



Your Life Matters Cville

yourlifematterscville.org • Your Life Matters Cville 

FREE* WELLNESS SERVICES:

For Women

Birth Sisters of Charlottesville Doula Services



Pregnancy, Labor & Delivery Support

Contact: Lisa Brown,
admin@birthsisterscville.org

*Services free for mothers who qualify for Medicaid. Deep sliding scale for all other mothers.

The Women's Initiative Individual Counseling

Call-in Clinics
(including Black
Therapists)



Chihamba for People of Color
December 16th

Yoga for People of Color
December 20th

A Sister Healing Circle
2nd and 4th Thursdays – Jan-March
5:30 p.m. – 7:00 p.m.

A space for Black women to process and commune in safety and L.O.V.E. to receive support and strength for their bodies, minds, and spirits for the journey ahead.

Email sistercircle@thewomensinitiative.org to register and schedule screening.

Register at: thewomensinitiative.org/sister-circle or call 434-872-0047

For Men

ReadyKids



Eddie Harris – REAL Dads

Fatherhood coaching and mentoring for men who want a stronger relationship with their children and **Responsible, Empowered, Available and Loving** relationships with their families.

Contact: Sarah Carter,
scarter@readykidscville.org,
434-296-4118 ext. 229

Black Boys OM

Free virtual wellness practices for Black boys and men.



Access free yoga sessions at:
blackboysom.org

Podcast



Mental Health for Black Men

View at: <https://m.youtube.com/watch?v=jo7zJF3fZEo>

For Youth

Alex-Zan



Teen Video "Yes You Matter"
Available at Alex-Zan.com

ReadyKids



24/7 Charlottesville Teen Hotline

Call: 434-972-7233

Conscious Capitalist Foundation

**Youth Mentoring
for 5th-9th Graders**

Contact: Rob Gray,
rgray@consciouscapitalistgroup.org
434-409-5535



Virtual Junior Volunteer Program



Explore hospital careers and earn community service hours.

Registration deadline: Dec. 31st
15-18 year-olds

Contact: Diana Webb, CHES,
434-984-5350 or
dmwebb2@sentara.com

Continued

For All Adults

Brave Souls On Fire

Your Write to Holiday Healing

Thursday, December 17
5:30 p.m. – 7:00 p.m.

Write Here, Write Now

January 9, 16, 23, & 30
11:00 a.m. – 12:30 p.m.

Hosted by Shelby Marie Edwards

*A virtual writing space for Black men,
Black women and Black individuals*

Register via email:
bravesoulscville@yahoo.com
(drop-ins welcome)

Can I Get A Witness?

*Monthly Peer Support Gathering for
black folks focused on black faith and
black mental health*

Every 3rd Sunday,
6:00 p.m. – 7:30 p.m.

Register on Eventbrite

The Trauma of Racism Panel Discussion

Wednesday, December 16th

Register on Eventbrite

Black Table Talk

Every Friday – 6:00 p.m.

Register on Eventbrite

Brave Souls One on One Peer Mentoring Sessions

Available by appointment

Monday-Friday
4:00 p.m. – 9:00 p.m.

Restoring the Queen

(starting in late January)

*Trauma Support Group for Black
Women (therapist led)*

Pre-registration required

For more information on Brave Souls on Fire offerings:

434-531-0348 or
bravesoulscville@yahoo.com
Facebook: Brave Souls On Fire

Sentara Starr Hill Health Center



Drop-in Blood Pressure & A1C (blood sugar) Checks

Mondays 10:00 a.m. – 1:00 p.m.

Thursdays 5:00 p.m. – 7:00 p.m.
(no services on 12/24 or 12/31)

Jefferson School City Center
Follow signs

Contact: Setour Dillard, RN,
434-654-4640 or
sadillard@sentara.com

Common Ground Healing Arts



Drop-in Acupuncture

Mondays 10:00 a.m. – 1:00 p.m.

Thursdays 5:00 p.m. – 7:00 p.m.
(no services on 12/24 or 12/31)

Jefferson School City Center
Follow signs

Meditation for People of Color

1st, 2nd & 4th Sundays
2:00 p.m. – 3:30 p.m.

Zoom Link: <https://zoom.us/j/98950084464?pwd=NkZ4dC9DWDhuck1mMWZsMIUzMU8yZ>

Zoom Meeting ID: 989 5008 4464
Passcode: 517556

**Donation basis. No one turned away for
inability to pay.*

Blue Ridge Area Food Bank



Drop-in Food Pickups (while supplies last)

Mondays 10:00 a.m. – 1:00 p.m.

Thursdays 5:00 p.m. – 7:00 p.m.
(no services on 12/24 or 12/31)

In person programs held at:

Jefferson School City Center
233 4th Street NW, Charlottesville
Follow signs

*You must wear a facemask, have your temperature
checked and answer COVID19 screening questions
to participate in these in-person offerings.*

Jefferson School African American Heritage Center



Free memberships and tours

Membership applications
available in hard copy or online at
jeffersonschoolheritagecenter.org/join/membership

For information call: 434-260-8720

Central Virginia Clinicians of Color



*Telephone support - temporary
non-crisis emotional support for
adult people of color during COVID-19
outbreak.*

Wednesdays 5:00 p.m. - 8:00 p.m.

For more information:
www.cvcn.org or leave voicemail
at 434-218-0440

Free Range Psychiatry



* These services are not free, but at
a 50-75% reduced rate

Holistic Psychiatry, Psychotherapy, Mind Body Interventions

Ongoing

Go to: freerangepsych.org

Fountain Fund



THE FOUNTAIN FUND

*Our client partners receive the
support and resources they need
to successfully re-enter their
communities. The Fountain Fund
provides loans, financial education
and community support.*

fountainfund.org

Contact: Martize Tolbert, 434-234-3600
or mtolbert@fountainfund.org

Continued

For All Adults

Counseling Alliance of Virginia, LLC



The Breathing Room

Support group for African American/ Black people to talk about and process the racial traumas in our society

Virtual 1st & 3rd Wednesday
of the Month

9:00 a.m. – 10:30 a.m.

To register: call 434-220-0333 or
visit www.cavahelps.com/events/

Racial Awareness and Sensitivity Support Group – Multi-Racial

Support group to encourage cross-racial conversations and dialogue about RACE safely and therapeutically.

Virtual 1st & 3rd Tuesday
of the Month

6:15 p.m. – 7:45 p.m.

To register: call 434-220-0333 or
visit www.cavahelps.com/events/

IT'S NOT TOO LATE TO GET CONNECTED! PLEASE SHARE WITH FAMILY & FRIENDS

Get information and updates on services at
yourlifematterscville.org • Your Life Matters Cville

For general information, please contact Jackie Martin at jgmarti1@sentara.com
or **434-984-5655**.



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