



6160 West Higgins Avenue,  
Chicago, IL 60630

# July Newsletter

This summer, while Chicago is going through the throes of violence and pain, we are continually grateful for our First Responders who face the worst of the worst every day to keep us safe. Thank you for joining with us in support of them.

*The Well Resource Center is a place where people are with and for you. We seek to improve First Responders and their family's emotional, spiritual, relational, and physical well-being.*

## Midweek



Our Midweek group continues to meet every **Wednesday evening** throughout the summer. We have the opportunity to share with each other the ups and downs of life related to the unique role of being in a First Responder family. We have gotten together outdoors and now indoors at our homey setting in our new office for great discussion, mutual support, laughter and sometimes tears.

*Do you know anyone who is or are you a spouse of an officer? Please consider joining us yourself or inviting someone to our group. Contact Audra for more information or check out our website.*

## Bike Night

Our regular Friday night **bike night** met up with some patrol officers last month while both groups were on their evening ride.

Want to join us? **Contact Matt** for where we meet each week.



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## Our new office/drop-in center has been seeing some use!

We are so encouraged with the help you provided to make it happen. Here is a recent text we received from one CPD officer:

*"Thanks for the space, some people picked up lunch and ate there, some just took a break and watched Basketball. Some sat out back. They came in waves, and all were appreciative. Thank you personally for reminding me to stay on track, not to worry and lean into my trust in God and my salvation. Sometimes it just takes a reminder. I hope you have time to enjoy your family today." CPD*

Thank you for your continued support of our organization.

**The Well Resource Center offers one-on-one and family counseling in a private setting. If you would like to talk to someone, please contact [Emily@Thewellrc.org](mailto:Emily@Thewellrc.org).**

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## Join us at this year's Run to Remember

The **Run to Remember** is the Chicago Police Memorial Foundation's annual 5K run/walk that raises funds to support families of fallen and catastrophically injured Chicago Police Officers.

This year's event is Sunday, August 22nd, at 8:00 am.  
Gold Star Families Memorial & Park  
1410 S Museum Park Drive, Chicago



**Sign up online** to walk or run with us and remember to join our team -The Well Resource Center - as you register! And then let us know you are coming so we can run together! **We will meet at the park beginning at 7:00 am** with our sign so you can find us.