



**MIND & SPIRIT
COUNSELING CENTER**

25TH ANNIVERSARY

WOMEN
helping
WOMEN

FRIDAY, MAY 19, 2023 | 11:30 AM – 1 PM

EMBASSY SUITES, DES MOINES, IOWA



WOMEN *helping* WOMEN

FRIDAY, MAY 19, 2023 | 11:30 AM – 1 PM

Celebrating
25 years
and more than
\$2 million dollars
raised to provide counseling,
education, trainings and
other services for women,
children and families who
are underinsured or from
low-income households.

WELCOME

Susan Voss

Co-chair | 2023 Women Helping Women

LEADING LIVES THAT MATTER

Jim Hayes

Executive Director | Mind & Spirit Counseling Center

LUNCH

MOMENT OF GRATITUDE

Anne Kelly

Co-chair | 2023 Women Helping Women

TRIBUTE TO CONNIE ISAACSON

Anne Kelly

Co-chair | 2023 Women Helping Women

HONOREE RESPONSE

Connie Isaacson

Honoree | 2023 Women Helping Women

INTRODUCTION OF SPEAKER

Susan Voss

Co-chair | 2023 Women Helping Women

KEYNOTE ADDRESS

What if the Rest of Your Life is the Best of Your Life?

Jann Freed, PhD

Speaker | 2023 Women Helping Women

THANK YOU

Laurie Betts Sloterdijk

Director of Development | Mind & Spirit Counseling Center

Please share your photos from today's event
on social media using #WHW25YEARS.

To make a donation
visit www.mindspiritcenter.org/donate.



2023 HONOREE
CONNIE ISAACSON

Connie exemplifies a deep passion for nonprofit organizations and their important work to make our world a better place. After many years of working and volunteering in the not-for-profit sector, she founded Isaacson Consulting (now Isaacson//Syverson Consulting), to assist nonprofit organizations throughout Central Iowa, including the Center.

Connie has the distinction of having served on the first Women Helping Women committee 25 years ago when she was a member of the Center's Board of Directors and served for countless years thereafter. She also played a significant role in helping the Center raise more than \$3.5 million to build the current facility.

Connie has been recognized as one of the Des Moines *Business Record's* Women of Influence and received the Junior League's Lifetime Achievement award. She has authored a book on fundraising, served on a number of non-profit boards and as an elected official on the Urbandale School Board. Her loving spirit is also reflected in one of her proudest achievements: her family. For over 50 years she has been married to her supportive husband, Dick. She is the proud mother of five adult children and Nana to 18 grandchildren she adores and affectionately calls Team Grand! Recently retired, she is looking forward to what the next chapter in her life encompasses.



2023 SPEAKER
JANN FREED, PhD

Jann Freed is an author, speaker, coach and leadership development and change management consultant — a true renaissance woman with her own Wikipedia page!

After a 30-year career at Central College, Jann earned professor emerita of business management status before embarking on her current consulting work. She has authored several books and articles about continuous improvement in leadership. As a certified Sage-ing Leader through Sage-International, Jann shares her wisdom and graciousness with elders exploring new ways of aging. She is actively engaged in the Des Moines Community including serving in leadership roles for several nonprofit organizations.

Jann has been married for 40 years, is proud of raising three self-sufficient adult sons and relishes her role as grandma, or "Pippatutu" to Lottie Barrett Fisher.

For a quarter-century, we have been uplifted and encouraged by keynote speakers and honorees at Women Helping Women. As we celebrate our 25th Anniversary, we recognize and remember all the tremendous past speakers and honorees who have contributed to our community in countless ways.

- 2023 Jann Freed, PhD | Connie Isaacson
- 2022 Jacquie Easley McGhee | Sharon Goldford
- 2021 Tiffany Johnson | Angela Connolly
- 2020 Jackie Servellon | Mary M. Riche
- 2019 Gina Skinner-Thebo | Susan Voss
- 2018 Connie Wimer | Joy Corning, in memoriam
- 2017 Tilly Woodward | Pamela Bass-Bookey
- 2016 Marti Sivi | Marsha Ternus
- 2015 Roxanne Conlin / Linda Railsback
- 2014 Sandy Hatfield Clubb | Connie Wimer
- 2013 Judy A. Bradshaw | Sally J. Pederson*
- 2012 Bonnie Campbell | Elizabeth Kruidenier, in memoriam
- 2011 Deborah Turner
- 2010 Franci Phelan
- 2009 Kali VanBaale
- 2008 Lesley Jane Seymour
- 2007 Rekha Basu
- 2006 Barbara Robinette Moss
- 2005 Carmen Lampe Zeitler
- 2004 Rekha Basu
- 2003 Sue Roberts
- 2002 Rebecca Kemble | Sarah Grant-Hutchison
- 2001 Susan Ackelson | Mary Kay Shanley
- 2000 Sara Swansen and Grace Percival
Lt. Governor Sally Pederson, special guest
- 1999 Eileen Burtle

*First year of Women Helping Women honoree

Dear WHW Community,

At one time or another, we have all pondered the meaning of life. What makes life worth living? How can we find fulfillment as individuals and as a community?

As we gather for the 25th Anniversary of our annual Women Helping Women event, we might not have the full answer, but we have a commonality that exudes within the walls of this room:

purposeful connection.

We are entwined by our desire to help women, children and families receive valuable mental health support despite their ability to pay. We are linked by a deep commitment to Mind & Spirit Counseling Center and its devotion to walk beside those in need as they find hope and healing.

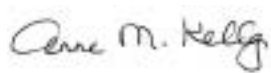
For 25 years, women have bonded together in our community to celebrate those making impactful differences and championed a cause that affects many of us personally.

As we celebrate today, please keep in mind all of the incredible women who came before us to make this event an ongoing success and the women in the future who will continue to guide the path of connection and camaraderie. It really does take a village.

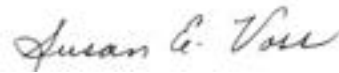
Contemplate your purpose and the intrinsic connection we share by being here today. Go and live your life with meaning.

Thank you for your contribution and support to Mind & Spirit Counseling Center and Women Helping Women.

With gratitude,



Anne Kelly
CO-CHAIR



Susan Voss
CO-CHAIR

CO-CHAIRS

Anne Kelly
Susan Voss

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Thank you... Your attendance and generous gifts will provide essential mental health services to women, children, and families who are uninsured, underinsured, or from low-income households.

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L.U.N.A hosted
by Sharon Goldford
Oakridge Neighborhood
hosted by Sharon Goldford
Mary Gottschalk
Knapp Properties
Katie Patton
Stephanie Pearl
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& Connie Isaacson

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Upcoming Center Programs

26TH ANNUAL WOMEN HELPING WOMEN EVENT

Save the date | May 17, 2024

PrairieFire

Do you desire a more meaningful life, new ways of building and contributing to community, or living authentically in an increasingly challenging and unpredictable world? Consider applying for PrairieFire, the Center's two-year program of spiritual formation and renewal.

Program begins September 2023. Application deadline is June 15.
Visit mindspiritcenter.org/prairiefire for more information.



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 more than 2,300 children, teens and adults annually through a multidisciplinary team of 30+ licensed clinicians. Key services include:

- **Individual, couples and family counseling**
- **Psychological testing and assessment**
- **Psychiatry**
- **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

TO MAKE A DONATION

call 515.564.5122 or visit mindspiritcenter.org/donate

