WINTER 2023
Groups and Offerings
January–March

**MIND AND BODY**

**Mindfulness Practice Group**
Tuesdays, January 3–March 21, 5–6pm

**Learn to Meditate**
Wednesdays, January 11–March 22, 9–10am

**Body Relaxation**
Thursdays, January 19–March 9, 7–8pm

**ARTS AND CONNECTION**

**Writing for Healing**
Wednesdays, February 1–22, 7–8pm

**Expressive Art**
Tuesdays, February 7–March 14, 4–5pm

**Q Social Hour**
Thursdays, February 16 and March 16, 4–5:30pm

**BIENESTAR**

*Programs for Latina women and the Latinx community conducted in Spanish*

**A Time for Me**
Thursdays, January 19 and 26, 10–11am

**Cultivating Self-Care Skills**
Thursdays, February 9, 16, and 23, 6–7pm

**Healthy Relationships: Part 1**
Thursdays, March 16, 23, and 30, 6–7:30pm

**SISTER CIRCLE**

*Programs for Black women and women of color*

**Mindful Meditation for Black and POC**
Sundays, January 8, February 12, March 12, 2–3pm

**Yoga for Black and POC**
Sundays, January 22, February 26, March 26, 2–3pm

**Narrative Group Therapy: Live Like Your Ancestors and Children Are Watching**
Thursdays, January 19–March 9, 6–7pm

**Our Commitments:** TWI recognizes the widespread impact of trauma and aims to improve health access and outcomes through our commitment to cultural humility. We offer affinity-based healing programs designed to meet the unique needs of Black, Latinx, People of Color, LGBTQ+, people with refugee status, and cisgender women who are survivors of gender-based trauma.

For the most up-to-date program information and to register, call (434) 872-0047 or visit thewomensinitiative.org/groups-social-support.