The Women’s Resource Center (WRC) provides direction to women of all generations by inspiring, educating and supporting them through life's transitions. We believe that when you empower a woman, you change a life and strengthen a community. WRC offers:

- **Individual and Group Counseling** with licensed Mental Health Counselors on a sliding fee scale. Call 747-6797 for an appointment.
- **The Living Room:** New support group to share your thoughts and seek solutions. Facilitated by Phyllis Tropp, MSW, LCSW. Tuesdays 6-7:30pm. Join anytime. $2 fee requested.
- **Get Your Joy Back:** Learn to manage stress and find joy for life! Facilitated by Judy Sedgeman, EdD. Tuesdays July 9th - August 13, 6-7:30pm. $2 fee requested
- **Evaluating Unhealthy Relationships:** Support group to address abusive relationships. Call Tiffany at 747-8499 to register.
- **Other Services:** Career coaching, computer classes, book club, yoga, wellness seminars, group exercise, financial and legal workshops, Latina empowerment, parenting coaching, and Unique Boutique.