 10/6, & 10/20.
- **6:30-8:30pm ~ What's Next? Begin to Discover Your True Life Path**, 9/22.
- **7-9pm ~ Battered Women's Support Group**, 9/1, 9/8, 9/22, 9/29, 10/6, 10/13, & 10/27.

- *wheelchair accessible groups*

To find out which groups are open to M to F transgendered women (living full time as a woman), call (617) 354-8807.

## New and Featured Activities

### AESP: Support for Women Working with Trauma Survivors
- Professional development series—10 weeks for crisis counselors and advocates working with trauma survivors. Must RSVP: (617) 354-8807.

### Eating Disorder Support Group
- Join with others dealing with eating disorders, gain support, and discuss body image. Info: bethiecpa@hotmail.com

### Experiential Introduction to The Woman's Belly Book: Finding Your Treasure Within
- By Lisa Sarasohn, author. Develop skills to reclaim your center. Info: lisa@loveyourbelly.com

### What's Next? Begin to Discover Your True Life Path
- Interactive workshop by Inna Nirenburg. Jump start your creativity to discover possibilities and solutions in your life. Info: inna@heyWhatsNext.com

### Infant Message: A Healthy Way To Love Your Baby
- Saturdays 10/23, 10/30, & 11/6: 11:30am-12:30pm.
  - Classes train mothers in the art of baby massage to soothe and develop closer connection with the young child. Space limited. Register at (617) 354-8807.

### Nothing Too Heavy to Share (NTHTS)
- For survivors of extreme abuse, ritual abuse, and forced
Earlier this year, I was hired by the Boston Black Women’s Health Institute (BBWHI) as a consultant to organize a group of women to attend the “March for Women’s Lives” in April. As I became more involved, I learned more about the history of the event. In the past, the large, national pro-choice organizations, namely NOW and Planned Parenthood set the agenda when a woman’s right to choose was under siege. This time, seven organizations, representing diverse constituencies including the National Latina, The National Black Women’s Health Imperative, ACLU also came to the table at the beginning of the discussion.

This new group called “The New Voices for Reproductive Justice” demanded that the agenda expand to include and fully integrate the concerns of women of color and low income women into a major reproductive rights platform based on social justice. The expanded agenda also included a woman’s right to be healthy, to raise healthy children and would address racial and class based disparities in health care. This expanded agenda brought a need to rename the event “The March for Women’s Lives”, and under that new name men and women of color working on a number of different issues like domestic violence, environmental racism, economic justice and HIV/AIDS could see their issues fitting in to the broader agenda.

Bringing different groups of people to the table at the beginning also helped to change the way organizing for these events was done. The National Latina organization sent ambassadors to local health organizations serving Latinos in cities throughout the country. The Massachusetts chapter of NOW and Planned Parenthood connected with Senator Dianne Wilkerson and BBWHI to find out how to best reach African American communities in Boston. Lula Christopher, the Executive Director of BBWHI, networked with African and Haitian women’s organizations here in the greater Boston area. There were efforts being made at the national, local and grassroots level to fulfill the promise of having a more diverse protest in DC, and the results were visible. One other byproduct of these effective new methods of organizing was that more than one third of the women attending the march were 21 years old and younger. Methods that were used to bring forth more racial and class-based diversity, also appealed to young women.

I learned many lessons in my short time as an organizer for this event, but the one I am trying to impress on many feminist organizations is that the diversity you seek in the movement has to be represented at the organizing table. Women of color and low-income women are natural organizers because we have learned that we have to work together to survive. When we are at the table, we will bring different ways organizing that will be beneficial to everyone at the end of the day.

~ Gabri’l J. Atchison, Women’s Center Board Member

The Women’s Center is proud to introduce the Community Feedback Board – a tool to connect your ideas about the Center to the entire Women’s Center Community. If you have a comment, observation or question about any Women’s Center policy or program please fill out a comment card and turn it into the volunteer in the staff office. A Women’s Center staff person will read, answer and display your comment on the board on the first floor.

This is one effort in a series of initiatives at the Center to spark dialogue among women while providing information and clarity about the structure and philosophy that drive and govern the Center. It’s also a way to highlight the important voices of all women who walk through the door and take part in our community.

“We will hold our first Community Forum later this fall. Look for the date in our next calendar.” ~ WC Staff
New Workshop Series: *Infant Massage: A Healthy Way to Love Your Baby*

Infant massage is an ancient art form which shows your love for your baby. The deep emotional bonds formed in infancy with the people who are caregivers (whether biological or adoptive), lay the early foundation for a developing human being. Massaging your baby helps you to understand the language that your baby shares with you, giving you clues to respond in healthy and loving ways which add to that initial positive foundation. Infant massage helps form deep emotional bonds with your child that last a lifetime!

Join us for this 3-session workshop series. Each 1 ½ hour session accommodates 5 mothers/women caregivers and their babies (4 weeks to 1 year old). **All massaging on your baby will be done by you.** Bring you baby, your questions and ideas, and a blanket or towel from home for a fun adventure in learning the power of positive touch!

~ Theresa Ochenkoski, Licensed Massage Therapist

Space is limited to 5 mothers/women caregivers and their babies. Participants must attend all 3 sessions. To register, please call 617-354-8807.

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Yes, I want to support the Women’s Center!

☑ Enclosed is my tax-deductible donation of: ___$500 ___$100 ___$50 ___$25 ___other $ ____.  
___ I’m interested in volunteering at the Women’s Center.

Name______________________________
Address______________________________
City________________ State_____ Zip Code_________________
Phone________________ Email________________

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

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