

Client Spotlight



Meet WRC Client, **THERESA** *Harris*

Theresa attended our program, “Be Your Own Best Friend”. Seven years later, Theresa still lives by the motto of the class – A.N.T.S. (Any Negative Thoughts Stop).

“Moving forward in one’s life starts with a positive mind. Thinking, feeling or acting negatively begets negative results. As we age we appreciate the life we have. Don’t forget those that have helped you along your life’s path.”

The Women’s Resource Center Impact

We provide the tools, training, resources, encouragement, and motivation for women to be more resilient and live their best life. We believe in personal responsibility, another freedom of choice. Our words and our actions seek to nurture a sense of self-esteem, autonomy, and growth. Self-esteem and self-worth is at the core of who we are. They affect our choices and decisions as well as how we feel about ourselves. We offer individual and group sessions to help our clients build self-esteem and gain confidence in decision-making.

43.14% increase in attendance of our Support Groups, in the South County Venice location, since last year.