

*Thank You*

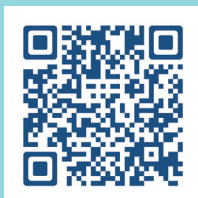
**FOR MAKING THIS POSSIBLE**

Because of your presence and generosity today, women, children and families across Iowa will have access to essential mental health services regardless of their ability to pay.

You are helping ensure that those who are uninsured, underinsured or facing financial hardship can receive the care, support and hope they deserve.

*We invite you to continue this journey with us.*

OPEN YOUR CAMERA  
AND POINT HERE



*Thank you*

SCAN TO STAY  
CONNECTED  
&  
ACCESS  
RESOURCES

YOUR  
NEXT STEP  
CAN BE  
SOMEONE'S  
FRESH START



**SUPPORT FOR THE  
JOURNEY AHEAD**

Access our specially curated grief resource guide designed to support you or someone you love through grief, loss and healing.

**28  
YEARS**

**OF HOPE,  
HEALING &  
COMMUNITY**



**JOIN THE  
CIRCLE OF HOPE**

For just \$28/month, you can honor 28 years of Women Helping Women and help sustain life-changing mental health services year-round.

**ABOUT THE CENTER**

Mind & Spirit Counseling Center, formerly known as 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 few providers in Central Iowa who offer mental health services to children, teens and adults from all walks of life including those who are uninsured, underinsured, or from low-income households.

For over 50 years the Center has provided transformative services that integrate mind, body and spirit. The Center serves thousands of children, teens and adults annually through a multidisciplinary team of 20+ licensed clinicians. Key services include:

- Individual, couples and family counseling
- Psychological testing and assessment
- Psychiatry and medication management
- Children Overcoming Obstacles of Life (C.O.O.L.), a specialized program for children and adolescents
- Training for clinical professionals
- Spiritual direction
- PrairieFire, a two-year renewal program
- Clergy and congregational development opportunities

**TO MAKE AN APPOINTMENT**

call 515.274.4006 or visit [mindspiritcenter.org](http://mindspiritcenter.org)

**PrairieFire** is currently taking applications for the 2026–2028 cohort. Apply today at [mindspiritcenter.org/prairiefire](http://mindspiritcenter.org/prairiefire)



8553 URBANDALE AVENUE URBANDALE, IOWA 50322  
515.274.4006 MINDSPIRITCENTER.ORG



**28TH ANNUAL**  
**WOMEN**  
*helping*  
**WOMEN**

**FRIDAY, MAY 15, 2026**

**11 AM – 1 PM**

**MEADOWS EVENTS CENTER  
AT PRAIRIE MEADOWS, ALTOONA, IOWA**



Thank you TO OUR GENEROUS SPONSORS & HOSTS



# WOMEN *helping* WOMEN

FRIDAY, MAY 15, 2026 | 11:30 AM – 1 PM

Special Guests

## WOMEN *helping* WOMEN 2026

PRESENTING SPONSOR \$10,000

Sally Wallace

LEADERSHIP SPONSOR \$5,000



Carol Bodensteiner, in honor of Jeriann Ritter | Rusty Hubbell  
La Donna and Rich Matthes | Terri Vaughan, in honor of Suzanna de Baca  
Susan and Carl Voss, in honor of Suzanna de Baca  
Michele and Steve Whitty | Kathi Zimpleman

SUPPORTING SPONSOR \$2,500

Pamela Bass-Bookey | Body Wisdom Massage Therapy School  
Cultivating Compassion: The Dr. Richard Deming Foundation | Jann Freed and John Fisher  
Foster Group | Gateway Market and Cafe | Mary Gottschalk, in honor of Suzanna de Baca  
Charlotte and Fred Hubbell | Iowa Radiology | Shirley Poertner  
Polk County Board of Supervisors | Prairie Meadows | Rachel Stauffer  
Stivers Ford Lincoln | Wells Fargo Advisors | Connie Wimer | Sally Wood

TABLE HOST \$1,500

Susan Ackelson | Barbara Beatty | Broadlawns Medical Center  
Carrier Access Inc. | Central Presbyterian Church | Roxanne Barton Conlin  
Suzanna de Baca | Delta Dental of Iowa | Des Moines University | Amy Doyle  
Fredrikson & Byron, P.A. | Judy Akre Heseman | Debbie Hubbell | Hubbell Realty  
Claudette and P.J. McDonald | Navigate Wellbeing Solutions  
D.J. Newlin | Tom Polking | Mary M. Riche | Kay Riley | Linda Rullan  
Sticks Inc. and Rachel Eubank, in honor of Amy Putney Koenig | Karen Stuyvesant  
Eric and Niki Swanson | Kim and Rich Willis | Zanzibar's Coffee Adventure

MEDIA SPONSOR

BusinessRecord

FLORAL SPONSOR

BOESEN THE FLORIST

AS OF MAY 3, 2026

For the full list of donors, please visit [mindspiritcenter.org/whw](https://mindspiritcenter.org/whw)

Lunch | Pre-set at your table and ready for you to enjoy!

### WELCOME & OVERVIEW OF THE CENTER

**Amy Doyle**

Executive Director | Mind & Spirit Counseling Center

### SPONSORSHIPS & ACKNOWLEDGEMENTS

**Heather Stuyvesant**

Director of Development | Mind & Spirit Counseling Center

### DONOR RECOGNITION & HONOREE INTRODUCTION

**Kinzy Gillespie** | 2026 Planning Committee Co-chair

### TRIBUTE VIDEO: HONORING SUZANNA DE BACA

Produced by Waukee APEX Students

### HONOREE REMARKS

**Suzanna de Baca**

2026 Women Helping Women Honoree

### SPEAKER & MODERATOR INTRODUCTION

**Susannah Lautensleger**

2026 Planning Committee Co-chair

**DISCUSSION TOPIC:** Grief, Loss & Reimagining A Full Life

**Mollie Cooney** | Moderator

**Amy Putney Koenig** | Speaker

### THANK YOU & CLOSING

**Amy Doyle**

Executive Director | Mind & Spirit Counseling Center



#### OUR 2026 HONOREE SUZANNA DE BACA

Suzanna de Baca is a CEO, board director, thought leader, writer and artist known for her human-centered leadership and commitment to holistic health. As CEO of Story Board Advisors, she helps CEOs and boards build resilient, purpose-driven organizations. A former CEO of Business Publications Corporation and Planned Parenthood of the Heartland, she is a longtime advocate for mental health, health equity, and psychologically healthy workplaces. PHOTO: IVORY HOUSE PHOTOGRAPHY



#### OUR 2026 SPEAKER AMY PUTNEY KOENIG

Amy Putney Koenig is a multidisciplinary artist whose work brings beauty to brokenness. Through murals, paintings, and collage, she invites reflection on healing, resilience, and connection. Drawing on lived experience with addiction, family trauma, and her work as a Death Doula, Amy uses art to spark conversations around loss and transformation. She is the author of *Shapeshifter* and a Des Moines native. PHOTO: IVORY HOUSE PHOTOGRAPHY



#### OUR 2026 MODERATOR MOLLIE COONEY

Mollie Cooney is a pioneering journalist who became the first woman reporter/anchor at KCCI in 1976 and went on to spend decades covering major stories across Iowa. Throughout her distinguished career, she earned numerous awards and recognition for her lasting impact on journalism and her commitment to the community.

For these women's full bios, please visit [mindspiritcenter.org/whw](https://mindspiritcenter.org/whw).

SAVE THE DATE

FRIDAY, MAY 21, 2027

29th annual Women Helping Women