

WOODFIN COMMUNITY GROUPS



Community groups are open to both members and nonmembers.

Bereavement Support Zoom

First Tuesday of every month | 6-7:30 p.m.



Cancer Support (All Gender) Zoom

First Monday of every month | 6-7:30 p.m.



Men's Cancer Support

First Wednesday of every month | 6-7:30 p.m.



Dementia Support Woodfin YMCA

Second and fourth Wednesdays of every month | 6-7 p.m.



Vibrant Women's Circle Woodfin YMCA

Second Monday of every month | 12:30-1:30 p.m.



Art Group Woodfin YMCA

Second Thursday of every month | 3:30-5 p.m.



Book Club Woodfin YMCA

Second Friday of every month | 11 a.m.



Mahjong Club Woodfin YMCA

Mondays and Fridays | 1-4 p.m.



For questions about the Bereavement and Cancer support groups,
contact Will at acwein123@gmail.com

For any other questions, contact Hara at hsitnick@ymcawnc.org

Bereavement Support Group

This group is for individuals 21 and older who have lost an adult loved one. The group's purpose is to help each of us rebuild strength of mind, body and spirit.

Cancer Support Groups

As we navigate life with cancer, sometimes it helps to share your experiences with others with similar journeys. This is a safe and supportive place to share.

Dementia Support Group

In collaboration with Dementia Partners AVL, this community group offers support to those with dementia and those supporting loved ones with dementia.

Vibrant Women's Circle

For women aged 45+, to celebrate the journey of healthy aging together! Be empowered in this nurturing, supportive space through shared experiences, insightful discussions, and proven practices that promote physical, mental and emotional well-being.

Art Group

Dive into the world of art and let your creativity flow! Whether you're an experienced artist or a complete beginner, this class is for you! Led by James Cassara. Materials will be provided.

Book Club

Are you an avid reader looking for some new reads as well as some new friends with whom to discuss them? Come check out the Book Club! See Book Club flyer for current list.

Mahjong Club

Mahjong is a fun way to improve memory and sharpen your mind. No matter your experience level, this is a friendly group that will help you hone your skills. Questions? Contact Nancy at Ymahjongclub@gmail.com