



DES MOINES PASTORAL

COUNSELING CENTER

WOMEN *helping* WOMEN

23RD ANNUAL EVENT | A VIRTUAL EXPERIENCE

FRIDAY, MAY 21, 2021 | 11:30 am – 12:30 pm



Celebrating our
23rd year of this event,
providing counseling
and education
to women, children
and families in need.



DES MOINES PASTORAL
COUNSELING CENTER

WOMEN *helping* WOMEN

WELCOME

Emily Kessinger | EMCEE

CO-CHAIR | 2021 Women Helping Women

TRIBUTE TO ANGELA CONNOLLY

Renee Hardman

CO-CHAIR | 2021 Women Helping Women

HONOREE RESPONSE

Angela Connolly

HONOREE | 2021 Women Helping Women

INTRODUCTION OF SPEAKER

Carol Bodensteiner

CO-CHAIR | 2021 Women Helping Women

KEYNOTE PRESENTATION

The Sun that Lives in our Spirits

Tiffany Johnson | SPEAKER | 2021 Women Helping Women

ABOUT THE DES MOINES PASTORAL COUNSELING CENTER

Jim Hayes D.Min., M.Div.

EXECUTIVE DIRECTOR AND SPIRITUAL DIRECTOR
DES MOINES PASTORAL COUNSELING CENTER

I AM ENOUGH BY GRACE BYERS

BIBLIOTHERAPY AND TELEHEALTH DEMONSTRATION

Alicia Krpan, L.M.H.C. | THERAPIST

Elizabeth Mead | FORMER CLIENT

DES MOINES PASTORAL COUNSELING CENTER

THANK YOU

Emily Kessinger | EMCEE

MESSAGE FROM THE WOMEN HELPING WOMEN CO-CHAIRS

Dear WHW Community,

Thank you for your support!

Here we are in year two of the COVID-19 virus. As a result of the pandemic more women have lost their jobs, their childcare and their insurance. More women have experienced domestic violence, depression and anxiety. More Black women and other women of color have felt the intersectionality of both racial and gender inequities in healthcare and economics.

And ... more of you stepped up to help.

In fact, so many of you stepped up that our fundraising total of more than \$215,000 is record breaking. Wow! We can't thank you enough! It has been our honor and joy to co-chair the 23rd annual Women Helping Women event and to witness first hand the resilience of this community to tend to self-care, and to extend your generous hearts.

We are thrilled to honor Supervisor Angela Connolly for her remarkable contributions to the community. And we are excited to share the message of our dazzling speaker, Tiffany Johnson, who reminds us all to shine our light.

While "more" may be the word for post-pandemic recovery, we also focus on the word "enough." We are grateful to close our program in a very special way — with a reading of the book *I am Enough* by Grace Byers. You are enough. And because of you, more people will learn that they are enough.

Warmest regards,

Carol Bodensteiner | Renee Hardman | Emily Kessinger
CO-CHAIRS

DES MOINES PASTORAL COUNSELING CENTER

2021 WOMEN HELPING WOMEN COMMITTEES

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Renee Hardman
Emily Kessinger

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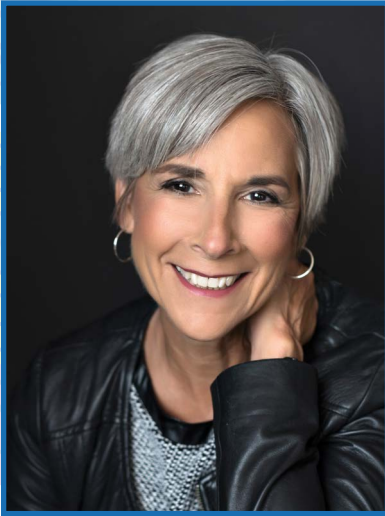
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SAVE THE DATE May 20, 2022

**24TH ANNUAL WOMEN HELPING WOMEN LUNCHEON
EMBASSY SUITES**

TODAY'S HONOREE



ANGELA CONNOLLY

**INFLUENTIAL, EFFECTIVE, VISIONARY
AND BELOVED COMMUNITY LEADER**

In her role as a Polk County Supervisor, and as a mother, Angela Connolly is a longtime supporter of mental health access, and a champion for women, children and families. Her distinctive leadership and tremendous impact are demonstrated by her many community awards including induction into the Iowa Women's Hall of Fame in 2016.

TODAY'S SPEAKER



TIFFANY JOHNSON

**AWARD WINNING ACTOR, DIRECTOR, TEACHER,
AND CHANGE-AGENT**

Described as brilliant and captivating by her peers, Tiffany is passionate about our community. As artistic director and founding member of Pyramid Theatre Company, illuminating Black artists and diverse artistic expression, Tiffany is positioned to speak on the power of storytelling as a force for greater understanding, and uplift the worth of mental health access.

THANK YOU TO OUR GENEROUS SPONSORS

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IN HONOR OF ANGELA CONNOLLY

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AS OF MAY 16, 2021

THANK YOU Your attendance and generous gifts to
today's event will ensure that women, children and families
can access the mental health services they need to
help them heal and thrive.

ABOUT THE CENTER

The Des Moines Pastoral Counseling Center is a nonprofit organization with a mission to walk with people through counseling and education to find hope and healing, and to live a fulfilling life. The Center is one of the only providers in Central Iowa who offers mental health services to children, teens and adults from all walks of life including those from low income households who are uninsured or underinsured.

Founded in 1972, the Center values excellence, respect and ongoing training. The Center serves annually more than 4,000 children, teens and adults through a multidisciplinary team of 30 licensed clinicians holding masters or doctorate level degrees. Key services include:

- Counseling, including specialized services for children and adolescents
- Psychiatry (medication management)
- Psychological testing
- Spiritual Direction
- PrairieFire renewal program and other Leadership and Spiritual Life programming
- Community Education including Mindfulness Based Stress Reduction (MBSR)

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TO MAKE A DONATION visit www.dmpcc.org/whw



DES MOINES PASTORAL

COUNSELING CENTER

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