

Winter 2021

Virtual Groups & Offerings



All groups and offerings are free and take place on Zoom.

For more information about each group and how to register, visit us online at www.thewomensinitiative.org/groups-social-support or call (434) 872-0047

Art & Nature

Knitting Circle

2nd Fridays
4-5pm
January-March

Nature Nurture Workshop

Tuesday, February 23
5:15-6:30pm

Art for Relaxation

Tuesdays
4:30-5:30pm
March 2-30

Support Groups & Workshops

Healing & Growth Support Group

Tuesdays
5:15-6:30pm
January 12-February 16

Building Mindful Habits Workshop

Saturdays
3:30-5pm
February 20 & 27

PFLAG Trans Families & Peer Groups

3rd Saturdays
5:30-7pm

Mind/Body

Yoga for Self-Compassion

Tuesdays
7-8pm
January 19-March 30

Intro to Meditation

Wednesdays
9-10am
January 13-March 24

Sister Circle

A Sister Circle Healing Circle

2nd and 4th Thursdays
5:30-7pm
January-March

Sister Circle's Yoga for People of Color

3rd Sundays
2-3:15pm
January-March

Sister Circle's Chihamba West African Dance

1st and 3rd Wednesdays
5:45-7pm
January-March

Sister Circle programs are for Black women and women of color. Learn more: www.thewomensinitiative.org/sister-circle