

Women's Resource Center Mid-Year Report

Fiscal Year 2018 - 2019

Family Law Program

The Women's Resource Center offers a variety of free or low-cost family law-related programs to help women in need of guidance for issues pertaining to divorce, child support, custody and related topics.

Family Law services include Legal Consultations, Family Law Guide, The Attorney Affiliate Program and Divorce Resource Events.

Hear what some of our Family Law clients have to say...

"My lawyer was really nice and clear about all the information. I'm happy to go to court tomorrow."

"This has really helped ease my mind of how to go through a divorce and what to do."

"My lawyer was so helpful! He saved me from my husband's divorce lawyer taking advantage of my ignorance. Thank you!"

"I love my lawyer. She is knowledgeable and competent. She has the ears of a therapist and the wits of a lawyer. It was a truly enjoyable and spiritual preparation for my [court hearing] tomorrow."

The purpose of the Family Law Program isn't just to help women through the legal system, but to help them understand each step of the legal process.

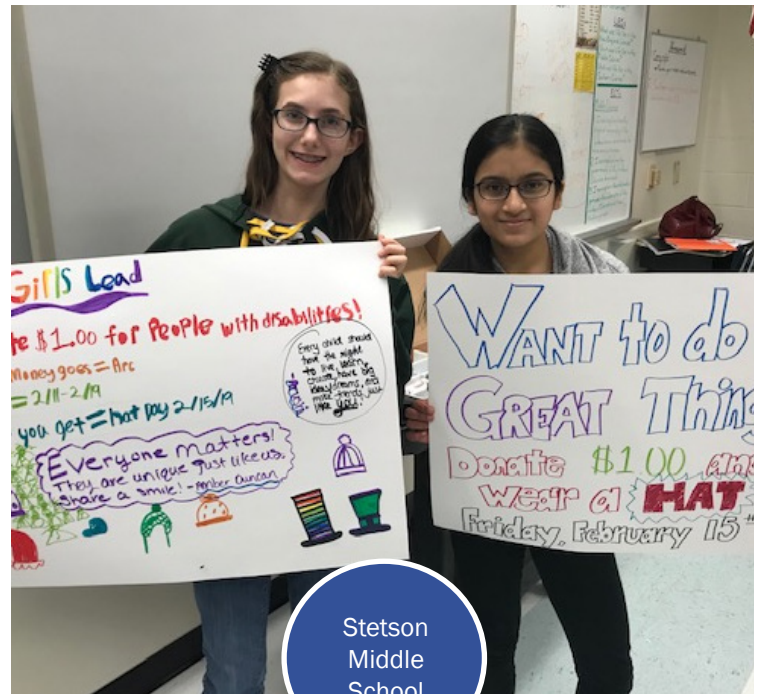
97%

of women said that after their consultation with the attorney they had increased knowledge or understanding of the legal process.

56%

of women said they feel they can successfully complete the tasks for taking the next step in their legal journey.

Girls Lead



Stetson
Middle
School

This school year, the Girls Lead program is helping 162 middle and high school girls with "untapped leadership potential" to gain critical communication, decision-making, conflict resolution, and problem-solving skills.

These skills have all been identified as protective factors against teen pregnancy, eating disorders, suicide, bullying, and substance abuse.

One of the biggest accomplishments the girls work toward throughout the year is their Leadership Project. Each school chooses a problem in their school or community that they want to fix, and they spend their Girls Lead sessions working toward finding ways to remedy the problem at hand. The leadership project calls on the girls to use the skills they learn throughout the program. For example, at Stetson Middle School they are raising money for The Arc of Chester County to help people with disabilities.

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