



WOMEN / WOMEN

23RD ANNUAL EVENT | A VIRTUAL EXPERIENCE

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







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

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

2021 WOMEN HELPING WOMEN COMMITTEES

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Carol Bodensteiner Renee Hardman Emily Kessinger

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SAVE THE DATE May 20, 2022

24TH ANNUAL WOMEN HELPING WOMEN LUNCHEON EMBASSY SUITES



TODAY'S HONOREE TODAY'S SPEAKER



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.

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.



PRESENTING SPONSOR \$10,000



IN HONOR OF ANGELA CONNOLLY

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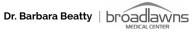
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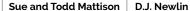
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Foster Group, Inc. Mary Gottschalk L.U.N.A. (Latinas United for a New Dawn) hosted by Sharon Goldford

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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.







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Roberta Yoder









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 lowa 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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