



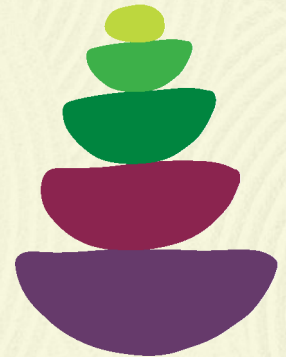
# The Women's Initiative

## 2021 Mid-Year Report

*Despite the pandemic, TWI is pleased to report that we successfully served 1,200+ clients through our core programs during the first half of the year! We continue to operate on a hybrid model, utilizing both in-person and telehealth options for care. This includes individual counseling, therapeutic support group offerings, call-in clinics, mind/body offerings, and education & outreach.*



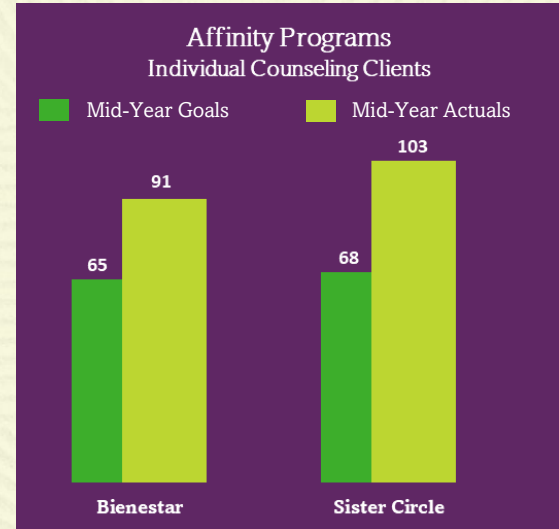
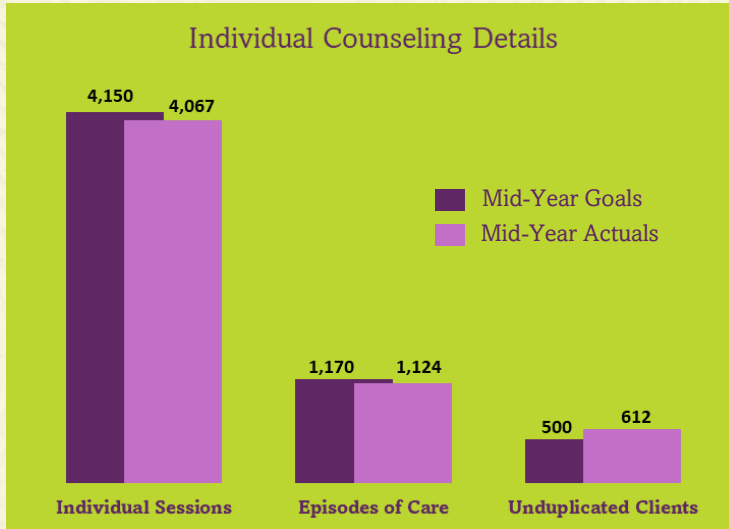
*"Excelente profesional  
y calidad humana"*  
~ recent TWI client



**We support our clients on their journey toward wholeness.**

# Mental Health Counseling Program

This program is the heart of our agency.  
As illustrated below, we are on track with our program goals for this vital service.

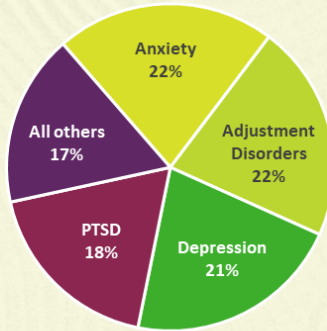


It takes courage to reach out for care. Especially now.  
A growing number of clients are experiencing increased severity of symptoms  
due to the complex challenges facing humanity.  
We applaud our clients resolve to reconnect with their resilience.

# Healing Happens Here

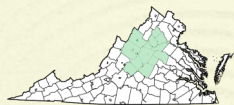
We are dedicated to creating a safe & welcoming space for all. This includes unique programming for Black women and women of color, Latinx clients, refugees and members of the LGBTQ+ community.

## Diagnoses



## Top Treatment Modalities

Mindfulness • Internal Family Systems • CBT •  
Psychoeducation Therapy • Brief Dynamic • EMDR



We reached clients in  
Charlottesville and  
13 surrounding municipalities.

## Who We Served January—June

**90%** were victims of past or present abuse and violence

**47%** were people of color

**4%** were refugees

**19%** identified as LGBTQ+

**39%** were unemployed

**87%** were uninsured / underinsured

*Most clients live at or below the poverty level.*

## Client Outcomes in our Counseling Program

**89%** attained daily stress coping skills

**86%** increased their sense of overall well-being

**85%** increased their sense of personal well-being

**77%** had a decrease in symptoms

**77%** felt an improvement in interpersonal relationships

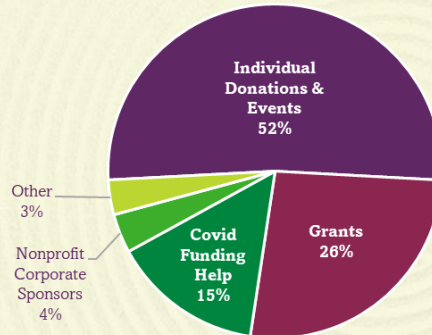
# In Their Own Words

*"I love Aisha Hayat! She personally arranged for me to have the validating healing help I've needed my entire life! Thank you Aisha and TWI!" ~ recent TWI client*

*"When I came to The Women's Initiative, I felt that recovery was really possible for me and TWI has been such a big inspiration for me, and I am extremely grateful. Now, I feel I can look back and really feel that strength and believe in myself and what is possible."  
~ recent TWI client*

Our clients count on us. We count on you.

January - June 2021 Income



*Generous support from an array of contributors continues to fuel our work. Thank you for believing in our mission.*

*To find out more about our program services or to make a donation visit:  
[thewomensinitiative.org](http://thewomensinitiative.org)*