



6160 West Higgins Avenue,
Chicago, IL 60630

February 2022 Newsletter

Hello from The Well Resource Center! The new year has already been full of energizing and thoughtful meetings with our officers and some of you! **Thank you for partnering with us.**

We are excited...
to introduce you to two new staff members!



**Julia Ciurdar
Counselor**

Julia is a licensed clinical social worker with over 5 years of experience working with individuals in education, nonprofit, and private practice settings.

Julia utilizes a strength based and relational approach with each client to determine a successful treatment plan. She sees the importance of holistically integrating all aspects of an individual's life, such as culture, family origin, spirituality, relationships, and internal thoughts and emotions, to foster healthy growth.

Julia earned a B.A. in Pre-Counseling from Moody Bible Institute and a Master of Social Work, with a specialization in Mental Health, from Loyola University Chicago. Throughout her education and experience, she has worked with new moms and parents, adults with mental disabilities, essential workers, young professionals, and individuals working through every day's life challenges.



**Cyrus Martinez - Therapeutic
Recreation Coordinator**

Cyrus was born and raised on the northwest side of Chicago. After graduating from UIC with a BS in Finance and Management, Cyrus joined the Chicago Police Department where he remained for 8 years. During his time with CPD, he worked primarily on tactical and gang units, covering the north and west sides of the city. In December 2020, Cyrus made the move to the Chicago Fire Department and is currently stationed downtown. As a firefighter and a former police officer, Cyrus has experienced the pressure and hardships that come along with being a first responder- an otherwise rewarding career. He understands the importance of encouragement, a strong support-system, and simply blowing off steam.

Cyrus finds joy in helping people achieve well-being and firmly believes that fitness, sports, and positive social interactions aid in countering the many stressors of being a first responder.

Join us in welcoming them both to The Well Resource Center team and say "hi" if you see them! If you have further questions for either of them they can be reached via e-mail here :[Julia Ciurdar](#) and [Cyrus Martinez](#).

Gala for the Alliance of Hispanic Law Enforcement



The Well was honored to attend this event as it is critical that we continue to engage and support local organizations and our law enforcement community. We even got to see some familiar faces!

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.

Reaching out to New Districts!!

We are so happy to be attending roll calls in one additional district! Yay District 25! We have been invited to many districts and with the addition of Cyrus we can start to visit a few more. This is a fantastic opportunity to keep telling more on-duty officers about our services and that we are "with and for them".



Family Matters



Matt has been invited to a few of our officers more intimate family times. The districts all know Matt as Pastor Matt and have called on him to be with family at the end of a close relative's time here on earth, to officiate a wedding later this year, and talk about baptizing an officer's child. This is a testament to the trust and relationship we are forming with the first responder community. We count each serving opportunity as a huge honor.

Please continue to [financially support](#) us in our effort to take care of our officers. We are truly grateful.