Dear Friends,

Someone recently asked me what brought joy to me as the Executive Director of The Women’s Center. It was a perfect question at a moment where reflecting was exactly what was needed to get through a challenging day. A simple response might have been “knowing that by serving, we are changing lives,” and while that is most certainly true, what came to mind was “the joy in witnessing how much our community cares and is willing to step up to share resources when others are in need.”

Time and time again, when we have asked, you have been there. Whether to offer expertise, provide a service or open your wallet, your care has carried The Center through the years, allowing mental and emotional healthcare to be accessible and affordable.

2018 was an extraordinary year for The Center, exemplifying the significance of our community connections – our partnerships with businesses, government, and nonprofits – to accomplish the following and ensure the foundation is set for a sustainable future. Selected highlights:

• In 2017, we secured funding to modernize the clinical operations and move to electronic health records. In 2018, we selected the system and began the transition process, which as of this writing, has been implemented. This upgrade will allow The Center to more nimbly serve the mental health needs in the community through co-location with our nonprofit partners.
• In 2018, The Center provided over 35,000 service hours through counseling, education, and advocacy.
• In 2018, staff and therapists developed and delivered educational programs specifically for our corporate partners as they navigate the challenges faced in the workplace. These programs were especially meaningful as they came on the heels of very public suicides and the #MeToo movement, and provided language and tools for dealing with complex issues.

It should be noted that there is progress on the front to reduce the stigma associated with mental health and mental illness. While there is still much to be done, the tide is beginning to shift and as you review this impact report, consider how many more we can serve as mental health becomes the priority. Learn about it, talk about it, and open up the conversation in the workplace, schools, community, social gatherings, and at home.

We envision a time when mental health care is accessible, affordable, and stigma free. Thank you for your partnerships and support, and please reach out if you would like to have us talk to your group. Together, we do make a difference and we are changing lives.

Warmest Regards,

Shirley Clark
CEO & Executive Director
Sustaining critical mental health and domestic violence services can only happen as the result of the combination of this community’s support and the dedication of compassionate therapists, advocates, staff, and volunteers. The Women’s Center exists so that everyone has a place to turn during a time of challenge or transition.

**INDIVIDUAL & FAMILY COUNSELING**
In a safe, supportive environment, our clients learn to understand emotions, develop confidence, and regain control of their lives.

*57% of our clients received free or reduced price counseling*

**SUPPORT & THERAPY GROUPS**
Our groups provide individuals with a setting in which they are united with others who share similar life experiences and are safe to process them.

*2,226 hours of group counseling provided*

**DOMESTIC VIOLENCE & SEXUAL ASSAULT SERVICES**
We provide immediate assistance from trained advocates who provide a wide variety of services to help victims and families find safety, heal, and gain financial stability.

*Added Spanish services to our Break the Cycle program*
EDUCATION & CAREER ENRICHMENT
The resiliency of our community is enriched by the resources that support improved mental health, which is especially important when the stress of a job change, divorce, or work challenge are in play. Lives are supported and changed with the help of the many experts sharing their time and talents through the workshops and webinars The Center offers.

In 2018, The Women’s Center served over 1,253 of our friends and neighbors with education on:
• Careers
• Finance
• Divorce
• Leadership
• Mental Health
• Health

The Center offered 17 webinars to more than 550 participants

CLINICAL TRAINING PROGRAM
The Center has a clinical psychology internship and a multidisciplinary two-semester clinical externship program for students enrolled in masters and doctoral degree programs in clinical psychology.

23 future clinicians completed our training program

“I learned more in eight months at The Women’s Center than I did in two years of grad school. This is a one-of-a-kind training program!”
The Women’s Center would not exist without the support of this giving community. Throughout the year, The Center connects people with services; and partnering with The Women’s Center is more than providing financial support, as our partners also provide care and subject-matter expertise, including legal and financial help, to others. Likewise, The Center provides educational content focused on mental health and well-being to our many partners and friends.

In 2018, staff and therapists developed educational programs specifically for our corporate partners as they work to navigate the challenges faced in the workplace. The Space Between Us: Addressing Psychological Safety in the Workplace and Healthy Minds; Health Workplace are two of the programs responding to these needs.

“I learned that there is a light at the end of the tunnel! It’s great to see Cisco taking initiative to bring awareness on such a sensitive topic. Stigma can lead to discrimination.”

-“Healthy Minds; Healthy Workplace” Participant, Cisco

“Every place we work, we want to be involved in the communities. In the end, we live there, the clients live there. When we get involved, it is good for our company, for our clients, and for our community.”

Tim Hurlebaus, CGI Federal
Catrina’s story inspired an emotional Call to Action that raised over $100,000 in just ten minutes. The Women’s Center is grateful to our sponsors, especially to our Founding Patron, CGI Federal and our Patron Sponsors, Attain and Criterion Systems. It is thanks to the great support of our donors and sponsors that The Women’s Center was able to set ambitious goals to uplift our community and promote well-being in 2019 and beyond.

“\nThe Women’s Center helps so many people each year. I was afraid to come here and tell my story, but I had to give back because every day another survivor needs help. I want to know The Women’s Center will be there to hear their call.”
LEADING THE WAY

Our sold-out 32nd Annual Leadership Conference was a successful day of inspiration and connection as 750 attendees explored what our theme “Be the Change” meant to them. A diverse panel of speakers encouraged attendees to initiate positive change in and outside the workplace. In addition to honoring esteemed female leaders in business, arts, and media, the Leadership Conference hosted its second World Café, an interactive forum for a discussion among senior-level attendees on workplace equity. Conversations and speeches focused on the idea of changing the stories we tell ourselves in order to spark a positive change within our communities and ourselves.

“The thing about following what feels true to you is not so much that it must always work out. It is that you sleep well at night knowing that you did what felt true to you.”

Chimamanda Ngozi Adichie

“Often women’s leadership is framed in the idea of what women need to become, but we need to allow women to lead as their authentic selves.”

Carmen Medina
2018 FINANCES

REVENUE: $3,781,115

- Program Fees: 48%
- Government Grants: 14.9%
- Corporate Sponsorships: 14.8%
- Foundation & Individual Support: 12.3%
- In-Kind: 7.7%
- Other: 2.3%

EXPENSES: $3,539,279

- Programs & Services: 77.6%
- Management & General: 9.9%
- Development & Fundraising: 12.5%
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Buchanan & Edwards
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*10 or more years of supporting The Center
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*10 or more years of supporting The Center
"I can’t think of a more worthy place to make a charitable donation. After losing a relative to suicide, a gift to The Women’s Center is a way on honoring her life [...] and it’s a lifeline to someone else who needs a compassionate therapist.”
HOW TO MAKE A DIFFERENCE

There are several ways that you can get involved with The Women’s Center. The Center is able to provide accessible mental healthcare through the generous support of our donors, sponsors, and volunteers. Here is a list of ways you can be involved in providing accessible mental healthcare to your community.

1. Make a one-time donation.

2. Become a monthly sustaining donor by joining the Circle of Care.


4. Give a gift of stock.

5. Make a donation with your donor-advised fund.

6. Find out if your employer has a gift-matching program.

7. Become an Annual, Gala, or Conference Sponsor.

8. Join our Legacy Society by naming The Women’s Center in your estate plans.

To learn more about the ways you can get involved, visit our website at TheWomensCenter.org

“At Deloitte, we seek to make a positive social impact in our communities where we work and live. Community involvement inspires our people and instills great pride in knowing that we can use our skills and experiences to make a difference.” –Lissa Perez, Deloitte