

the
**Women's
INITIATIVE**

**GROUPS AND
OFFERINGS**

JAN - MAR

Empowering
women in times of
challenge and
change

**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!

Winter 2024

MIND AND BODY

Mindfulness Practice Group
Tuesdays, 5–6pm

 **Chihamba West African Dance**
In person at McGuffey Art Center
2nd and 4th Tuesdays, 6:30–7:30pm

 **Mindful Meditation and Yoga for
Black and POC**
2nd and 4th Wednesdays, 6:15–7:30pm

**Exploring Mindful Meditation: A Path
With a Heart**
Wednesdays, January 10–March 20, 9–10am

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

 **A Time for Me**
Thursdays, January 18 and 25, 10–11am

 **Cultivating Self-Care Skills**
Tuesdays, February 13, 20, and 27, 6–7pm

Green: In person at TWI's main office,
unless otherwise noted
Magenta: Virtual via Zoom



BIENESTAR OFFERING
Programs for Latina women and
the Latinx community conducted
in Spanish


ARTS AND CONNECTION

 **Sister Circle Expressive Art: Breathe,
Stretch, Break ... Let's Art!**
Thursdays, January 11–February 22, 6–7:15pm

**C'ville Trans Women Circle
of Support**
Offered virtually or in-person
4th Thursdays, 6–7:30pm

**Writing for Healing: Telling
Your Story**
Tuesdays, February 13–March 19, 5:30–6:30pm

 **Sister Circle Book Group:
All About Love**
Tuesdays, February 20–March 26, 5:30–6:30pm

 **Art and Joy: Join Us to Crochet**
Thursdays, March 7, 14, and 21, 6–7pm

GROUP COUNSELING*

*Counseling groups require a screening prior to registration.
Please see website for details.

**Skill Building for Emotional
Well-Being**
Tuesdays, January 23–February 27, 6–7:30pm

Healthy Relationships
Tuesdays, March 5–April 9, 5:00–6:30pm



SISTER CIRCLE OFFERING
Programs for Black women
and women of color