

# Winter 2022

## Groups & Offerings



All groups and offerings are free and take place on Zoom unless noted.

For more information, call (434) 872-0047 or visit [thewomensinitiative.org/groups-social-support](http://thewomensinitiative.org/groups-social-support).

### Bienestar

*Programs for Latinx women, held in Spanish*

#### A Time for Me!

Thursdays, 10–11am  
January 13 & 20

#### Strengthening Our Self-Awareness

Thursdays, 5–6pm  
February 10, 17, & 24

#### Art and Relaxation

Thursdays, 5–6pm  
March 17, 24, & 31

### Mind and Body

#### Mindfulness Practice Group

Tuesdays, 5–6pm  
January 11–March 15

#### Yoga for Self-Compassion

Tuesdays, 7–8pm  
February 1–March 22

#### Intro to Meditation

Wednesdays, 9–10am  
January 5–March 16

### Arts and Connection

#### Art for Relaxation

Tuesdays  
4:15–5:15 pm  
January 11–February 8

#### Q Social Hour—LGBTQ+

*In person*  
1st and 3rd Thursdays  
4–6pm  
January 20–March 24

#### Cultural Humility Conversation Circle

Tuesday, January 25  
6–7:30pm

### Community Groups

#### PFLAG Trans Families & Peer Groups

3rd Saturdays  
5:30–7pm

*Email [pflagbr@gmail.com](mailto:pflagbr@gmail.com) for more information.*

### Sister Circle

*Programs for Black women and women of color*

#### Yoga for Black and POC

1st and 3rd Sundays  
2–3:15pm  
January–March

#### Chihamba West African Dance

*In-person*  
1st and 3rd Wednesdays  
6–7pm  
January–March

#### Sister Circle Healing Circle\*

Thursdays  
5:30–7pm  
January 13–March 17

*\*requires screening*