



FALL 2023

GROUPS AND OFFERINGS

OCTOBER–DECEMBER

*Empowering women in
times of challenge
and change*

ARTS AND CONNECTION

Compassionate Communication

Virtually via Zoom

Wednesdays, October 11–December 20, 9–10am

Expressive Art: Open Heart, Open Studio

In person at TWI's main office

Mondays, October 30–November 20, 5–6:30pm

C'ville Trans Women Circle of Support

Offered virtually or in person

4th Thursdays, ongoing, 6–7:30pm

(Holiday schedules are noted on our website.)

BIENESTAR

Programs for Latina women and the Latinx community conducted in Spanish

La Cultura Cura: Our Childhood

Virtually via Zoom: Fridays, October 6, 13, and 20, 6–7:30pm

In person at Visible Records: Saturday, October 28, 12–4pm

(Each event will held in either Spanish, English, or both languages.

Details are noted on our website.)

Arte y Alegria

In person at TWI's main office

Thursdays, November 2, 9, and 16, 6–7pm

A Time for Me

Virtually via Zoom

Thursdays, December 7 and 14, 10–11am

MIND AND BODY

Mindfulness Practice Group

Virtually via Zoom

Tuesdays, ongoing, 5–6pm

Craniosacral Gentle Touch

In person at TWI's main office

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

Yoga for Well-Being

In person at TWI's main office

Fridays, October 3–November 17, 11am–12pm

SISTER CIRCLE

Programs for Black women and women of color

Chihamba West African Dance

In person at McGuffey Art Center

2nd and 4th Tuesdays, ongoing through December 12, 6:30–7:30pm

Mindful Meditation and Yoga for Black and POC

In person at TWI's main office

2nd and 4th Wednesdays, ongoing through December, 6:15–7:30pm

Bad Queers: A Gathering for the Radical and Rebellious

In person at TWI's main office

Saturday, December 2, 12–5pm

Program 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. Thank you!