SUMMER 2023
Groups and Offerings
July–September

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
New! Exploring Mindful Meditation:
A Path With a Heart
Wednesdays, July 12–September 20, 9–10am

Expressive Art: Open Studio, Open Heart
Wednesdays, July 12–August 9, 3:30–5pm

C’ville Trans Women Circle of Support
4th Thursdays, ongoing, 6–7pm

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

New! Expressive Art: Visualizing Motherhood
Tuesdays, July 11–August 15, 6–7:30pm

New! Writing for Healing: Sharing Stories
Thursdays, August 9–23, 7–9pm

MIND AND BODY
Mindfulness Practice Group
Tuesdays, ongoing, 5–6pm

New! Yoga for Well-Being
Fridays, August 4–September 29, 11am–12pm

SISTER CIRCLE
Programs for Black women and women of color

New! Writing for Healing: Let Your Heart Guide the Pen
Tuesdays, August 1–29, 6:30–7:30pm

Chihamba West African Dance
2nd and 4th Tuesdays, ongoing, 6:30–7:30pm

Mindful Meditation and Yoga for Black and POC
2nd and 4th Wednesdays, July–September, 6:15–7:30pm

New! Heart and Soul Fitness
Thursdays, July 6–August 17, 6:30–7:30pm

Cville Walks With Heart
Saturdays, July 8, 15, & 29 and August 19, 8am

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

“The facilitators are amazing and foster an environment that feels safe for sharing.”
– Program participant

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

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