



## WRC News that Informs

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### A Mind-Hacker's Guide to Leadership in Times of Crisis

Join us for this unique and inspiring virtual event delivered by mindfulness author, social entrepreneur and thought leader Due Quach (pronounced Zway Kwok) on **Thursday October 22** from 4pm - 6pm on Zoom. Tickets are \$25, and can be accessed [here](#) or by clicking on the button below.

Ms. Quach's interactive and experiential presentation sheds light on the impact of stress and adversity on the brain and provides exercises that you can use to proactively steer brain development to enhance resilience, agility, and clarity so that you can handle crises more effectively.

This event takes the place of our 2020 Leadership Luncheon, which was originally postponed to October. Ms. Quach, our original keynote speaker, has graciously offered this experiential workshop to the public. Participate to learn these mind strengthening techniques, needed especially now during COVID!



[Register for the Mind Strengthening Workshop with Due Quach](#)

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### Women Speak

In keeping with the theme of stress and self care, what to do about couples and family stress, especially now during COVID? Take a front seat to a **Women Speak interview** with award-winning psychologist **Dr. Paula Durlinsky**. Dr. Durlinsky will describe techniques to reduce couples and family stress, break bad relationship habits, and



improve well being, all with COVID in mind.

[Watch the Women Speak interview with Dr. Paula Durlinsky](#)

## Debbie's Dispatch

During this health and safety crisis, it is important to have resources at your fingertips. WRC wants to add to your list by featuring a resource selected by Helpline Coordinator Debbie Bell in each newsletter, called Debbie's Dispatch.



### Featured Resource of the Month

**Multiple Resources for Grandparents caring for grandchildren**

During the COVID-19 pandemic there are so many stressful everyday situations. One of them is grandparents caring for their grandchildren. Can you imagine being elderly, possibly in poor health, living on Social Security, and having to provide for the basic needs of a child or several children? Then in addition to that, contending with the legal aspects of trying to obtain custody and the technical challenges of dealing with virtual learning, and you can see how these grandparents can quickly become overwhelmed. These devoted grandparents need support and resources. Fortunately, resources are available.

**Second Time Around Parents 610-883-3665** Delaware County Residents Only - Support group and resources for grandparents caring for their grandchildren.

**Kinship Care Resource Center 215-557-1554** Philadelphia County Only - Provides legal assistance, education, support, and resources for grandparents and anyone who cares for children that are not their own.

**GrandFamily Support Group of Chester County - Contact Shadell Quinones 610-344-5670 or Heidi Carlson 610-344-6364** Provides resources, legal and financial information, and respite for grandparents caring for their grandchildren.

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## HELPLINE Hours Expanded

When you need a resource in the community, we are here to assist! Our number is 701-314-HELP (4357). You can also email the Helpline for resources at [info@womensrc.org](mailto:info@womensrc.org). Our Helpline hours are now **Monday, Tuesday, Wednesday, Thursday, 9:30am - 6:00pm and Friday, 9:30am - 3:30pm.**



## Grant Update

WRC is grateful for a tremendous Delco Strong 2 grant of \$25,000 administered through **The Foundation for Delaware County**. Thank you!

