

the  
**Women's  
INITIATIVE**

**GROUPS AND  
OFFERINGS**

APRIL - JUNE

Empowering  
women in times of  
challenge and  
change

PROGRAM  
DETAILS ARE  
SUBJECT TO  
CHANGE.

Please visit  
[bit.ly/twiprograms](https://bit.ly/twiprograms)  
or contact  
**434.872.0047** for  
the most up-to-  
date information  
and to register.

*Thank you!*

**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

 **Restorative Rest & Relaxation**  
In person at Heart and Soul Fitness studio  
1st and 3rd Wednesdays  
April 3-May 15, 6:30-7:30pm

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

**Compassionate Communication**  
Wednesdays, April 3-June 19, 9-10am

 **Mindful Meditation and Yoga for  
Black and POC**  
2nd and 4th Wednesdays  
April 10-June 26, 6:15-7:30pm

 **Cultivating Self-Care Skills**  
Thursdays, May 30-June 20, 5:30-6:30pm

**Yoga for Well-Being**  
Sundays, June 2-30, 11am-12pm

**Expressive Movement and  
Body Relaxation**  
Wednesdays, June 5-26, 12:15-1pm

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

*Spring 2024*

**ARTS AND CONNECTION**

 **Art and Joy: Celebrate Spring**  
Thursdays, April 11 and 18, 6-7pm

 **Life-Giving Gardening**  
In person at City of Promise Garden  
Saturday, April 6, 12-2pm | Rain date: April 15

**Sexuality and Spirituality: A Journey  
of Self-Discovery for LGBTQIA+  
Individuals**  
Biweekly on Thursdays, May 2-June 13, 6-7:30pm

**Learning From the LGBTQ+  
Community Training**  
Tuesdays, May 7-June 11, 6-8pm

 **Writing for Healing: Sharing Stories**  
Thursdays, June 6-27, 5:30-6:30pm

**C'ville Trans Women Circle  
of Support**  
4th Thursdays, 6-7:30pm


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

**Emotions Education 101**  
Tuesdays, April 2-May 21, 3:15-4:45pm

 **Returning to Self**  
Thursdays, April 11 and 18, 5:30-6:45pm and  
Biweekly on Thursdays, May 2-June 13

**Trauma Healing Basics**  
Mondays, April 8-May 20, 10:30am-12pm

**BIENESTAR OFFERING**

 Programs for Latina women and the  
Latine community facilitated in  
Spanish by a bilingual provider

**SISTER CIRCLE OFFERING**

 Programs for Black women  
and women of color