



WINTER 2023

Groups and Offerings

January–March

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

MIND AND BODY

Mindfulness Practice Group

Tuesdays, January 3–March 21, 5–6pm

Learn to Meditate

Wednesdays, January 11–March 22, 9–10am

Body Relaxation

Thursdays, January 19– March 9, 7–8pm

ARTS AND CONNECTION

Writing for Healing

Wednesdays, February 1–22, 7–8pm

Expressive Art

Tuesdays, February 7–March 14, 4–5pm

Q Social Hour

Thursdays, February 16 and March 16, 4–5:30pm

BIENESTAR

Programs for Latina women and the Latinx community conducted in Spanish

A Time for Me

Thursdays, January 19 and 26, 10–11am

Cultivating Self-Care Skills

Thursdays, February 9, 16, and 23, 6–7pm

Healthy Relationships: Part 1

Thursdays, March 16, 23, and 30, 6–7:30pm

SISTER CIRCLE

Programs for Black women and women of color

Mindful Meditation for Black and POC

Sundays, January 8, February 12, March 12, 2–3pm

Yoga for Black and POC

Sundays, January 22, February 26, March 26, 2–3pm

Narrative Group Therapy: Live Like Your Ancestors and Children Are Watching

Thursdays, January 19–March 9, 6–7pm

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

“The facilitator is amazing; she’s open, not too rigid on how the sessions go. She always allows the opportunity to check in and share.”

– Yoga participant

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.*