

"It did not seem to us that life would go on, or that it should. What has made it possible to go on is the kindness and help of our community, and the chance to help life go on for others. That is what we honor as members of Families for Safe Streets."

—Ken Bandes, father of Ella

Things to Consider Post-Crash

Here are the top five things to consider immediately following a crash. To download a complete guide visit: familiesforsafestreets.org

Make Sure Evidence Is Gathered

Once a crash has been reported, evidence collection is key. Follow up with the police to ensure all witnesses are interviewed, nearby security camera footage is viewed/retained, and photos are taken. Family members and friends typically want to help. Advocating and/or gathering evidence is a task that might make sense for them.

Consult with an Attorney

Lawyers may help with the investigation and provide important advocacy on your behalf, we recommend you consult one as soon as possible. Please see our online guide for a list of important questions to ask. Most are usually paid on a "contingency" basis and will only get paid if they collect money for you.

Seek Support

Crashes are traumatic experiences. Logistical and emotional support are imperative. Take advantage of hospital and other support services including counseling and case management. Families for Safe Streets offers peer mentoring, a monthly support community, and additional guidance too.

Start an Insurance Claim

Initiate a claim with the driver's insurance company. Keep in mind it is ok (and many attorneys advise) to only share basic information, despite pressure for you to share a full narrative, medical reports, and other updates.

Lean on Families for Safe Streets

Brace yourself. Healing from a crash, holding drivers accountable, and preventing further crashes takes persistence, perseverance and more patience than we'd like. We are a family of people who have been personally affected by a crash and we are here to support each other both individually and in the collective fight for safe streets.

Comprised of individuals who have been personally affected by traffic crashes, Families for Safe Streets (FSS) confronts the preventable epidemic of traffic violence by advocating for life-saving changes and providing support.

We are here to support you.

Peer Mentoring
Support Groups
Referral Guidance
Advocacy

844-FSS-PEER

info@familiesforsafestreets.org

FamiliesForSafeStreets.org



Have you been injured or lost a loved one in a traffic crash?

YOU ARE NOT ALONE

Every day, over 100 people are killed in traffic crashes across the country.

Thousands of people are injured daily.



SUPPORT COMMUNITY CALENDAR

Families for Safe Streets offers monthly support community virtual meetings available to anyone who is experiencing loss or trauma from a traffic crash. In addition to the calendar of events listed here, we hold a special monthly Spanish-speaking group and a quarterly peer mentor training.

Reunión con Miembros de FSS en Español: FSS convoca a nuestros miembros de habla hispana mensualmente para que se reúnan, compartan experiencias, conecten entre sí y construyan una sólida comunidad de apoyo de FSS en español.

Please visit: familiesforsafestreeets.org/calendar for details on all events and to register.

Please contact us if you need a peer mentor to be matched at any time.

July 19, 2023 Post-Crash Body Perceptions

This is special workshop for crash survivors. Traumatic injury can alter the body we've always known, and challenge the way we see ourselves. This workshop will support those recovering from injury, and share tools for cultivating a healthy body image.

August 23, 2023 Haiku Writing

The ancient tradition of Haiku poetry or "play verse" focuses on themes including the temporality of life, the temporality of nature, and the seasons. These are very short poems that nonetheless pack a punch. Together we will discuss and explore the power of this kind of poetry writing and create our own poems. All writing abilities welcome!

September 7, 2023 Forest Bathing: A Guided Introduction

The solace and comfort that the natural world offers can have tremendous therapeutic benefits. Forest Bathing, also known as Shirin Yoku, was developed in Japan in the 1980s as an effective tool to overcome the effects of a hectic life and stressful work environment, by providing guided, immersive experiences in a natural setting of any kind.

October 4, 2023 Grief, A One Man Sh*tshow

After a drunk driver killed both of his children in a horrific crash, playwright and filmmaker Colin Campbell channeled his shock, anguish, and rage into a tragic-comic exploration of our culture's inability to talk about grief. Following the performance, Colin joins in conversation with Joyal Mulheron, Executive Director of Evermore, a leading bereavement advocacy organization.

November 21, 2023 World Day of Remembrance for Road Traffic Victims

Join FSS community members from across the country for a virtual candle lighting and memorial slideshow to remember loved ones and share impressions from our World Day of Remembrance memorials.

December 7, 2023 Virtual Sound Bath Meditation

A sound bath or sound healing is an ancient tradition using instruments with deep, resonating vibrations like Tibetan singing bowls, bells, chimes, and gongs to release tension and ease stress, fatigue, and depression. A great way for beginners to learn about meditation - and open to everyone.

January 4, 2024 The Comfort of Our Pets

We know that the company of animals makes us feel good. Extensive research proves it. Pets have the ability to relieve stress and anxiety, lower blood pressure, and boost our mood. We'll share conversation, visits from pets who want to be on camera, and resources for pet therapy.

February 1, 2024 Show & Tell: Remembering Loved Ones

Photos, objects, and memories can help tell a story about loved ones we've lost. These treasures can hold significant meaning that helps us to share stories and feel close to our loved ones and to the community that supports us. Join peers from across the country to share special objects and remembrances.

March 2, 2024 Connecting & Reflecting Through Poetry

The creative process encourages self-exploration and awareness and can provide a much-needed outlet for anxiety, sadness, and other hard-to-process emotions. Join us for a hands-on art project to make personal decks of calm cards to bring comfort and wellbeing.

April 4, 2024 Somatic Movement Therapy for Crash Survivors

This workshop will guide people to access the parasympathetic nervous system - the system that helps us to 'rest and digest' - through simple movements and awareness building. The benefits include slowing heart and breathing rates, lowering blood pressure, and promoting digestion and other functions.

May 2, 2024 Surviving Holidays

After the sudden loss of a loved one, holidays like Mother's Day and Father's Day can be the time when we miss our loved ones most. This is also the time when we most need support from others who understand. Community members share strategies for remembering loved ones during holidays, creating new traditions, and finding solace.

June 6, 2024 Loved One's Belongings

After a loved one has died, everyday things like clothing, keepsakes, and even kitchenware become emblems of the life they lived, and bring up associated memories and emotions. Discarding our loved one's things a painful struggle. Share your experience and gain insights from others who have been through a similar loss.