Fall 2018

Free Groups & Offerings @ The Women's Initiative



Groups

A wide range of therapeutic groups for different needs and phases of life

Emotional Empowerment Group

Wednesdays, 12:30-1:45pm, Oct. 10-Dec. 5 (no meeting Nov. 21), Main Office Learn mindfulness skills to better navigate distress. REGISTER BEFORE NOV. 7

Support Healing & Growth Group

Tuesdays, 5:30-7pm, Oct. 2-Nov. 13, Main Office A supportive setting to promote deeper awareness. REGISTER IN ADVANCE

Moms With Babies Group

Mondays, 10-11am, Ongoing, Main Office Support for moms with newborns to 1-year-olds. NO REGISTRATION REQ'D

Monthly Birth Circle

TBD, 7-9pm, Main Office Share birth stories and discuss questions. NO REGISTRATION REQ'D

Pregnancy/Infant Loss Support

Wednesdays, 6-7pm, Sept. 19-Oct. 24 and Nov. 7-Dec. 19 (no meeting Nov. 21). Main Office Share experiences, give and receive support. REGISTER IN ADVANCE

Separation & Divorce Group

Wednesdays, 12-1:15pm, Ongoing, Main Office A space for sharing and support.

Women's Midlife Transitions Group

Thursdays, 4-5:30 pm, Oct. 4-Nov. 29, Main Office Support group for women age 55+.

REGISTRATION ONGOING

In Spanish: Grupo para Madres: **Familias Saludables (Group for Moms: Healthy Families**)

Thursdays, 10-11:30am, Sept. 27-Nov. 15, *Northside Library

A space for Spanish-speaking moms to share support around family life.

NO REGISTRATION REQ'D

Sister Circle

Healing offerings for Black women and women of color



Sister Circle Support Group

Thursdays, 5:30-7pm, Oct. 11-Dec. 20, Main Office

A support group for Black women.

REGISTER IN ADVANCE

Chihamba West African Dance

1st & 3rd Wednesdays, 5:45-7pm (kickoff on Sept. 26), *McGuffey Art Center, 201 2nd St NW Dance & drumming class for women of color. NO REGISTRATION REQ'D

Sister Circle Retreat at Wildrock

Saturday-Sunday, October 6-7, 2pm-10am Overnight camping retreat for women of color. REGISTER IN ADVANCE

Yoga for Women of Color

3rd Sundays each month, 2-3:15pm, *Common Ground Healing Arts @ Jefferson School Healing & nurturing space; beginners welcome. NO REGISTRATION REQ'D

Mind-Body

Alexander Technique

Last Friday of the month starting in October, 9am-12pm, (Oct. 26, Nov. 30, Dec. 28), Main Office

One-on-one lessons to help gain ease and awareness in the body and release tension.

REGISTRATION ONGOING

Chair Yoga

Wednesdays, 11:15am-12pm, Oct. 3-Dec. 12, **Main Office**

Gentle & therapeutic; beginners welcome. NO REGISTRATION REQ'D

CranioSacral Therapy

Wednesdays, 2-5pm, Ongoing, Main Office A gentle form of bodywork that can relieve pain & stress.

Creative Arts

The Art of Pause

Mondays, 5:30-7pm, Oct. 15-Nov. 19, Main Office

Relax by tapping into your creative spirit through drawing, movement, sculpting and painting.

REGISTER IN ADVANCE

Everyone Has a Story to Tell Tuesdays, 6:30-7:45pm, Oct. 16-Nov. 20,

Main Office

Explore writing as a practice in self-care and stress reduction.

REGISTER IN ADVANCE

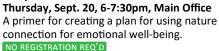
Knitting Circle

Thursdays, 5:30-7pm, Ongoing, Main Office New and experienced knitters welcome.

NO REGISTRATION REQ'D

Ecotherapy

Intro to Nature-**Inspired Self-Care**



Mindfulness in Nature

Thursdays, 5:15-6:30pm, Sept. 27-Nov. 1, *Riverview Park, 298 Riverside Ave.

Cultivate a relationship to nature for well-being, using ecotherapy activities in a group setting.

NO REGISTRATION REQ'D

Nature Nurture Retreat at Wildrock

Saturday, Nov. 10, 11am-4pm, meet at Main Office A day outside to learn how to use nature to deepen your self-care.

REGISTER IN ADVANCE

Wellness Tuesdays

Tuesdays, 9am-12pm, Ongoing, *Jefferson School Office Health testing and mind-body offerings. NO REGISTRATION REQ'D

TO REGISTER: (434) 872-0047 or info@thewomensinitiative.org FOR MORE INFORMATION: www.thewomensinitiative.org

Information valid for September-December 2018

NOTE: * means not located at Main Office



Free Walk-in Clinics Every Week

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

MONDAYS

10am-12pm*

Westhaven Nursing Clinic, 803 Hardy Dr

5-7pm Main Office beginning Oct. 1

TUESDAYS

9am-12pm* Jefferson School Office

WEDNESDAYS

2-5pm Main Office

Main Office 1101 East High St., Charlottesville

Jefferson School Office 233 4th St. NW, 2nd Fl., Charlottesville