



News from WRC



Girls Lead - An insider's view

Women Speak, our television interview show, spoke with a Girls Lead participant, her

mother and the program facilitator at Radnor Middle School in Delaware County. Hear directly from this young woman how Girls Lead made a difference in her life!

Many thanks to the interviewees and MLTV-Main Line Network for this broadcast.

[Women Speak interviews Girls Lead](#)

Read about this year's program at all seven cohorts below.

[Girls Lead Report 2020-2021](#)

Thank you to our 2020-2021 Girls Lead school partners, facilitators and funders, including Radnor Educational Foundation, PECO, Christian R. and Mary F. Lindback Foundation, Wilbur C. and Betty Lea Henderson Foundation, The Mariposa Wish Foundation, Chester County Regional Education Services, Jon Goodman and The Specter Family Foundation, along with our other generous individual donors.

Sassy's Blog

Sassafras, aka Sassy

Sassy is short for Sassafras, the very astute cat of WRC's Clinical Director and Resource Coordination Counselor, **Kai Qualls, M.A., LPC**. Sassy's Blog

has **RESILIENCE** as its theme. It's an important topic given the challenging times we are living through.

This month, Sassy's Blog talks about **Mindfulness Practices and Identifying Emotions**. It is written by fellow member of the Resource Coordination and Counseling team, **Rujuta Chincholkar-Mandelia, PhD, M.Ed.**



Mindfulness Practices and Identifying Emotions



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 highlighting a resource selected by Helpline Coordinator **Debbie Bell** in each newsletter.



Featured Resources of the Month

All About Senior Women

This month's dispatch is all about our senior women. Here are some resources that I hope will help you navigate your particular life transitions and concerns.

Apprise 610-344-6035 (Paoli Office) is the PA State Health Insurance Assistance program that provides free Medicare insurance counseling. They can help you to understand your choices, find the best coverage, determine if you qualify for financial assistance and other help related to Medicare. There are many offices throughout the various counties to contact for information.

CARIE Line 215-545-5728 assists older adults and their caregivers to access services and support; such as health insurance, housing, transportation, and long term care.

COSA 610-490-1300 coordinates and administers services for those 60 years and older in Delaware County. They provide information about legal services, volunteer opportunities, help people to remain in their homes, provide information on adult day care, and many other issues.

Senior Law Center provides legal services to those seniors 60 years and older. They provide legal services for victims rights, tenant rights, homeownership rights, pension rights, grandparents rights and veterans services.

Contact Information for Senior Law Center
Philadelphia 215-988-1242
Bucks/Montco 610-910-0210
Delco/Chesco 610-910-0215
Statewide 877-727-7529
www.seniorlawcenter.org

WRC thanks PECO and Pfizer

The Women's Resource Center is grateful to be a recipient of a \$6,500

grant from PECO for our Girls Lead Program and a \$5,000 grant from Pfizer for our Helpline and Resource Coordination program. Thank you to both companies!



HELPLINE

Knowing which resources are available to you during a life transition or crisis is important. WRC is here to help. You can reach our Helpline at 701-314-HELP

(4357) or email the Helpline for resources at info@womensrc.org. Helpline hours are **Monday**



**through Thursday, 9:30am - 6:00pm and Friday,
9:30am - 3:30pm.**

