

## Education and Outreach

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Call for details

Intake Process

Call for information.

Intake Contact Telephone

(434) 872-0047

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Women's Initiative

<http://www.thewomensinitiative.org>

<http://thewomensinitiative.org/education-outreach/>

<https://www.facebook.com/thewomensinitiative/>

@TWIcville

The TWI Blog <http://thewomensinitiative.org/twi-blog/>

Main

(434) 872-0047

1101 East High Street

22902 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-8:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-8:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Event times vary.

Fee Structure

Call for Information

Languages Spoken

English

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Spanish

The Women's Initiative Education and Outreach program aims to provide evidence-based mental health and wellness skills to our community, decrease stigma around mental health issues, and increase access to care. The Women's Initiative provides education on a variety of mental health topics to the public and to organizations in the community.

The goal of the program is to increase knowledge about mental health and reduce stigma around mental health issues. The staff offers educational programs about women's mental health and trauma-informed care. Topics include mindfulness, healthy relationships, stress management, grief, resilience, joy and conflict resolution. The staff can also speak to the specific mental health needs of underrepresented populations.

Outreach activities are offered in the community including tables at local festivals, inviting women to share their stories for our annual Challenge into Change Writing Contest and giving informational presentations about The Women's Initiative work. The Staff's presence in these public spaces helps reduce the stigma surrounding mental health treatment and increase the likelihood that a woman will access a higher level of care if needed.

Service Area(s)

Albemarle County

,

Charlottesville City

,

Fluvanna County

,

Greene County

,

Louisa County

,

Nelson County

Email

[info@thewomensinitiative.org](mailto:info@thewomensinitiative.org)