



August/September 2017 Offerings

434.872.0047

MAIN OFFICE
1101 E High St, C-ville

JEFFERSON SCHOOL OFFICE
233 4th St NW, 2nd Floor, C-ville

Providing vital mental health services for women regardless of ability to pay

The offerings below are free & open to women except where noted. They take place as listed except on major holidays.

Chair Yoga

Mondays, 10—11 am, Main Office, starts Sept. 11
A gentle, therapeutic practice that promotes strength, flexibility, healing and mindful attention. No yoga experience needed.

Private Swim for Muslim Women

Mondays, 2—5 pm, thru Aug. 28
An opportunity for Muslim women to swim in a private setting. Transportation provided. To register, contact Leigh Freilich at lfreilich@thewomensinitiative.org or (434) 872-0047.



Women's Support Group

Tuesdays, 5:30—7 pm, Main Office
Women supporting one another through mutual sharing and validation. To join, contact Donna Dean at (434) 872-0047 ext. 101 or ddean@thewomensinitiative.org.

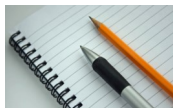
Yoga for Healing the Heart

Tuesdays, 5:30—6:30 pm, Main Office, begins Sept. 5
Through stretching, breathing, and mindful attention, we can cultivate our inherent capacity to heal and recover a sense of physical and emotional safety. No yoga experience needed.



Everyone Has a Story to Tell

Tuesdays, 6:45—8 pm, Main Office, begins Sept. 12
Explore writing as a practice in self-care and stress reduction. No writing experience necessary. (434) 872-0047 or info@thewomensinitiative.org to register.



Separation & Divorce Group

Wednesdays, 12—1:15 pm, Main Office
A safe environment for those going through separation/divorce to be with others who understand their experience. To register call (434) 872-0047 or email info@thewomensinitiative.org.

Breathe & Move: Yoga & Meditation

Wed., 12:30—1:30 pm, Main Office, begins Sept. 6
We will practice gentle stretching exercises and yoga flow to unlock muscle tension, and breathing exercises to calm the mind. Sept. 20 session meets 1:30-2:30 pm.



Knitting Circle

Thursdays, 5:30—7 pm, Main Office
We welcome new or experienced knitters for chatting and stitching. Knitting help and supplies are available.

C'Ville Walks With Heart

Saturdays, 8 am, June—August
Each week, the group conquers new terrain and longer distances, working toward completing a four-mile walk. Sponsored by a number of community agencies. See website for details.



Additional groups...

We provide space for additional social support groups led by community partners including the PFLAG Trans Peer Group, Trans People of Color Support Group and the Mothering Circle. www.thewomensinitiative.org/groups-social-support

FREE WALK-IN CLINICS

One-on-one sessions with a counselor **free of charge**, offering immediate, short-term assistance & emotional support.

MONDAYS
10 am—12 pm
Westhaven Nursing Clinic,
803 Hardy Dr

TUESDAYS
9 am—12 pm
Jefferson School,
233 4th St NW, 2nd Fl

WEDNESDAYS
2—5 pm
Main Office,
1101 E High St