



6160 West Higgins Avenue,
Chicago, IL 60630

Spring Newsletter

Spring is an awesome time of year for The Well Resource Center. We are in full swing of planning our spring and summer activities. We have a few highlighted below. 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.

Welcome Rona Clark

Please join us in welcoming Rona Clark as our newest Clinical Counselor. She hit the ground running and is already meeting with several of our clients that were on a waiting list. Rona is an Illinois-Licensed Professional Counselor (LPC) and National Certified Counselor (NCC), and has advanced training and certification in Trauma Informed Care.



She obtained her Doctorate degree in Counselor Education and Supervision from Argosy University, and Master's degree in Community Counseling at Chicago State University. Rona has provided counseling to individuals, families, parents and adolescents for over 20 years in the areas of Trauma Depression, Conflict Resolution, Stress Management, Emotional /Interpersonal Intelligence and Parenting.

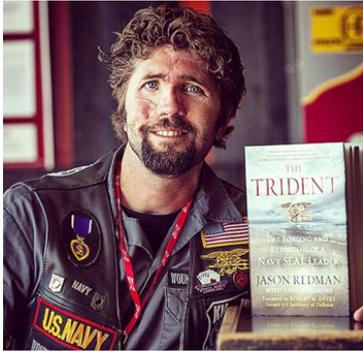
Rona's training includes providing clinical workshops and in-services for schools, mental health providers and residential programs. She has experience working with blended families, survivors of trauma, parent groups and career counseling.

Rona has always enjoyed helping others and assisting in the healing process. She believes that facilitating a safe and welcoming space encourages the therapeutic process. It is important to understand how environment(s) affect our mood and perception. Self-awareness and insight to our responses can promote emotional intelligence.

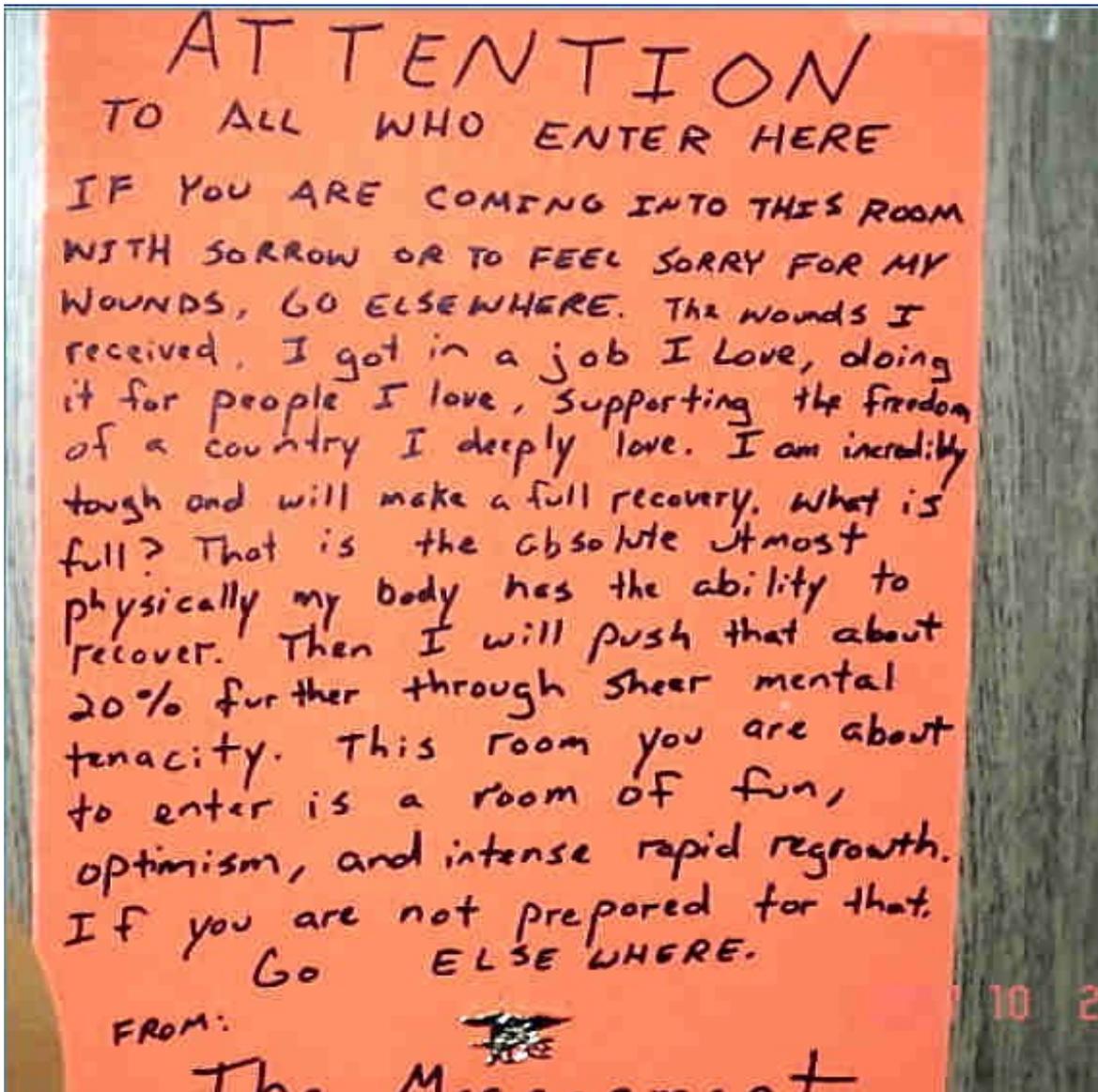
Rona is excited and we are grateful to have Rona join the Well team and provide services to our community of First Responders.

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 Julia@Thewellrc.org for an initial consultation.

Jason Redman Returns



We are honored to be hosting Jason Redman again this year for our annual mental health and resilience seminar on **May 12th at 6:30 pm**. We received such an outpour of positive feedback from last year's seminar that we had to have him back again this year! Jason is a true leader, friend and servant. His resilience has inspired people all over the world.



Jason Redman is a retired Navy Lieutenant who spent eleven years as an enlisted Navy SEAL and almost ten years as a SEAL officer. Redman served multiple deployments throughout Central and South America pre-9/11 and Iraq and Afghanistan after 9/11. On September 13, 2007, outside of Fallujah, Iraq, Lieutenant Redman's Assault Team came under heavy machine gun and small arms fire, and he was severely wounded in the firefight.

He is the author of the New York Times bestselling memoir *The Trident* along with his second book *Overcome*, an Amazon bestseller. Please RSVP if you will be attending on our website.

Bike Night has started up Again!



We have started riding every Friday night! Contact [Matt Blair](#) for time and location. If you prefer to walk, Audra will be leading a walking group as well. Contact [Audra](#) for details.

One of our officers left this voicemail that really touched our hearts...

"Hello everyone at The Well. I work out of the 15th District. I was calling just to say hello. I just want to say thank you for what you all do. I really appreciate it. I really appreciate how you look after our First Responders, our law enforcement officers in Chicago, and hopefully throughout the Chicagoland area. God bless you all. And again, thank you for watching. Just calling to say hi and show my appreciation."

Thank you for your continued support so that we can be available for our officers.

Run to Remember



We are running (or walking) again 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.

The event is **May 7th at 8:00 am**. Meet at Gold Star Families Memorial & Park, 1410 S Special Olympics Drive (formerly known as Museum Campus Drive). Please [RSVP](#) on their website and be sure to **join our team, of The Well Resource Center**. Last year we raised \$7000 for them. Let's see what we can do this year!

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