

# 2014 Report

## *Planting Seeds*



**Walk-In**  
Counseling Center  
[www.walkin.org](http://www.walkin.org)  
612-870-0565

**In 1969**

...during a meeting of the group Psychologists in Social Action at the University of Minnesota, a young psychologist stood up and extended a radical invitation:

“Anyone interested in starting a free mental health clinic, meet in the back after the meeting!”

**And Walk-In Counseling Center was born.**

**Our mission remains the same:**

To provide free, accessible mental health counseling to people with urgent needs and few service options.

**Just like in 1969**

...our counseling services continue to be provided by **volunteer professionals.**

Dear Friends of Walk-In,

A bowl of inspirational quotes on colorful cards sits on our reception room table. “Pick one” is our invitation to clients as they wait.

*Although the world is full of suffering, it is also full of the overcoming of it. - Helen Keller*

*Sometimes the best helping hand you can get is a good, firm push. - Joann Thomas*

*Sometimes it's the smallest decisions that can change your life forever. - Keri Russell*

*Many of life's failures are people who did not realize how close they were to success when they gave up. - Thomas Edison*

A client recently told his counselor he put one of these cards on his bathroom mirror. It inspires him every day.

It's like planting seeds...of hope, healing, inspiration, support, possibility. Planting seeds is what we do at Walk-In Counseling Center. And with our expansion in 2014 to Neighborhood House, our third St. Paul partner site, we're planting more than ever before.

We don't know what the seeds might become, but we know growth happens time and time again...every warm smile and grateful thank you is proof that the people who come to Walk-In go away with seeds of hope, healing, inspiration, support...of what's possible.

Sometimes, like the quotes say, it's a counselor's *good, firm push* that helps clients *change their lives forever*. Sometimes, in a moment just before giving up, clients realize how *close they are to success*. We plant a seed, and that's a powerful thing. It's a statement of faith in the clients and their own power to change their lives.



We often hear from people who at some time came to Walk-In, and their stories are testaments that the seeds we plant *do* germinate and grow. And the people, their families, the community – all of us – are better for it.

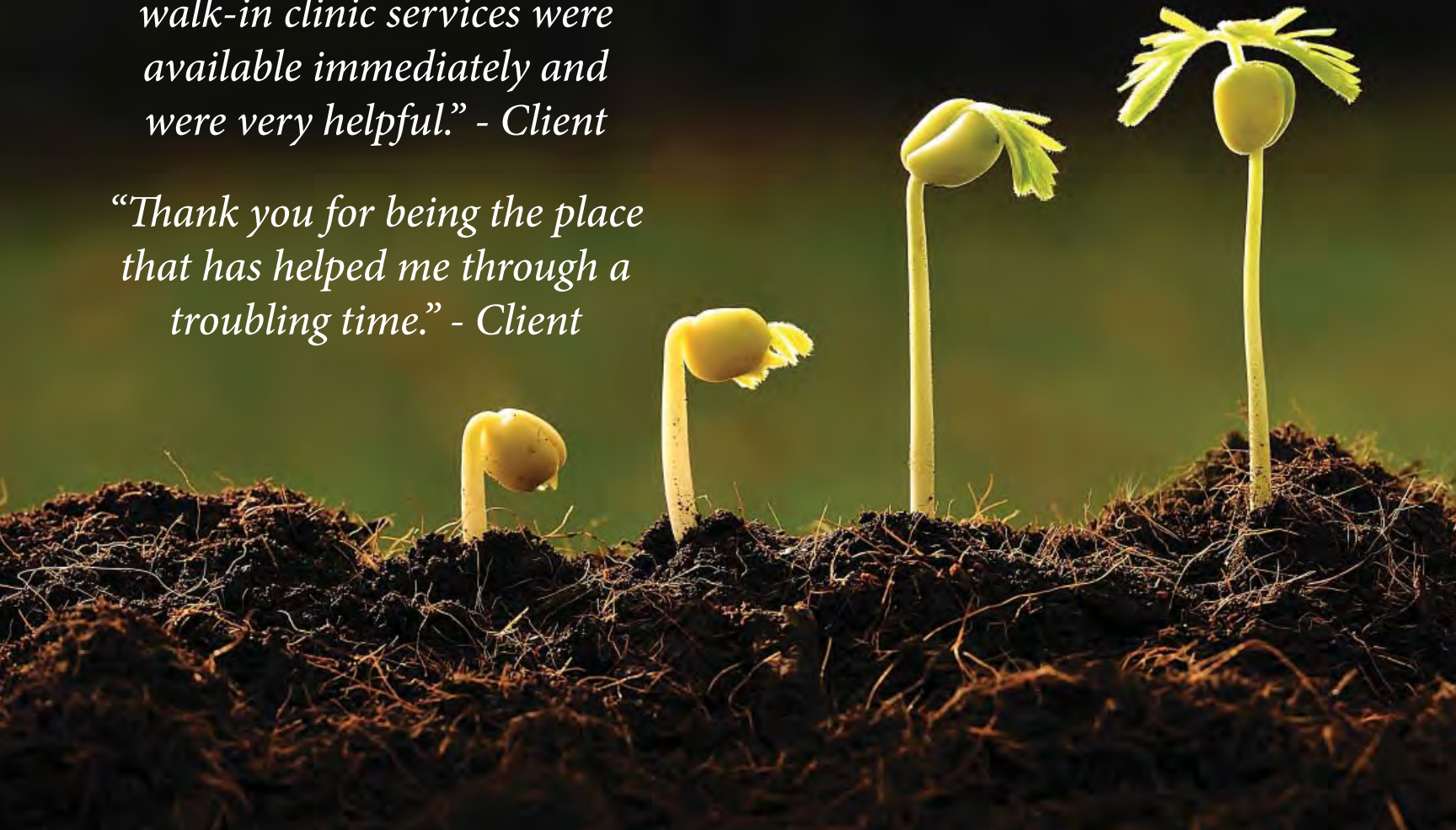
Thank you for helping us plant seeds of hope, healing, inspiration, support, and possibility for so many people... at Walk-In Counseling Center and in your own lives.

Sincerely,

*Mary Weeks, MSW, LISW*  
*Executive Director*

*“I was in crisis and the walk-in clinic services were available immediately and were very helpful.” - Client*

*“Thank you for being the place that has helped me through a troubling time.” - Client*



## Planting seeds of hope & healing.

**1,824**  
people received  
**4,705**  
free counseling  
sessions.

**242**  
people received  
group counseling  
and supportive  
interventions.

**95%**  
of clients felt  
more hopeful  
after coming to  
Walk-In.

**98%**  
of clients  
would refer a  
friend or family  
member.

**50%** of clients had annual household incomes of less than \$20,000.

**50%** of clients were women, 49% men, 1% transgender.

**74%** of clients were between the ages of 22 and 49.

**35%** of clients were people of color.

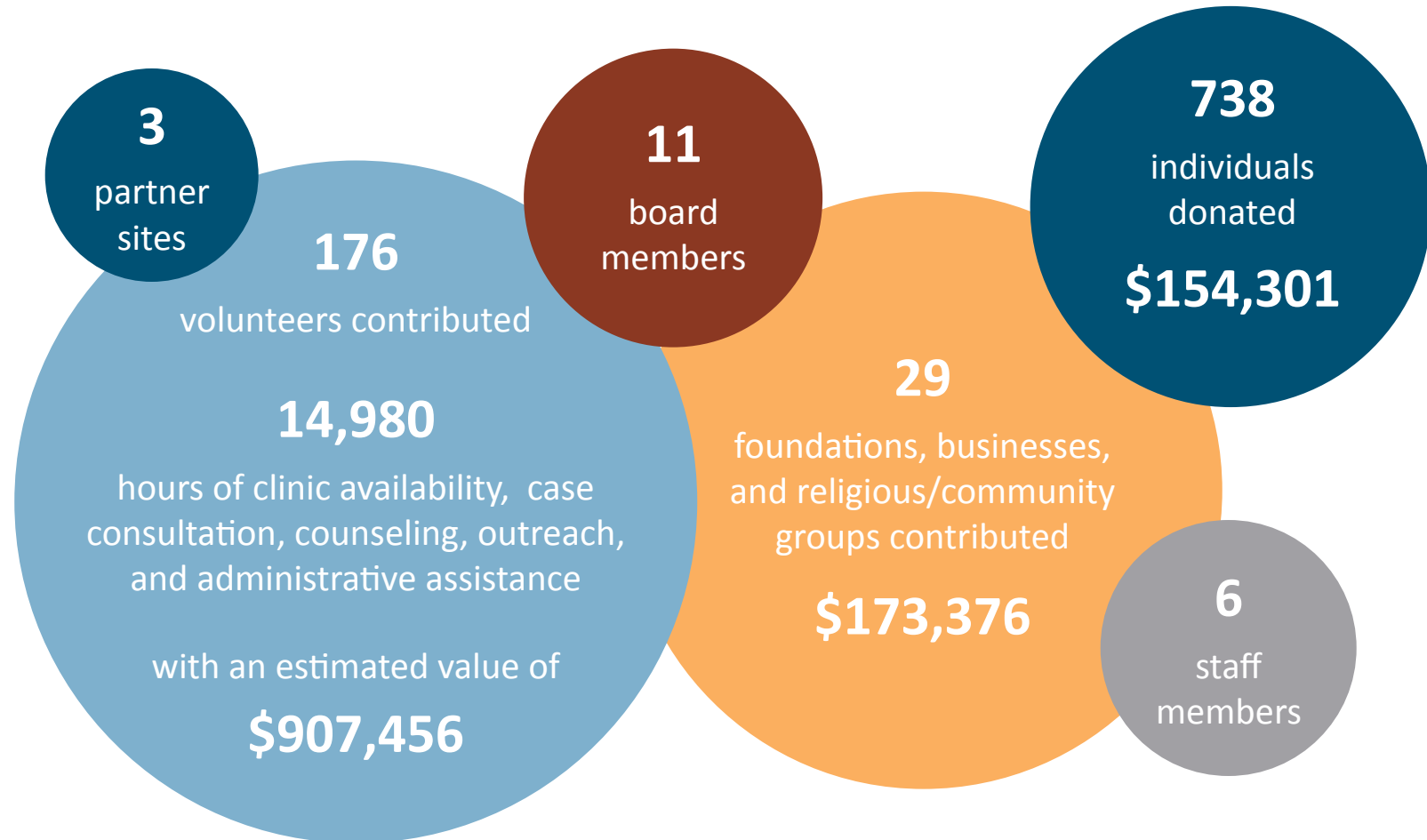
**41%** of clients had insurance, but came to Walk-In because they couldn't afford copays or deductibles, couldn't wait for an appointment, or needed complete anonymity.

*“I am able to make a difference in the lives of clients and...improve myself professionally as a budding therapist.” -Volunteer*

*“Thanks for all you do to renew the fabric of our community.” -Donor*



## Planting seeds of support & inspiration.





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<b>68%</b> In-Kind (\$908,094)														
<b>13%</b> Foundation, Corporate, & Community Grants (\$173,376)														
<b>12%</b> Individual Donations (\$154,301)														
<b>7%</b> Consultation & Training (\$96,188)														
<b>&lt;1%</b> Other (\$881)														
<b>2014 Expenses (\$1,328,255)</b>														
<b>88%</b> Programs (\$1,177,782)														
<b>6%</b> Management (\$74,325)														
<b>6%</b> Fundraising (\$76,148)														
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**Walk•In**

**Counseling Center**

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*“Thank you so much  
for offering this  
wonderful service!”*

