

This letter was the 1st one sent out the other PD's, I just changed the Dept name.

To the spouse's and significant others of The Federal Way Police Department,

Hi Ladies;

All the tragic events that have happened over the past few of months can bring out a whole slew of emotions in us, including fear for the people we love, our officers, our spouse's, our family's, and ourselves. Fear is an interesting emotion; a healthy fear keeps us away from danger, such as getting to close to the edge of a cliff. There is also an unhealthy fear that takes us captive and will freeze us in our spot. It can cause you to isolate yourself from your feelings, as though you need to be stoic, holding everything together for the family, not wanting to burden others with your feelings. Perhaps you're judging those feelings as being "wrong" or "irrational", just to let you know, they are not.

Life is full of scary moments and as women, our emotions can really play havoc on us.

Some of you may actually be feeling immensely grateful and want to share your hope with others. There is a saying I have heard that has stuck with me and that I strongly believe; a sorrow or a burden shared is half the sorrow or burden carried, a hope or a joy shared is twice the hope and joy carried. Carrying each other's burdens, relationship, sharing joy, realizing you're not alone! That's what this gathering is all about.

Your spouses have a powerful support network in place to help them through situations like this. We feel it is important to offer some time for you to get together to support and learn from one another.

We are making time to meet, share, cry, laugh, whatever we need to support each other and carry each other's burdens. **Come join us on Saturday April 17, from 7pm -10pm in the Patrick Maher room of the Federal Way PD 33325 8th Ave S Federal Way 98063.** You can map quest in from your home or follow this link www.mapquest.com.

The purpose of these gatherings is to offer support to one another. Some of us have years of experience and effective strategies for thriving through stressful times. This is an opportunity to share those ideas and hear from others. Most importantly, it is a chance to express whatever emotions you are feeling in a safe, non-judgmental place. You don't have to put on a happy face; you can feel what you feel, move through it, and find peace and comfort on the other side. You are welcome to talk about what you are experiencing, what is working for you, or where you may feel stuck. Or, you don't have to say a word – you can just listen if that supports you. Please know, simply being there will support yourself and others. Your presence will add to the group. We are in this together!!!

We look forward to seeing you soon. If you have questions, please feel free to call Chaplain Lisa Ellis at 253-856-4873 .

We wish you all the best,

Chaplain Lisa
Kent Police Department