Fall 2019 Free Groups & Offerings at TWI

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

Some offerings require registration, as noted below. To register, call (434) 872-0047 or email info@thewomensinitiative.org. For more information, visit us at www.thewomensinitiative.org. Information valid for September-December 2019.

Learn About Trauma & Resilience

Trauma Healing Basics
Tuesdays, 5:30-7pm
Oct. 22-Nov. 26
Main Office
An educational series exploring the impact of trauma and steps toward healing

These offerings include:

- Knitting Circle
  Thursdays, 5:30-7pm
  Main Office
  New and experienced knitters welcome.
  NO REGISTRATION REQ'D

- Nature Nurture Retreat at Wildrock
  Saturday, Sept. 28, 9:45am-4pm,
  meet at Main Office
  A day outside to learn how to use nature to deepen your self-care.
  REGISTRATION REQUIRED

- Challenge into Change Writing Contest
  Entry deadline: December 12
  Contribute your story of transforming challenge into change.
  LAST DAY DECEMBER 12

Creative Arts, Workshops & Nature Connection

- Mind-Body Skills Group
  Wednesdays, 12-1:45pm
  Oct. 16-Dec. 11, Main Office
  Learn techniques for stress management and self-care.
  REGISTRATION REQUIRED

- CranioSacral Therapy
  Wednesdays, 2-5pm, Main Office
  A gentle form of bodywork that can relieve pain & stress
  REGISTRATION REQUIRED

- Gentle Mat/Chair Yoga
  Tuesdays, 9:30-10:30am
  Nov. 5-Dec. 17, Main Office
  Slow, mindful postures to ‘tend and befriend’ your body
  NO REGISTRATION REQ'D

- Chair Yoga
  Tuesdays, 10:45-11:30am
  Nov. 5-Dec. 17, Main Office
  Gentle & therapeutic practice with support of chairs.
  NO REGISTRATION REQ'D

- Health Testing and Mind Body Offerings Including Acupuncture
  Tuesdays, 9am-12pm
  Jefferson School Office
  Health testing and mind-body offerings including acupuncture.
  NO REGISTRATION REQ'D

- Singing Bowl Sound Bath
  Tuesdays, 2:15-3:15pm
  Oct. 15 & Nov. 19, Main Office
  Immersion in sonic vibrations to promote relaxation.
  NO REGISTRATION REQ'D

- Writing Contest
  Challenge yourself to express your story.
  Entry deadline: December 12
  Contribute your story of transforming challenge into change.
  LAST DAY DECEMBER 12

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

- Sister Circle Support Group
  Thursdays, 5:30-7pm,
  Oct. 10-Dec. 12, Main Office
  A support group for Black women.
  NO REGISTRATION REQ'D

- Sister Circle
  Healing offerings for Black women and women of color
  "Sister Circle"
  Support Group
  Thursdays, 5:30-7pm,
  Oct. 10-Dec. 12, Main Office
  A support group for Black women.
  NO REGISTRATION REQ'D

- Marketing Yourself for the Job You Want
  Thursdays, Oct. 3, 5:30-7:30pm
  Main Office
  Learn tools to start a new career or succeed at your current employer
  REGISTRATION REQUIRED

- Yoga for People of Color
  3rd Sundays each month, 2-3:15pm
  Common Ground Healing Arts
  @ Jefferson School, 233 4th St. NW
  Healing & nurturing space; beginners welcome.
  NO REGISTRATION REQ'D

Free Walk-in Clinics 5 Days a Week

- MONDAYS
  10am-12pm
  Westhaven
  803 Hardy Dr.
- TUESDAYS
  9am-12pm
  Jefferson School Office
  233 4th St.
- WEDNESDAYS
  2-5pm
  Main Office
  Spanish-speaking therapists available
- THURSDAYS
  5-7pm
  Main Office
- FRIDAYS
  10am-12pm
  Main Office

One-on-one sessions with a counselor offer short-term assistance & emotional support.

Contact Us
(434) 872-0047
info@thewomensinitiative.org
Se habla español

Main Office
1101 East High St.
Charlottesville
Jefferson School Office
233 4th St. NW

Bienestar
Oficina Principal
1101 East High St.
Grupo Para Mujeres
Los Lunes, 10-11:30am
12 Sept.-12 Dic.
¿Te gustaría tener apoyo para mejorar tu salud emocional? Ven y participa con otras mujeres.

Grupo Para Padres
Los Miércoles
11:30am-1pm
2 Oct.-20 Nov.
¿Su hijo ha vivido un momento negativo o traumático? Hablaremos acerca de, ¿Qué es el trauma? ¿Cómo ayudo a mi hijo/a?

Citas de Bienestar Gratis
Los Miércoles
2 a 4pm
Brindamos apoyo a las mujeres afectadas por dificultades de salud emocional, así como referirlas a los servicios comunitarios apropiados. No necesitan hacer una cita previa.

Jennifer School Office, 233 4th St.