MIND AND BODY

Mindfulness Practice Group
Tuesdays, 5–6pm

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

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

Exploring Mindful Meditation: A Path With a Heart
Wednesdays, January 10–March 20, 9–10am

Craniosacral Gentle Touch
1st and 3rd Wednesdays, 30-min sessions, 1–3pm

A Time for Me
Thursdays, January 18 and 25, 10–11am

Cultivating Self-Care Skills
Tuesdays, February 13, 20, and 27, 6–7pm

ARTS AND CONNECTION

Sister Circle Expressive Art: Breathe, Stretch, Break ... Let’s Art!
Thursdays, January 11–February 22, 6–7:15pm

C'ville Trans Women Circle of Support
Offered virtually or in-person
4th Thursdays, 6–7:30pm

Writing for Healing: Telling Your Story
Tuesdays, February 13–March 19, 5:30–6:30pm

Sister Circle Book Group: All About Love
Tuesdays, February 20–March 26, 5:30–6:30pm

Art and Joy: Join Us to Crochet
Thursdays, March 7, 14, and 21, 6–7pm

GROUP COUNSELING*
*Counseling groups require a screening prior to registration. Please see website for details.

Skill Building for Emotional Well-Being
Tuesdays, January 23–February 27, 6–7:30pm

Healthy Relationships
Tuesdays, March 5–April 9, 5:00–6:30pm

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

SISTER CIRCLE OFFERING
Programs for Black women and women of color

Thank you!

*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.

Empowering women in times of challenge and change

Winter 2024