ARTS AND CONNECTION
Compassionate Communication
Virtually via Zoom
Wednesdays, October 11–December 20, 9–10am

Expressive Art: Open Heart, Open Studio
In person at TWI’s main office
Mondays, October 30–November 20, 5–6:30pm

C’ville Trans Women Circle of Support
Offered virtually or in person
4th Thursdays, ongoing, 6–7:30pm
(Holiday schedules are noted on our website.)

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

Craniosacral Gentle Touch
In person at TWI’s main office
1st and 3rd Wednesdays, 30-min sessions, 1–3pm

Yoga for Well-Being
In person at TWI’s main office
Fridays, October 3–November 17, 11am–12pm

SISTER CIRCLE
Programs for Black women and women of color

Chihamba West African Dance
In person at McGuffey Art Center
2nd and 4th Tuesdays, ongoing through December 12, 6:30–7:30pm

Mindful Meditation and Yoga for Black and POC
In person at TWI’s main office
2nd and 4th Wednesdays, ongoing through December, 6:15–7:30pm

Bad Queers: A Gathering for the Radical and Rebellious
In person at TWI’s main office
Saturday, December 2, 12–5pm

Program details are subject to change. Please visit bit.ly/twiprograms or contact (434) 872-0047 for the most up-to-date information and to register. Thank you!