NEW!

**NEW** Body Size Freedom. Monday, 12/19 (3rd Mondays), 7:30-9pm. Topic: “Navigating Food and Dieting through the holidays and into the new year.” You can be healthy regardless of your body size! 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 Gamarman. Info/link: manageyourmeals@gmail.com

**NEW** In Your Body: Poetry for Healing. ON-SITE. Tuesday, 12/6, 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** Make Your Own Greeting Cards with Rubber Stamps Workshop. ON-SITE. Saturday, 12/17, 2-4pm. Come make greeting cards with rubber stamps. All materials provided: about 100 rubber stamps, many colors of stamping inks, various embossing powders, embossing heat tools, and blank greeting cards and envelopes. Info: Aimee Rives, aempey@lesley.edu

**NEW** Reiki sessions with Jessica. ON-SITE. Saturdays (not 12/24), 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 (physical, mental, emotional, spiritual). Info/sign up: folgore1120@hotmail.com or just drop by.

**WINTER FEAST! ON-SITE.**
Tuesday, December 27, 1-5pm – All children and all who identify with the signifier women are welcome. Come on by for good food and more! [No drop-in services]
25 Mount Auburn Street, Cambridge MA

Artistic Expression and Creativity

Art Group! ON-SITE. Sundays, 12/10 & 17, 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 Arts Group. ON-SITE. Thursdays, December 1 and 8, 1:30-3pm. 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

Knitting Group. ON-SITE. Thursdays, 12/15-1:15pm (not meeting 12/22). We have knitting needles and yarn. Bring yours or use ours. No experience needed. Info: Karlotta graciegeorgie@gmail.com

Let’s Write! Tuesday, 12/13, 3-4:15pm (usually meets one Monday/month). 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: vandenber8@gmail.com

Sewing Group. ON-SITE. Thursdays, 10am-noon (no meeting on 12/22). Come sew using a machine or by hand. Make or mend bags, clothing, etc. Materials & instruction provided. No experience needed. Info: Karlotta: graciegeorgie@gmail.com

LGBTQ+ Support and Discussion Groups

Lesbian and Bi Discussion Group. Friday, 12/16, 6-7:30pm. Topic: Travel. Inclusive group for those attracted to women. This is a bi, trans, and non-binary inclusive group. For more 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

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**TRAUMA SURVIVORS**

Healing Through Creative Arts Zoom Workshop. One Saturday/month. Not meeting in December, will resume in January. Sponsored by Survivor Theatre Project for survivors of sexual violence. Info: martharogersmusic@gmail.com

Trauma Support & Discussion Group. Thursdays (not 12/29), 7-9pm. This is an intimate group where participants can share and get support for all forms of trauma, past and present. Info/link: email groupcambridge@gmail.com or you can go to our website: https://cwtraumagroup.org/

**Meditation and Yoga**

Meditation Group. Tuesday, 12/13 (2nd Tuesdays), 5:30-6:30pm. We will learn and practice meditations for deep relaxation, self-compassion, and mindfulness in this supportive group. No experience needed. Info/link: christineradice@yahoo.com

Wellness/Self-Help/Discussion/Learning

Holistic Living. Saturday, 12/17, 11am. Topic: Two things that are necessary for a good year. A minimalist approach to plan for a good year. Come learn wellness skills that can make your life more balanced and satisfying. With Life Coach Ketisia. Info/link: holisticlivingworkshop@yahoo.com

Nonviolent Communication for Compassionate Conflict Resolution. Tuesdays, Thursdays, & Sundays (not 12/25), 6-8pm. Survive Family Holiday Gatherings with Nonviolent Communication! Come to Zoom drop-in sessions to learn compassionate connecting principles you can use to ease stressful family moments. Pointers, role plays, exercises, Q&A, etc. Info/Zoom link: nviolpcm@gmail.com

Women’s Coping Group. Tuesday, 12/13, 7-8:15pm. A general support group in a dynamic, non-judgmental space. Run by Jordan Moore, a clinical social worker specializing in trauma, DBT, and mindfulness. Info/link: jordanoorelicsw@gmail.com

Women’s Film Club. Saturday, 12/10, Noon-1pm. Today’s film: Carol. We will have honest and thought-provoking conversations pertaining to social issues surrounding women in the chosen films & society at large. For zoom info and ways to watch the film in advance, please email ghoshss@bu.edu

Self-Love Group. Saturday, 12/17, 5-6pm. Topic: “Giving yourself a break from self-judgement.” Self-Love refers to our ability to hold ourselves in esteem and have confidence in our worth, no matter what happens around us. This will be a place where we can find ways to increase our own confidence, and resilience.

Info & Zoom link: sellove0521@gmail.com

Sex Worker Support Group. ON-SITE. Tuesdays, 12/6 & 20, 6-7:30pm. The intention is to create a safe space for community, a safe space to talk, talk, tell stories, relax and be ourselves. Come share and let’s learn from one another. Info: swgroupwomenscenter@gmail.com

Spanish-English Conversation Exchange. Wednesdays, 1-2:30pm. ¿Hablas español y estás interesada en mejorar tu inglés? 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: womensspanishenglishclass@hotmail.com

Women 65+ Discussion Group. ON-SITE and using Zoom. Wednesday, 12/21 (3rd Weds), 4-5:30pm (NEW TIME). Topic: Something interesting that we experienced recently. Come on over or join on Zoom! Info: judy@cambridgewomenscenter.org

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Cambridge Women’s Center Annual Meeting. ON-SITE
Thursday, December 8, 6-8pm. 25 Mt Auburn St, Cambridge
Light refreshments. “Highlights of 2022 & Ideas for the Future”
Is there a need for new or more active Committees?
Would you be interested in helping/leading?
Share your thoughts and hear what others have to say.
More info: judy@cambridgewomenscenter.org

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Cambridge Women's Center Calendar for DECEMBER 2022
All activities 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.
women@cambridgewomenscenter.org
info@cambridgewomenscenter.org
**Cambridge Women’s Center Calendar of Virtual and ON-SITE Groups/Activities**

**DECEMBER 2022**

*Only activities marked ON-SITE meet at 25 Mt. Auburn Street, Cambridge.*

Reverse side has contact information for each activity.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</table>
|        |        | Drop-in closed the week of December 19-24  
   Hours otherwise will be:  
   Tuesdays, 3-8pm (except 12/27: Open for Winter Feast from 1-5pm; closes at 5pm)  
   Thursdays, 12-5pm  
   Saturdays, 12-5pm |        |         |         | 1        | 2       | 3        |
| 4-8pm  | 6:30pm | Sex Worker Support Group ON-SITE  
   6pm <NEW> In Your Body:  
   Poetry for Healing ON-SITE  
   6:30pm Nonviolent Communication for Compassionate Conflict Resolution | 6      | 7-30pm  | 1:2:30pm | 8        | 9       | 10       |
|        |        |         |         | 10am-noon Sewing ON-SITE  
   12:15-1:15pm Knitting ON-SITE  
   1:30-3pm Community Art Group ON-SITE  
   6:30pm Nonviolent Communication for Compassionate Conflict Resolution  
   7:30pm Trauma Support/Discussion Group |        |        |         | 10am-noon Sewing ON-SITE  
   12:15-1:15pm Knitting ON-SITE  
   1:30-3pm Community Art Group ON-SITE  
   6:30pm Nonviolent Communication for Compassionate Conflict Resolution  
   6:30pm,CWC Annual Meeting ON-SITE  
   7:30pm Trauma Support/Discussion Group |        |        |         | Noon-1pm Art Group! ON-SITE  
   12:30-2pm Reike Sessions ON-SITE |
| 6-8pm  | Nonviolent Communication for Compassionate Conflict Resolution | 5-12  |         |         |        |          |
| 11     | 6:30pm |         |         | 10am-noon Sewing ON-SITE  
   12:15-1:15pm Knitting ON-SITE  
   1:30-3pm Community Art Group ON-SITE  
   6:30pm Nonviolent Communication for Compassionate Conflict Resolution  
   7:30pm Trauma Support/Discussion Group |        |        |         | 6:30pm Lesbian and Bi Discussion Group |
| 16     |        |         |         |         |        |          |
| 17     |        |         |         |         |        |          |
| 18     | 6:30pm |        |         |         |        |          |
| 19     | 7:30pm |        |         |         |        |          |
| 20     | 6-7:30pm Sex Worker Support Group ON-SITE  
   6:30pm Nonviolent Communication for Compassionate Conflict Resolution | 21     | 1-2:30pm | 8        | 22       | 23       | 24       |
|        |        |         |         |         |        |          |
| 25     | Christmas  
   (No meetings) | 26      |         | 27       | 28       | 29       | 30       | 31       |
| 27     | 1-5pm WINTER FEAST. ON-SITE  
   6:30pm CWC closes 5pm.  
   6:30pm Nonviolent Communication for Compassionate Conflict Resolution | 28     | 1-2:30pm |         | 30       |         |         | 31       |
|        |        |         |         | 10am-noon Sewing ON-SITE  
   12:15-1:15pm Knitting ON-SITE  
   6:30pm Nonviolent Communication for Compassionate Conflict Resolution |        |        |         |        |         |         |

**NO DROP-IN THIS WEEK - DECEMBER 18-24**