



6125 W. Foster Avenue
Chicago, IL 60630

NOVEMBER NEWSLETTER

TO YOU AND YOUR FAMILY,
HAPPY THANKSGIVING AND SAFE TRAVELS.

WITH GRATITUDE,
AUDRA + MATT BLAIR

“The Well Is A Place Where People Are With And For You.”



**THE WELL...POURING SUPPORT, TIME AND RESOURCES INTO
OUR POLICE AND FIRE FAMILIES.**

As we reflect on the past year, we are reminded just how much our first responders need a supportive community; people they can trust and let into their “circle.” To help meet this need, The Well has partnered with the Jefferson Park community to provide a night out for our first responders. Starting in August, officers have joined us each month for a free meal at Chief O’Neil’s...a safe and relaxing place where they are able to feel the appreciation of their community. *“I was on such a high the next day after that night. It’s nice to feel relaxed and appreciated by so many people. I haven’t felt like that in a long time.” Carlos, CPD.* Because of **your** support, trust and generosity, we are also able to offer support to our first responders by spending time at different police districts and fire stations in Chicago. The Well now counsels and attends roll call at the 15th, 16th and 17th district police stations on a daily basis. We also have several fire fighters and spouses of police and firefighters that attend Decompression Zone and Midweek, along with members of the police force.



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HEAD OVER TO THEWELLRC.ORG FOR SERVING OPPORTUNITIES THAT YOU CAN PARTICIPATE IN DURING THE MONTH OF DECEMBER. WE WILL HAVE OUR ANNUAL BREAKFAST, LUNCH, AND DINNERS AT DIFFERENT POLICE AND FIRE STATIONS.



As we continue to strive to create positive and safe social environments for our first responders, we have added “Bike Night.” Every Friday afternoon, The Well arranges and enjoys a bike ride, followed by dinner, with a group of first responders. Right now our police families feel isolated and tired. Our hope and desire is that we can continue to provide opportunities like Bike Night and environments like Decompression Zone and Midweek. We want to continue to provide community and encouragement to all first responder families so that they don’t feel alone or feel like they need to suffer in silence.



Since the pandemic began, our donors have been aware of the changing cultural landscape that has left our first responders in desperate need of a place where they can gain the support they need from the community they love to serve. Our vision is to provide a counseling center dedicated to the emotional well being of first responders and their families.

← *Addressing roll call at one of the O'Hare Firehouses.*

THANK YOU!

We are thankful to all who support The Well, which includes individuals, foundations and organizations. Especially now, our police families are hurting with your financial support, we can continue to grow The Well and make a difference in more lives. We don’t feel called to change our first responders but rather SERVE them and their families the way they serve and sacrifice for us every day.



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“COME TO ME ALL YOU WHO ARE WEARY
AND BURDENED AND I WILL GIVE YOU REST.”

MATTHEW 11:28

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TESTIMONIALS

“ The Well has been a huge support over the past couple years. They have created a space of community of first responders that is not directly connected to the department. Within this community I have been able to get support with both on the job and off the job stresses. They have been able to help me process things that sometimes I’m not able to process with family and friends.

- Pete, CPD

“ The Well Resource Center has been a blessing to my husband and I in so many ways. I started attending Midweek with Audra Blair in the beginning of the year, not knowing what the year would have in store for us. Dealing with many cancelled days off and 12 -hour shifts for months, checking in with Midweek has been a lifesaver. I have a five month old at home and if it was not for Midweek, I would be in a very lonely place. Midweek is a great community for spouses in law enforcement. My husband has also benefited from The Well. Meeting with Matt Blair for breakfast was a great help for my husband. He felt defeated and he was going down a dark road of hopelessness and despair, due to bottling emotions in. After meeting with Matt, I saw a huge difference in my husband. He seemed more relaxed, hopeful, and cheerful. We are so grateful and thankful for The Well Resource Center, and for Audra and Matt and all the work they do for law enforcement and their families. It is truly the support we need at this great time of need.

- Alejandra, husband is a Chicago Police Officer on the west side

“ At a time when everyone seems to be against you, it’s reassuring to know that there are those who don’t hate us and have our backs. The Well gives me hope.

- Allen, CPD



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The Well is excited to have two new counsellors on staff working alongside Matt.



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HOW CAN YOU HELP THIS DREAM BECOME A REALITY?

OUR GOAL

**THE WELL
COUNSELING
CENTER
OPEN BY
NOVEMBER
2021**

The image above is a picture of what our counseling center could look like. The Well is happy to report that, **thanks to faithful partners like you**, we are on our way to making this dream a reality!

Our police families are hurting. With your generosity and support, we can grow The Well and make a difference in many more lives.

STAY TUNED for future updates. Head over to **THEWELLRC.ORG** for more information on how you can partner with us

PLEASE GO TO OUR WEBSITE TO FIND OUT HOW TO DONATE AND PARTNER WITH US!

WWW.THEWELLRC.ORG