



# FIRST RESPONDER FELLOWSHIP SUPPORT GROUPS

A confidential and safe place for first responders and public safety to share experience, strength, hope and healing from the traumas we face.

## **CAMARILLO**

Wednesdays  
6:30 PM - 7:30 PM PT  
Eric 805.304.7436 | Tom 805.427.5685

## **CASPER, WY**

Thursdays  
7:00 PM - 8:00 PM MT  
Zach 307.315.7183

## **HOLLISTER**

Tuesdays  
12:00 PM - 1:00 PM PT  
Mark 831.313.2185 | Charlie 831.801.5438

## **LA JOLLA**

Wednesdays  
9:30 AM - 11:00 AM PT  
Jared 619.414.6216 | Bill 619.818.4250  
Chris 858.775.4060

## **ORANGE COUNTY - ZOOM**

Thursdays  
7:00 PM - 8:00 PM PT  
Rey 310.251.2792

## **RIALTO**

Thursdays  
7:00 PM - 8:00 PM PT  
Rich 909.683.1447 | Eddie 909.915.9535  
Art 909.264.7102

## **RIVERSIDE - ZOOM**

Mondays  
6:00 PM - 7:00 PM PT  
Heather 209.628.5364

## **ROCK MOUNTAIN - ZOOM**

Tuesdays  
7:00 PM - 8:00 PM MT  
Brandon 719.237.8166

## **SAN CLEMENTE**

Thursdays  
9:30 AM - 11:00 AM PT  
Jared C. 619.414.6216

## **SAN DIEGO - ZOOM**

Wednesdays  
7:45 PM - 9:00 PM PT  
Mike 858.366.2799 | Matt 774.269.6974

## **WOMEN'S GROUP - ZOOM**

Wednesdays  
7:00 PM - 8:00 PM PT  
Tricia 253.753.4459

## **SIGNIFICANT OTHER SUPPORT - ZOOM**

Contact for information  
Patti C. 858.663.3089

## SCAN CODE FOR MORE INFORMATION

These groups are made up of 100% first responders. If you would like more information on setting up a support group in your area, please email [cassie.sexton@frhealth.com](mailto:cassie.sexton@frhealth.com) or [devin.oday@frhealth.com](mailto:devin.oday@frhealth.com).

