Winter 2020 Offerings

Winter Nature Connection
Mondays, 5:30-7pm
January 13 & 27, February 10
Indoor gatherings and activities to connect with winter as time of rest

Healing & Growth Group
Tuesdays, 5:30-7pm
January 28-March 17
A place to talk and process

Art & Mindfulness
Wednesdays, 12-1:30pm
February 5-March 25
Practice mindfulness using tools of expressive art

Knitting Circle
Thursdays, 5:30-7pm
Begins January 9
New and experienced knitters welcome

Sister Circle Support Group
Thursdays, 5:30-7pm
January 9-March 12
A support group for Black women

Chihamba Dance
1st & 3rd Wednesdays, 5:45-7pm
Begins January 8
McGuffey Art Center, 201 2nd St. NW
Dance & drumming for women of color

Yoga for People of Color
3rd Sundays each month, 2-3:15pm
Common Ground Healing Arts @ Jefferson School, 233 4th St. NW
Beginners welcome

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

Wellness Tuesdays
Tuesdays, 9am-12pm
Jefferson School, 233 4th St. NW
Health testing and mind-body offerings including acupuncture

Gentle Yoga
Tuesdays, 9:30-10:30am
January 14-March 31
Slow, mindful postures

Chair Yoga
Tuesdays, 10:45-11:30am
January 14-March 31
Gentle practice with support of chairs

Vinyasa Yoga for Empowerment
Tuesdays, 7-8pm
January 7-February 25
An energetic practice

Sound Bath
Mondays, 2:15-3:15pm
January 13, February 10, March 9
Relaxing singing-bowl sounds

Mind-Body

Intro to Aromatherapy
Tuesdays, 6:45-8pm
March 10 or March 24
Learn about how essential oils can improve mood and reduce stress

Free Walk-in Clinics 5 Days a Week

MONDAY
10am-12pm
City of Promise
708 Page St.
Stair access only

TUESDAY
9am-12pm
Jefferson School
233 4th St. NW

WEDNESDAY
2-5pm
Main Office
Spanish-speaking therapists available

THURSDAY
5-7pm
Main Office

FRIDAY
10am-12pm
Main Office

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

Unless otherwise noted, offerings are at our
Main Office
1101 East High St.
Charlottesville