

Susan's Story

Susan* is a Resource Coordination client who has come a long way since first stepping foot in Kai Qualls' office. She found herself at the WRC because she was depressed and anxious and couldn't afford therapy.

She had just moved from California to Pennsylvania for a relationship that quickly turned sour and ended, leaving her all alone. Making matters more complicated, Susan is from Serbia originally and her whole family still resides there. After her relationship ended she was left with very few people to turn to for help. A good friend of hers referred her to the WRC. Susan says it was "wonderful" meeting Kai for the first time. "I felt comforted immediately. She's like a walking hug! She has such calming energy. I immediately leave all my worries at the door when I see her."

Kai utilized many resources to help Susan, and even recommended books, YouTube channels, and told her to take one thing at a time. "She is so grounded that it helps me process things from a grounded perspective," Susan said.

Susan's life has changed drastically because of Resource Coordination. Now she is able to put her creative skills to use, working at a bakery making pastries.

"I've been much calmer and can handle my anxiety and depression now. I actually started meditating. Kai validates my feelings without feeding into them. She also taught me how to set boundaries." Furthermore, Susan learned how to prioritize the things most important to her in her life.

When asked how her life was different since she started coming to the WRC, Susan said: "I started embracing being alone, something I had been terrified of before, and am now no longer afraid of. Coming here is like putting myself on a phone charger because it rejuvenates me and gives me energy."



Delicious cupcakes made by Susan using her creative skills.

Resource Coordination

Resource Coordination is a unique blend of counseling and case management services, meeting clients at a point of change or transition in their lives.

Using a brief solutions-focused model, our Resource Coordinators support clients through crucial transition points by helping them identify and bolster their own internal resources, while also helping them navigate and access external resources. We offer this service on a sliding scale or for free based on need.

Resource Coordination is possible in part due to your contributions. Without your help, countless women would not be able to receive the countless resources and counseling our resource coordinators provide them with. Our Resource Coordination clients have expressed life-changing impact from the process.

100%

of clients reported an improvement in their mental and emotional well-being

91.76%

of clients have an enhanced self-awareness after their sessions

75%

have increased self-confidence

83.33%

experienced an increased sense of preparedness to take the next step and the same amount saw an increase in coping and resiliency