



# SPRING 2023

## Groups and Offerings

### April–June

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

#### ARTS AND CONNECTION

##### **Writing for Healing: Our Bodies, Our Words, Part 1**

Tuesdays, April 4–25, 5:30–6:30pm

##### **Writing for Healing: Our Bodies, Our Words, Part 2**

Tuesdays, May 2–23, 5:30–6:30pm

##### **Expressive Art**

Tuesdays, April 11–May 16, 4–5pm

##### **New! Compassionate Communication**

Wednesdays, April 12–June 21, 9–10am

##### **New! C'ville Trans Women Circle of Support**

4th Thursdays, ongoing beginning April 27, 6–7pm

#### BIENESTAR

*Programs for Latina women and the Latinx community conducted in Spanish*

##### **A Time for Me**

Thursdays, April 20 & 27, 10–11am

##### **Cultivating Self-Care Skills**

Thursdays, May 4, 11, & 18, 5:30–6:30pm

##### **Healthy Relationships: Part 2**

Thursdays, June 8, 15, & 22, 6–7:30pm

**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.*

#### MIND AND BODY

##### **Chair Yoga for Self-Care**

Mondays, April 3 & 17, May 1 & 15, June 5 & 26, 11–11:45am

##### **Mindfulness to Address Burnout**

Mondays, April 3–June 12, 3–4pm

##### **Mindfulness Practice Group**

Tuesdays, April 4–June 20, 5–6pm

##### **Body Relaxation**

Thursdays, April 13–May 25, 7–8pm

#### SISTER CIRCLE

*Programs for Black women and women of color*

##### **Bad Queers: A Support Group for the Radical and Rebellious**

Sundays, April 2–23, 7–8:30pm

##### **Mindful Meditation for Black and POC**

Sundays, April 9, May 14, June 11, 2–3:15pm

##### **Yoga for Black and POC**

Sundays, April 23, May 28, June 25, 2–3:15pm

##### **Life-Giving Gardening**

Saturday, April 29, 10am–12pm (rain date: May 20)

*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