

# **FREE PTSD SUPPORT GROUP**

**for**



- Offered by **Mental Health Association in Indian River County (MHA)**
- Open to Police, Fire, Corrections, Dispatch and Emergency Medical Services personnel (active and retired)
- Focused on providing support in understanding and reducing the negative effects of routine exposure to traumatic events
- A unique opportunity to process experiences and connect with peers in a comfortable, confidential setting
- Led by **Jim Ranahan, LCSW**, retired Boston Fire Fighter and Therapist at Mental Health Association in Indian River County

**Meeting Times:**

**2nd and 4th Tuesday of every month  
12:30 – 1:30 pm  
Starting on January 10, 2017**

**Meeting Location:**

**Mental Health Association in Indian River County  
820 37<sup>th</sup> Place  
Vero Beach, FL 32960**

**For more information, call the Mental Health Association in Indian River County at: 772-569-9788  
No Registration Required**



# STRESS MANAGEMENT AND CRITICAL INCIDENTS

## Watching out for Ourselves

### WHEN

December 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup>  
0800 – 1200hrs  
or  
1300 – 1700hrs

### WHERE

**St. Lucie County Fire District**  
5160 NW Milner Drive, Port St. Lucie, FL 34983

The purpose of this training class is to introduce the participants to the causes of stress, its effects, PTSD, Critical Incidents, and Suicide. To provide them with the tools and knowledge necessary to properly deal with the effects of accumulative stress in order to produce a mentally healthy emergency service worker.

## FREE TRAINING EVENT

### SIGN UP

Email -  
Training@slcfd.org

- Number of people
- Day/Time Attending

### INSTRUCTOR

Emergency Response  
Training Concepts  
John F. McMahon, Jr.

John's career in the fire service started in 1973 and his career service ended as Deputy Fire Chief of Operations for South Trail Fire Protection and Rescue Service District in 2010. John has been a fire service instructor since 1988. His extensive knowledge base allows him to share years of skills and experience that allows the emergency service workers to top ranking officers think creatively yet realistically about current trends and issues facing the emergency service.