

Spring 2021

Virtual Groups & Offerings



All groups and offerings are free and take place on Zoom.

For more information about each group and how to register, visit us online at www.thewomensinitiative.org/groups-social-support or call (434) 872-0047

Art & Nature

Art for Relaxation

Tuesdays
4:15-5:15 pm
May 11-June 15

Knitting Circle

2nd Fridays
4-5pm

Nature Nurture Workshop

Tuesday, June 29
5:15-6:30pm

Support Groups & Workshops

Grief & Loss Support Group

Tuesdays
6-7pm
May 4-June 24

PFLAG Trans Families & Peer Groups

3rd Saturdays
5:30-7pm

Mind/Body

Yoga for Self-Compassion

Mondays
7-8pm
April 26-June 21

Intro to Meditation

Wednesdays
9-10am
April 7-June 23

Bienestar

Programs for Latinx women, held in Spanish

A Time for Me!

Thursdays
10-11am
March 18 & 25

Cultivating Self-Care Skills

Thursdays
5-6pm
April 15 & 22

Support Group for Latina Women

Thursdays
5-6pm
May 6-27

Reducing Anxiety and Stress

Thursdays
5-6pm
June 10, 17 & 24

La Cultura Cura (Culture Heals)

2nd & 3rd Wednesdays
5:30-7:30pm
April-July

Sister Circle

Programs for Black women and women of color

Sister Circle Daytime Support Group

Thursdays
11:30am-1pm

A Sister Circle Healing Circle

2nd and 4th Thursdays
5:30-7pm

Chihamba West African Dance

1st and 3rd Wednesdays
5:45-7pm

BIPOC Women Unfiltered: A Writing Workshop

Saturdays
6-7:30 pm
April 17-June 12

Yoga for People of Color

3rd Sundays
2-3:15pm