FALL HARVEST FEST!
Tuesday, November 22, 12-4pm – All children and all who identify with the signifier women are welcome. Come on by for good food and more! 25 Mount Auburn Street, Cambridge MA

NEW! <NEW> Body Size Freedom. Monday, 11/21 (3rd Mondays), 7:30-9pm. You can be healthy regardless of your body size, but that may not what doctors have told you. The healthcare system routinely gives misinformation about weight, health, and dieting. Come for accurate information, and to share, ask questions, and discuss experiences around weight, health, and food with a licensed, anti-diet, fat-positive dietician. Megan Gamerman. Info/link: manageyouremails@gmail.com

<NEW> In Your Body: Poetry for Healing ON-SITE Tuesdays, 11/15 & 29, 6-7pm. Learn the words and practices of strong, intuitive female poets to help bring you into your body through rhythm and expression. Then, write your own poems. Info: carolineking317@gmail.com

<NEW> Journaling and Self Expression. Wednesdays, 5:30-6:30pm. Journaling can be a uniquely therapeutic way to gain insights, heal from past experiences, process current life events, and plan for the future. Info/link: ssalwan@mit.edu

<NEW> Knitting Group. ON-SITE. Thursdays, 12:15-1:15pm. We have knitting needles and yarn. Bring yours or use ours. No experience needed. Info: Karlotta graciegeorgie@gmail.com

<NEW> Reiki sessions with Jessica. ON-SITE. Saturdays, 12:30-2pm (session times vary from 5-20 minutes). Receive therapeutic healing through a gentle, hands-on approach. It can help with physical pain and bring about relaxation on all levels (i.e., physical, mental, emotional, and spiritual). Info/sign up: folgore1120@hotmail.com or just drop by.

Artistic Expression and Creativity
Art Group! ON-SITE. Saturdays, 11/5 & 12, 12-1pm. A welcoming space to work on projects and learn about expression via different media. Join us to lower stress and explore new ideas. No prior experience needed. Materials available. For questions: palakshah@college.harvard.edu

Community Art Group. ON-SITE. Thursdays, 1:30-3pm (Not meeting on 11/24). Local artist Aimee Rives teaches this 1½ hour drop-in art class. Lessons change weekly and all ages are welcome. No experience is needed, and materials are provided. For more info: aempey@lesley.edu

Let’s Write! Monday, 11/14, 3-4:15pm. Writing can be a satisfying way to communicate your thoughts. This friendly group will help you write new material and explore new ideas. No experience needed. Led by novelist Laura van den Berg. Info/link: vandenborg@gmail.com

Sewing Group. ON-SITE. Thursdays, 10am-noon. Come sew using a machine or by hand. Make or mend bags, clothing, etc. Materials and instruction provided. No experience needed. Info: Karlotta: graciegeorgie@gmail.com

Activism
Direct Action Organizing Group. ON-SITE. Saturdays, 11/12 & 26, 10-11am. The group seeks to educate, organize, and mobilize our community toward positive social and political change on issues facing modern society. Info: Ali Sorrels, directaction@cambridgewomenscenter.org

LGBTQ+ Support and Discussion Groups
Lesbian and Bi Discussion Group. Friday, 11/18, 6-7:30pm. Topic: Nature/Outdoors. Inclusive group for those attracted to women. This is a bi, trans, and non-binary inclusive group. Info/link: Larissa.r.labonte@gmail.com

Straight Marriage, Still Questioning. A confidential peer-led support group for women in a straight relationship struggling with their sexual orientation. Info/link: kate.e.flynn@gmail.com

Trauma Survivors
Healing Through Creative Arts Zoom Workshop. Sat. 11/19, 4-6:30pm. BIPOC-only participants. “Healing Through the Words of Our Hearts: a time for listening and writing what your heart is feeling and saying.” Facilitated by Aabidah Muhammad. Sponsored by Survivor Theatre Project for survivors of sexual violence. Advance registration for new participants requested by 11/17: martharogersmusic@gmail.com

Trauma Support & Discussion Group. Thursdays (not 11/24), 7-9pm. An intimate group where participants can share and get support for all forms of trauma, past and present. Info/link: https://cwctraumagroup.org/ or email groupcambridge@gmail.com

Meditation and Yoga
Meditation Group. Tuesday, 11/8 (2nd Tuesdays), 5:30-6:30pm. We will learn and practice meditations for deep relaxation, self-compassion, & mindfulness in this supportive group. No experience needed. Info/link: christineradice@yahoo.com

Wellness/Self-Help/Discussion/Learning
Body Positive Book Club Wednesday, 11/30, 6-7pm. Does My Butt Look Big in This? A Body Positivity Manifesto by Felicity Hayward. A joyful and powerful guide to how you can take control of your self-image and learn to love your true and authentic self. If you haven’t read or finished the book, we still welcome you for body positive support and reflection! Info/link: ignitedbyinnerbeauty@gmail.com

Holistic Living. Saturday, 11/19, 11am. Topic: Two things that are necessary for a good year. A minimalistic approach to plan for a good year. Come learn wellness skills that can make your life more balanced and satisfying. With Life Coach Ketsia. Info/link: holisticlivingworkshop@yahoo.com

Nonviolent Communication for Compassionate Conflict Resolution. Learn, practice, and get support around conflicts with family, friends, co-workers, and oneself, with this established, effective process. Introductory 4-lesson series, Tuesdays, 6-8pm: 11/8 “Observations.” 11/15 “Feelings.” 11/22 “Needs.” 11/29 “Requests.” Also: Less structured drop-in meetings for all levels 6-8pm on Sundays and Thursdays (except 11/24). Info/Zoom link: nvc烁hir@gmail.com

Women’s Coping Group. Tuesdays, 11/1 & 15, 7-8:15pm. A general support group in a dynamic, open, non-judgmental space. Run by Jordan Moore, a clinical social worker who specializes in trauma, DBT, and mindfulness. Info/link: jordanmoreliscsw@gmail.com

Women’s Film Club. Saturday, 11/12, 12pm. The film: Wild. We will have honest and thought-provoking conversations pertaining to social issues surrounding women in the chosen films & society at large. For zoom info & ways to watch the film in advance, please email ghoshsbu.edu

Self-Love Group. Saturdays, 11/12 & 26, 5-6pm. Topics: 11/12: Self-Acceptance; 11/26: Open discussion. Grow your confidence, resilience, & self-love as we develop a deeper understanding of our identities, goals, & gifts. Info/link: selfloves521@gmail.com

<NEW> Sex Worker Support Group. ON-SITE. Tuesdays, 11/8 & 22. Come share and let’s learn from one another. Info: swgroupprivatetrans@gmail.com

Spanish-English Conversation Exchange. Wednesdays, 1-2:30pm. ¿Hablas español y estás interesada en mejorar tu ingles? La intención es hacerlo de una forma amable y relajada. Are you an English speaker interested in improving your Spanish? The intention is to do so in a friendly and relaxed way. Info/link: womenspanshenglishclass@hotmail.com

Women 65+ Discussion Group. ON-SITE and using Zoom. Wednesday, 11/16 (3rd Weds), 3:30-5pm. Topic Adapting to changes such as retirement, illness, disability, & death... Come on over or join on Zoom! Info: judy@cambridgewomenscenter.org

CWC Board of Trustees Thursday, 11/10 (2nd Thursdays), 6-7:30pm. Info/link: judy@cambridgewomenscenter.org

All events are FREE. * Most are remote. Some are ON-SITE (masks required) at 25 Mount Auburn Street. Anyone for whom “woman” is a meaningful identifier or lived experience is welcome.

www.cambridgewomenscenter.org info@cambridgewomenscenter.org
### Cambridge Women’s Center Calendar of Virtual and ON-SITE Groups/Activities

**NOVEMBER 2022**

Only activities marked ON-SITE meet at 25 Mt. Auburn Street, Cambridge. Reverse side has contact information for each activity.

**ON-SITE Drop-in hours: Tuesdays, 3-8pm (except 11/22). Thursdays (except 11/24) and Saturdays, 12-5pm.**

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<th>SUNDAY</th>
<th>MONDAY</th>
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**Drop-in Hours**

**Tuesdays, 3-8pm (except 11/22. Open for Harvest Fest from 12-4pm; closes at 4pm)**

**Thursdays, 12-5pm (not 11/24)**

**Saturdays 12-5pm**