



Heart to Hearth

...e-Newsletter — October, 2011

Did you know that...

- *The Women's Table* has supported 8 women individually since September, connecting them with basic resources, assisting them with housing, providing emotional support, and more~
- *The Women's Table* has received and sorted 10 boxes of donated personal care products, clothing and other items for a Safe House or survivors of Human Trafficking~
- *The Women's Table* leads Parenting programs, Circles of support, and workshops for parents of young children and parents of children with Special Needs~
- *The Women's Table* welcomes women from all backgrounds and faith traditions~

Grief Series update:

The five-part Grief Series, sponsored by *The Women's Table*, has been extremely successful. Sixteen people have participated in this initial series. Comments have been positive, and feedback underscores the need for such a program. *The Women's Table* plans to develop similar programs in other locations, such as Framingham & Milton, MA.

Outreach at Solomon Carter Fuller Mental Health Center

Sr. Kathleen Hagerty, csj, chaplain at The Solomon Carter Fuller Mental Health Center, and Mary Rita Weschler, director of *The Women's Table*, are co-leading a supportive Self-Care Circle for staff at SCF in Boston. This is the second group of its kind co-sponsored by *The Women's Table*, and SCF is committed to providing this proactive self-care for staff. It is widely recognized that workers often experience secondary trauma resulting from intense, compassionate work with individuals with complex medical needs.

Donations to The Women's Table, large and small, are gratefully accepted! Please make checks payable to the Sisters of St. Joseph. Your support allows us to continue developing programs, services & hospitality to the women we serve. Thank you!

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