



## News from WRC

### Join WRC's supporters in helping those affected by the pandemic

The pandemic has certainly changed all of our lives. Many of us lost our jobs, have children whose education was delayed, and lost loved ones. It's been a very difficult time.



**The pandemic also brought to the fore the importance of mental health** to our families, our employers, and our communities. The Women's Resource Center meets women and girls at points of crisis and transition in their lives and strengthens their resilience to meet life's challenges, helping their families and communities in the process.

**Crisis was supersized during the pandemic** and affected just about everyone, but the unemployment numbers show it affected women disproportionately - there is even a name for the recent wave of job losses by women, "the She-cession." WRC, with its 45 years of experience, offers local and regional resources, in depth counseling, low cost family law legal consultations, and a Girls Lead program, all of which seek to counter the effects of the pandemic on women and girls.

Our calling card is compassion, understanding and support. **But to keep our services going, to give hope, we are in need of your help! You can make a difference.** We have a campaign to help women and girls survive the She-cession in our community, one life at a time. We are a little more than halfway towards our goal of \$16,500 and need \$7,600 by June 30. Will you help us today with your support?

Yes, I want to support women and girls in the community affected by the pandemic!



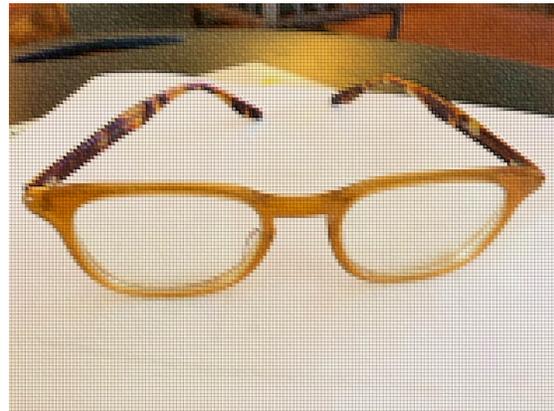
## Network your way to your next job opportunity

**Women Speak**, our monthly television interview show, spoke with the CEO of Purposeful Networking, **Jennifer Lynn Robinson, Esq.** Jennifer talks informatively about networking concerns, including starting from scratch, creating a purposeful networking relationship and calming jitters about getting out there. Thank you to MLTV-Main Line Network and to Ms. Robinson for this broadcast. Click on the link below to see this incredibly helpful interview!

[Women Speak interview with networking guru Jennifer Lynn Robinson, Esq.](#)

## 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

#### **Resources for Mental Health Awareness**

It's time to raise awareness of those living with mental illness so we can stop the stigma associated with it and create an environment where everyone can get the care they need.

**Here are some resources to aid in getting that care:**

**Women's Resource Center- Resource Coordination and Counseling Program-701-314-4357-** low cost counseling plus case management as needed.

**Council for Relationships-215-382-6680-**has 10 locations - operates on a

sliding scale - individual, couples, and family counseling

**National Alliance on Mental Illness (NAMI) Helpline**-800-950-6264-M-F-10am-8pm

**Crisis Text Line**-24/7-text NAMI 741-741

both provide support and information on next steps

**NAMI Main Line**-267-251-6240-provides local resources and support

**Warm Lines - these are support lines with compassionate listeners - this is not counseling.**

**New York City Multilingual Line** 888-692-9355

**Bucks County** 215-896-9717

**Chester County** 866-846-2722

**Delaware County** 855-464-9342

**Montgomery County** 855-715-8255

**Philadelphia County** 855-507-9276

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## State Representative Melissa Shusterman's WRC Story



Life is not predictable. Things sometimes happen that we don't see coming. Listen to this short interview with State Representative Melissa Shusterman, as she outlines how she came to WRC many years ago for help as a woman going through a difficult divorce, and how WRC made a difference in her life, empowering her during a time of great transition. Many thanks to State Rep. Shusterman for sharing her story, available below!

[WRC's interview with State Representative Melissa Shusterman](#)

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## PECO Women discuss career moves and challenges in WRC - Network for Exelon Women Panel

The Women's Resource Center is grateful to PECO for helping to organize a dedicated panel of inspiring professional PECO women speaking in depth about career moves and challenges, all moderated by 6abc reporter Ashley Johnson. Thank you to



An Exelon Company

6abc reporter Ashley Johnson

the panelists, PECO organizer Anne Reisenwitz and 6abc moderator Ashley Johnson for this incredibly insightful panel discussion. PECO is also a supporter of WRC's Girls Lead program. Click on the link below to listen to the career panel.



**PECO Careers Panel discussion, moderated by Ashley Johnson**

## 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](mailto:info@womensrc.org). Helpline hours are **Monday through Thursday, 9:30am - 6:00pm and Friday, 9:30am - 3:30pm.**

