

Reaching out

Through Advocacy

The Keeler Women's Center works to empower women by motivating them to use the many local resources for themselves and their families. We help women identify and connect with organizations that offer help in the areas of:

- ♦ abuse/domestic violence
- ♦ addictions
- ♦ child care
- ♦ emergency assistance
- ♦ food, utilities and rent
- ♦ housing
- ♦ clothing
- ♦ health
- ♦ education

Through Personal Development:

With help from volunteers and partner organizations, the Keeler Women's Center offers programs, workshops and mentoring in areas such as:

- ♦ health and nutrition
- ♦ personal/family counseling
- ♦ goal setting and time management
- ♦ financial planning and budgeting
- ♦ preparation for seeking employment
- ♦ parenting, self-esteem, stress management, etc.

We also offer support groups:

- ♦ for survivors of sexual assault
- ♦ for those who have experienced loss
- ♦ for victims of domestic violence
- ♦ for women dealing with addiction

Through Spiritual Development

The Center builds on the Benedictine tradition and embraces the religious diversity that is in the urban community. Spiritual resources include:

- ♦ daily prayer at 11:50 a.m. (Mon. through Thurs.)
- ♦ spiritual direction
- ♦ retreats and renewals
- ♦ massage therapy
- ♦ a quiet place for prayer and reflection for people of all faiths
- ♦ programs promoting peace and justice

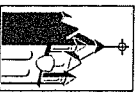
Other Opportunities

- ♦ a place to help other women as a volunteer
- ♦ a place for you or your organization to offer workshops and seminars of interest to women
- ♦ a place where your financial gift will support women helping other women in the urban core

Decisions are made based on the needs of women.

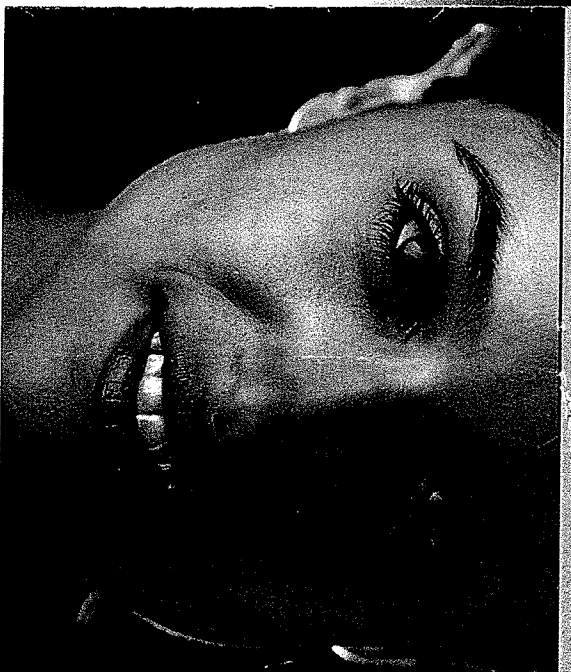
We also serve men.

The Keeler Women's Center
is a ministry of



Mount St. Scholastica

Benedictine Sisters
Atchison, Kansas



THE KEELER

Women's
CENTER

A Ministry of the Benedictine Sisters:

"Women Empowering
Women"

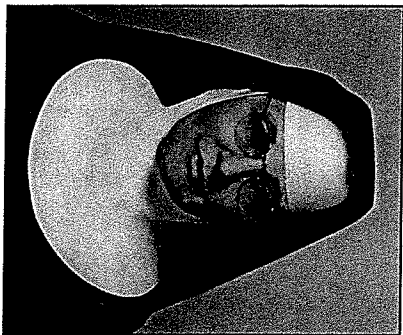
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Reaching out



Where did we get
our name?



Sister Jerome Keeler

Sister Jerome Keeler, OSB, foundress and first president of Donnelly College, had a vision of offering higher education to those in the urban core who might not otherwise be served. She was a renowned educator and author. Her gifted insight and her untiring efforts toward meeting the needs of the local community provide inspiration for the women's center that bears her name.

What are we all
about?

Our Mission:

To empower women in
the urban core of Kansas
City through education,
advocacy, personal and
spiritual development



Empowering Women

As we strive to form a community of strong women who support one another in order to fulfill their basic needs and realize their dreams of a better life for themselves and their children, we offer:

- ◆ a quiet welcoming space
- ◆ growth groups for women
- ◆ a place for women to support and be supported

Through Education

The Keeler Women's Center offers education as its first means of empowerment. The Women's Center strives to meet the needs of the community and offer support to the growing Hispanic population as well as to other women of the area. We provide:

- ◆ tutoring in basic literacy
- ◆ conversational English
- ◆ programs celebrating the accomplishments of women

