



6160 West Higgins Avenue,
Chicago, IL 60630

September Newsletter

Fall is a time when many people reset or consider it the start of their year. That is not any different with us. We continue to have our weekly get-togethers and counseling sessions but we are also planning our [Fall Fest](#) for First Responders and their families! Check out below for more information!

We are glad to have YOU to count on to support of all of our First Responders.

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.

Higgins Social

Higgins Social continues to be a valuable resource for our officers and firefighters.

A few of our guys recently attended a Cubs game prior to attending Higgins Social here at the office/drop-in center.



An officer sent this text to Matt while trying to lead other officers in the wake Ella French's murder and Officer Yanez's hospitalization and anticipated rehab.

"I have had the privilege of accompanying Troops, when in the Army, into battle. I have walked among giants even though I am not. My fear is that there is no clarity in mission. Without defined mission a warrior is in a no-win situation. I attempt to help these men and women understand that the only mission that matters is physical and financial safety. I don't know how successful or clear I am to them. So I pray, pray for God to use me to help them. That's all I have to rely on. Their job is the hardest. Their training is lacking, but most of them have the heart to see it through."

If you would like to learn more about Higgins Social contact Matt@thewellrc.org.

The Well Resource Center also offers one-on-one and family counseling in a private setting. If you would like to talk to someone, please contact Emily@Thewellrc.org for an initial consultation.

FALL FEST

ALL KIDS RECEIVE A MINI PUMPKIN
ENJOY MOVIES,
ACTIVITIES,
CONCESSIONS,
AND MORE



The Well is co-sponsoring **Fall Fest**, an event for **First Responders and their families** on **Saturday, October 2nd, at Gladstone Park from 4:00 to 6:00 pm**. Want to volunteer to help?

Click [here](#).

One of our officers...

One of our officers that was involved in a very public and traumatic incident this past month, shared with us during one of our Bike Nights that attending the Jason Redman event back in May has been instrumental in helping him get through this painful time. Navy Seal Jason Redman spoke at this event about overcoming difficulties and life's ambushes and gave a tool called the *Pointman Planner* for people to use and this planner has been essential for this officer during this time.

We have a few of these books available in the office or you can order them **here** from Jason's website.

Thank **you** for your continued support to provide events and opportunities for our officers.

Midweek



Audra received this text about **Midweek** from a special woman.

"Hey there. Just thinking about last night and what a beautiful community you have created. I was so glad to share in that last night by doing something as simple as providing a meal - loved serving the group that way. Couldn't help but reflect on what the women were able to share and how they probably didn't even realize that they needed to unburden themselves until they did. Thanks for serving us."

Contact Audra if you would like to know more about **Midweek**, our weekly community group for spouses of first responders.

Run to Remember Recap



Thanks to all the people that supported and/or participated in this year's **Run to Remember**, the Chicago Police Memorial Foundation's annual 5K run/walk that raises funds to support families of fallen and catastrophically injured Chicago Police Officers. We had 15 walkers/runners and we raised over \$7000 for the Foundation. Be sure to join us next year!

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