

**REAL PEOPLE**

**REAL EXPERIENCE**

**REAL SUPPORT**

**CONFIDENTIAL**



**FIRE**

**EMS**

**LAW ENFORCEMENT**

**CORRECTIONS**

**DISPATCH**

**CARROLL  
COUNTY  
FIRST  
RESPONDER  
PEER  
SUPPORT  
GROUP**

**WHEN**

**Third Wednesday of Every Month**

**5:30 PM**

**WHERE**

**Carroll County FOP Lodge**

**359 Manchester Road Westminster, MD 21157**

**Stressed? Anxious? Depressed?**

**Going through a hard time?**

**Unhealthy habits?**

**You're not alone!**

**For further information contact Russ Tourangeau at**

**[rtourangeau@carrollcountymd.gov](mailto:rtourangeau@carrollcountymd.gov) 845-649-6633**

**Or Derrick Goss at [dgoss@carrollcountymd.gov](mailto:dgoss@carrollcountymd.gov) 443--**

**536-8095**

**All Active or Retired  
First Responders are  
welcome.**

**Bring a Co-Worker.**

**Refreshments to be  
served**