



# SUMMER 2023

## Groups and Offerings

### July–September

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

### ARTS AND CONNECTION

**New! Exploring Mindful Meditation: A Path With a Heart**

Wednesdays, July 12–September 20, 9–10am

**Expressive Art: Open Studio, Open Heart**

Wednesdays, July 12–August 9, 3:30–5pm

**C'ville Trans Women Circle of Support**

4th Thursdays, ongoing, 6–7:30pm

### BIENESTAR

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

**New! Expressive Art: Visualizing Motherhood**

Tuesdays, July 25–August 15, 6–7:30pm

**New! Writing for Healing: Sharing Stories**

Thursdays, August 3–24, 7–8pm

### MIND AND BODY

**Mindfulness Practice Group**

Tuesdays, ongoing, 5–6pm

**New! Yoga for Well-Being**

Fridays, August 4–September 29, 11am–12pm

### SISTER CIRCLE

*Programs for Black women and women of color*

**New! Writing for Healing: Let Your Heart Guide the Pen**

Tuesdays, August 1–29, 6:30–7:30pm

**Chihamba West African Dance**

2nd and 4th Tuesdays, ongoing, 6:30–7:30pm

**Mindful Meditation and Yoga for Black and POC**

2nd and 4th Wednesdays, July–September, 6:15–7:30pm

**New! Heart and Soul Fitness**

Thursdays, July 6–August 17, 6:30–7:30pm

**Cville Walks With Heart**

Saturdays, July 8, 15, & 29 and August 19, 8am

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

*“The facilitators are amazing and foster an environment that feels safe for sharing.”*

– Program 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.*

For the most up-to-date program information and to register, call (434) 872-0047 or visit [thewomensinitiative.org/groups-social-support](http://thewomensinitiative.org/groups-social-support).