

Fall 2018

Free Groups & Offerings @ The Women's Initiative



Support 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

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.
REGISTRATION ONGOING

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.
REGISTRATION ONGOING

Wellness Tuesdays

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

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

Thursday, Sept. 20, 6-7:30pm, Main Office
A primer for creating a plan for using nature connection for emotional well-being.
NO REGISTRATION REQ'D



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

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