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, 6–7:30pm

BIENESTAR
Programs for Latina women and the Latinx community conducted in Spanish
New! Expressive Art: Visualizing Motherhood
Tuesdays, July 25–August 15, 6–7:30pm

New! Writing for Healing: Sharing Stories
Thursdays, August 3–24, 7–8pm

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

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