Dear Friends,

As the saying goes, the only constant is change, and a lot has changed in 45 years.

In 1974, The Northern Virginia Information and Counseling Center for Women was founded by Joan Alden Parks and Peggy Lockhart Mummerling as a resource for women re-entering the workforce. Twelve years later in 1984, the organization’s name was simplified to The Women’s Center. As the years passed, The Center’s services expanded to meet the needs of women in the DMV and evolved its mission for accessible and affordable mental health. Time continued on and The Women’s Center extended its services to men and children. Over four decades later, The Center stands in our community as a prominent beacon of hope.

When I stepped into the role of CEO and Executive Director of The Women’s Center in January 2020, I was in awe of the significant history this organization held. I am grateful for the leaders who have come before me and the great work they’ve done to lift up The Center and thousands of lives in our community.

As we embark on the next chapter of the organization, I look forward to bringing my 25 years of healthcare experience and deep passion for progressing mental health accessibility to the table and partnering with the community to enhance The Women’s Center impact across the region.

I cannot wait to see what changes and growth lie ahead as we build onto this astounding legacy over the next 45 years.

Warmest Regards,

Rachna Singal Krishnan
CEO & Executive Director

GET TO KNOW OUR NEW CEO

RACHNA SINGAL KRISHNAN

• Began at The Women’s Center in January 2020
• Previously at Inova Health Systems for over 10 years as Growth Officer and Strategic Planner
• Over 25 years of strategy, business development and operations management experience in management consulting, hospitals and healthcare industries
• Former board member of Women Organized Against Rape
• Former crisis hotline Volunteer at CrisisLink
• MBA and BS from The Wharton School of the University of Pennsylvania

Click here to see Rachna’s LinkedIn page.
TRANSITIONED TO ELECTRONIC HEALTH RECORDS
We completed our transition to electronic health records and modernized our clinical operations. This upgrade has provided us seamless functionality, increased efficiencies, and overall improved process in serving the mental health needs in the community.

EXPANDED OUR INSURANCE PARTICIPATION
In 2019, we initiated credentialing some of our licensed providers with OPTUM/UBH, thus creating more opportunities for clients to use their insurance for our services.

CONTINUED TO GROW THE NUMBER OF PEOPLE WE SERVE
Last year, we served 5,517 people with over 38,000 hours of service. Of those clients, 58.93% received our services for free or at a reduced fee.

BREAK THE CYCLE
The Women’s Center’s bimonthly, free support group, Break the Cycle, has been a huge success! The goal of the group is to provide resources and information to survivors of domestic and sexual violence so they can break the cycle of abuse and to reduce stigma and isolation. We believe healing occurs in relationships.

In 2019, Break the Cycle had 21 guest speakers. The speakers ranged from therapists, housing specialists, and lawyers with topics focused on public safety, children witnesses, stalking, financial abuse, resilience, and trauma. Some speakers presented on a few non-domestic-violence related topics that included a variety of art activities to allow clients to de-stress and further express themselves.

Group members enjoyed the connectedness and formed relationships with each other. Thanks to the group’s welcoming and supportive environment, members recruited several new attendees.
Early on in her marriage, Kader had a looming feeling that something wasn’t right. Her husband, who once was kind and hard working, had turned aggressive and erratic. As an immigrant, Kader’s family support system was an ocean away and her mother warned, “You have small children. You live in another country by yourself. Divorce is not an option.” So Kader did everything she could to make her marriage work.

Years later, Kader found herself sitting in the back of a police car after her husband brutally raped her. She came to The Women’s Center soon after where her concerns about her marriage were finally validated. She joined the Break the Cycle support group and learned her husband’s early signs of power and control were traits that frequently precede domestic abuse.

Today, Kader is not just surviving—she is thriving! Kader is an appointed member of the Fairfax City Council to End Domestic Violence as Representative of the Immigrant Community.

“Through the support I received from The Women’s Center, I began to take the steps I needed to break the abusive cycle I was in. I was eventually granted an at-fault divorce and The Women’s Center stood by me through the whole journey.”
OUR SERVICES & UPDATES

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.

1,194 new clients began using our counseling services last year.

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.

Group sessions were attended 796 times last year.

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 financial 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.

1,600 people attended a workshop or webinar during 2019.
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.

553 clients received free or reduced fee counseling thanks to our clinical training program last year.
CORPORATE PARTNERS
The Women’s Center would not exist if it were not for the support of our corporate partners that donate their time, money, and talents to push our mission forward. Our 33rd Leadership Conference was supported and attended by over 50 companies in the region. On June 7, Deloitte held their annual Deloitte Day at our Vienna location where their financial experts offered free financial counseling to our clients. On April 30, IMB Volunteers spent their Give Back Day making our offices clean and calm for our clients.

We are so grateful for all of our event and annual sponsors and especially for our three Patrons: CGI, Attain, and Criterion Systems.

VOLUNTEERS
Last year, we had 74 individuals donate 2,889 hours of their time to The Women’s Center. Whether it was manning an information desk at a community event, setting up for our Leadership Conference, or taking calls for Information and Referral, our volunteers kept The Center afloat with their skills, time, and compassion.

Many callers feel overwhelmed, confused, frustrated, or scared by their circumstances, and I hope that in some way I am helping them gain momentum in taking control of their lives and bringing about positive change.”

- Julie who volunteered 149 hours of her time to The Center last year!

IBM on their Give Back Day at our Vienna location

Volunteers at Viva Vienna
Nearly 600 people gathered at the Hilton McLean on April 6 to collectively reflect on the theme, “It Starts With Us.” Attendees drew inspiration from the great stories of change shared by our keynote speaker, Brigadier General (Dr.) Sharon Bannister, and eight other esteemed leaders in business, arts, and media. Our Leadership Forum focused on advancing psychological safety in the workplace while our main stage panels focused on empowering the leader in all of us. We are grateful for over 50 top companies from our area that sponsored and attended our event and our Lead Sponsor, Cisco Systems, Inc.

“Our ‘Conversations with Great Leaders’ Panel featuring Sue Evans, Urvashi Malhotra, Toni Townes-Whitley, and facilitated by Jasmin El Kordi

“Your voice matters. If you have something to say, please don’t sit back!”

– BG Sharon Bannister
October 12 marked the most successful Gala The Women’s Center has ever experienced. Our sold-out fundraiser filled the Ritz-Carlton with 379 generous donors. After attendees heard former client, Kader’s moving story (see page 4), Toni Townes-Whitley, Gala Chair and President US Regulated Industries at Microsoft, lead an overwhelming call to action. Additionally, guests raised funds for The Center through raffles as well as our silent and live auctions in between dancing and fine dining.

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 2020 and beyond.

$505,703*
was raised during our Gala!

*gross income
Over the last six years, The Women’s Center has seen a steady growth, increasing our revenue by $1,093,178. Our stability is thanks in large part to the caliber and engagement of our fantastic Board of Directors.

**REVENUE: $4,202,541**

- Program Fees: 47.8%
- Government Grants: 17.3%
- Corporate Sponsorships: 13.2%
- Foundation & Individual Support: 7.1%
- In-Kind: 8.9%
- Other: 5.8%

**EXPENSES: $4,021,980**

- Programs & Services: 77.6%
- Management & General: 9.9%
- Development & Fundraising: 12.5%
### 2019 Board Members

**Greg Baroni - Chair**  
President & CEO | Attain, LLC

**Jeri A. Fellerman - Vice-Chair**  
Principal | RRP Global, LLC

**Lissa T. Perez**  
Partner | Deloitte & Touche LLP

**Susann Bresnahan**  
Chief Human Resources Officer | Accenture Federal Services

**Susan Chodakewitz**  
CEO | Nathan Associates, Inc.

**Ted Davies**  
Chairman, CEO | Altamira Technologies Corp.

**Jasmin El Kordi**  
CEO | MBlue Labs

**Susan M. Evans, Ph.D.**  
Chairman of the Board and Strategic Advisor | Evans Consulting

**Karen C. Fagelson**  
Principal | Odin, Feldman & Pittleman, P.C.

**Leslye S. Fenton**  
Deputy Director | Loudoun County Department of Family Services

**Ina Fernandez**  
Vice President, Services, US Public Sector | Cisco Systems, Inc.

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President | CGI Federal

**Phyllis Kohlmann**  
M. Ed. | Licensed Professional Counselor

**Kim Lynch**  
Senior Vice-President | Booz Allen Hamilton

**Ed Meehan**  
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President, CEO | CA Nelson Consulting

**Kristine Santa-Coloma Rohls**  
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**Vicki Schamanske**  
President, Intelligence Group | Leidos

**Susan Shields**  
First Vice President, Wealth Management Advisor | Merrill Lynch

**Stacy M. Schwartz**  
Vice President, Public Safety | AT&T Government Solutions

**Sally Turner**  
Consultant | CGI Federal Strategic Partners

**Katherine Wiernicki**  
Partner | Baker Tilly Virchow Krause, LLP

**Renee Wynn**  
Former CIO | NASA

**Lisa Zellers**  
Technical Director | Redhorse Corporation

*term ended in 2019

### 2019 Senior Staff

**Shirley M. Clark** | CEO, Executive Director

**Jimmie Roberson** | Vice President, Human Resources & Administration

**Michael Goodman** | Vice President, Operations

**Ann McNerney** | Director of Development
2020 SO FAR...

2020 has presented The Center with a handful of events that inspired rapid change in our operations. As of August 2020, here are some big things that have taken place:

TRANSITION TO TELEHEALTH
In the wake of the COVID-19 pandemic, The Center placed the physical health and safety of our clients, staff, and volunteers at the top of our priorities. In doing so, we worked tirelessly over the course of March and April to move our services to virtual platforms. At this time, a majority of our counseling and workshops are taking place on video calls or over the phone. For the handful of clients who do not feel safe using our services at home, we have adjusted our offices to ensure our in-person counseling services adhere to strict social distancing requirements.

RACIAL EQUALITY IN MENTAL HEALTH
In response to the killing of George Floyd and so many other unarmed Black people, The Women’s Center released a statement of support for the Black Lives Matter movement and announced our next steps to promote racial equality within our organization and in mental health in general. We formed the Racial Justice Task Force that will create and adjust our ongoing practice of addressing systematic bias. We also posted a list of BIPOC mental health resources on our website to promote organizations that are already doing great work.

OUR 1ST VIRTUAL LEADERSHIP CONFERENCE
COVID-19 was declared a pandemic three days before we planned to have our 34th Annual Leadership Conference at the Hilton McLean. Concerned for the safety of our attendees, we postponed the event to June 8 and held it virtually on Cisco’s WebEx. We were thrilled that we were able to keep our entire lineup of speakers for that day and offered the Concurrent Sessions as Pre-Conference Sessions each Wednesday leading up to the main event. Without the confines of physical space, we were able to open the event to over a thousand attendees from all over the country. One attendee from Criterion said, “One of the hallmarks of the Conference (I have attended for 12 years) is the deep connection that is forged between the speakers and the audience over a full day of authentic storytelling. I was pleasantly surprised at how well this virtual event worked to create that same connection.”
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, Fall Benefit, 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
2019 CORPORATE, FOUNDATION & COMMUNITY PARTNERS

$50,000+
Cisco Systems, Inc.

$49,999-25,000
Accenture Federal Services
CareFirst BlueCross BlueShield
CGI Federal
Criterion Systems, Inc.
Microsoft Corporation

$24,999-10,000
Amazon Web Services, Inc.
AT&T Government Solutions
AvePoint
Booz Allen Hamilton
Clark-Winchcole Foundation
Deloitte
General Dynamics IT
Harvey S. Lowe and Susan Hitchcock-Lowe Foundation
Leidos
Lockheed Martin
NCI, Inc.
Slalom Consulting
The Neall Family Charitable Foundation
Unanet
ViON Corporation
Volkswagen Group of America
Wildflower International
World Bank Community Connections Fund

$9,999-5,000
Bloomberg Philanthropies
Capgemini Government Solutions
Changeis, Inc.
Greenberg Traurig LLP
Mortgage Bankers Association
NFP/The Meltzer Group
Northrop Grumman Information Systems
Redhorse Corporation

Reed Smith LLP
Smart Media Group LLC
Surovell Isaacs & Levy PLC

$4,999-2,500
Altamira Technologies Corporation
American Institutes for Research
Applied Information Sciences
ASRC Federal
Atlantic Union Bank
Baker McKenzie LLP
Baker Tilly
Capital One
CFC/United Way National Capital Area
Cordia Partners
Dewberry
EagleBank
Emagine IT
Ernst & Young LLP
Evans Incorporated
IBM
Jones Lang LaSalle, Inc.
JP Morgan Chase Bank, N.A.
Koniag Government Services
LMI Government Consulting
ManTech
Morrison & Foerster LLP
Novetta
Odin, Feldman & Pittleman, P.C.
PNC Financial Services Group
Red Hat, Inc.
Rogers Joseph O’Donnell, APC
Rotary Club of Vienna Foundation, Inc.
RSM US LLP
Salesforce
Technical and Management Resources, Inc.
WGL/Washington Gas

$2,499-1,000
Atek, Inc.

Atlas Research
Austin-Weston Center For Cosmetic Surgery
Blankingship & Keith, P.C.
Bright Funds Foundation
Dan Cameron Family Foundation
DLT Solutions
Great Falls Friends and Neighbors
IntelliDyne, LLC
Kearney & Company, P.C.
Nolij Consulting, LLC
Ourisman Chantilly Imports, Inc.
ProSphere
Sekon Enterprise, Inc.
Sprowls, Key & Romano Wealth Management Group of Wells Fargo Advisors
TD Bank
VWG Wealth Management

$999 and Below
American Psychological Association
Commonwealth of Virginia Campaign
D & M Design LLC
Dell Inc.
Donald Paris CPA, LLC
Driscoll & Seltzer PLLC
ExxonMobil Foundation
Langley Hill Friends Meeting
Roop Xanttopoulos Babounakis PLLC
Salesforce.com Foundation
Tableau Software
TEGNA Foundation
The Original Pancake House
Town of Vienna
Trowbridge & Trowbridge, LLC
Unified Communications Office
United Way of South Hampton Roads
2019 INDIVIDUAL DONORS

$10,000+
Martha Beltran Krevere
Sandra Moncrief-Stuart and Andrew Stuart
Lissa and John Perez
Harmony Thomas
Toni Townes-Whitley and John Whitley
Kerry Ward
Katherine and Peter Wiernicki
Sue and Paul Evans

$9,999-5,000
Jeri and Joe Fellerman
Robert and Petra Groat
Sue Huber
Tim and Vicki Hurlebaus
Mike and Tiffany Kleemann
Stephanie Mango and Ahmed Merribi
Ann and Kevin McNerney
Kyle Mody
Paula and Dave Radloff
Susan Beresford Shields and Bill Shields
Michael Yun

$4,999-2,500
John Andelin and Ginger Geoffrey
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Ed Meehan
Catherine Nelson and Walter Diewald
John and Yuri Pross
Lola Reinsch
Carly Rhodeside
Vicki and Brian Schmanske
Promod Sharma
Susanne Skaggs
Sally Turner and Jerry Bridges

$2,499-1,000
Caroline and Corey Baldwin
John and Carla Becker
Timothy Boettcher
Susann and Mark Bresnahan
Walter and Patricia Cain
Shirley and Nick Clark
Fran Craig
Lauren and Gary Crum
Aimee Cubbage
Taylor and Neda Davenport
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Martha Brettschneider and Mark Gardiner
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Pamela Drew
Gregory Firestone
Kathryn Freeland
Renee and Kevin Froelke
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Suzanne and James Hamilton
Paul and Jean Huang
Mike Johnsen
Peter Klein
Phyllis Kohlmann and John Swift
David Levy

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Dan and Felicia McClain
Elizabeth and Michael Murphy
Whitney Owen
Lisa Phelan
Cyndy and Jack Porter
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Jerry and Donna Robinson
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Danielle Ruppel
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Dennis and Kathy Szymanski
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Michele and Mike Torbert
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Mo and Jeff Wiley
Machelle Williams
Mary Wiltsie
Betty Yeapanis
Jason and Ligeria Zeruto

$499-101
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Linda Barbour
Joanie Barr
Fiona and Mark Barshow
Jill and William Baskin
Brian Blackwell
Pam and Pat Boyle
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Maria Rachel Buencamino
Jill and Pete Christensen
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Camille and Kyle Engle
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Nichole Fimple
Joan and Warren Fishbein
Judith Flynn
Susan Folwell
Cathy Furlong
The community is so fortunate to have a place such as yours to help them in times of need. Your organization, recommended to me by my friend, fit the bill for so many things I sought as the right recipient for my donation. I am so glad to have found your organization.”

- Jean, Donor