SPRING 2023
Groups and Offerings
April–June

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.

**ARTS AND CONNECTION**

Writing for Healing: Our Bodies, Our Words, Part 1
Tuesdays, April 4–25, 5:30–6:30pm

Writing for Healing: Our Bodies, Our Words, Part 2
Tuesdays, May 2–23, 5:30–6:30pm

Expressive Art
Tuesdays, April 11–May 16, 4–5pm

New! Compassionate Communication
Wednesdays, April 12–June 21, 9–10am

New! C’ville Trans Women Circle of Support
4th Thursdays, ongoing beginning April 27, 6–7pm

**BIENESTAR**

Programs for Latina women and the Latinx community conducted in Spanish

A Time for Me
Thursdays, April 20 & 27, 10–11am

Cultivating Self-Care Skills
Thursdays, May 4, 11, & 18, 5:30–6:30pm

Healthy Relationships: Part 2
Thursdays, June 8, 15, & 22, 6–7:30pm

**MIND AND BODY**

Chair Yoga for Self-Care
Mondays, April 3 & 17, May 1 & 15, June 5 & 26, 11–11:45am

Mindfulness to Address Burnout
Mondays, April 3–June 12, 3–4pm

Mindfulness Practice Group
Tuesdays, April 4–June 20, 5–6pm

Body Relaxation
Thursdays, April 13–May 25, 7–8pm

**SISTER CIRCLE**

Programs for Black women and women of color

Bad Queers: A Support Group for the Radical and Rebellious
Sundays, April 2–23, 7–8:30pm

Mindful Meditation for Black and POC
Sundays, April 9, May 14, June 11, 2–3:15pm

Yoga for Black and POC
Sundays, April 23, May 28, June 25, 2–3:15pm

Life-Giving Gardening
Saturday, April 29, 10am–12pm (rain date: May 20)

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

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

TWI offers counseling groups to promote healing from trauma and developing healthy relationships. Please visit our website or call us for details.

“The facilitator is amazing; she’s open, not too rigid on how the sessions go. She always allows the opportunity to check in and share.”
– Yoga participant