

## Individual Counseling

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Call for details

Intake Contact Email

info@thewomensinitiative.org

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/individual-counseling/>

<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

Fee Structure

No Fee

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Sliding Scale Fee

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Call for Information

Languages Spoken

English

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Spanish

The Women's Initiative provides individual counseling services for uninsured and underinsured women. Clinicians provide mental health treatment for a variety of issues, such as depression, anxiety, stress, trauma and relationship problems. In the very first session, staff work with clients to establish goals for healing and recovery.

The staff uses a variety of evidence-based therapeutic approaches in order to best meet the unique needs of each woman. The clinical team uses many types of treatment, such as cognitive behavioral therapy, psychodynamic therapy, eye movement desensitization reprocessing (EMDR), interactive guided imagery, and stress management techniques.

Service Area(s)

Albemarle County

,

Charlottesville City

,

Fluvanna County

,

Greene County

,

Louisa County

,

Nelson County

Email

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