

# FREE PEER SUPPORT WITH ALLY!

For young people in their teens & 20s

**Need to talk to someone who gets what you're going through?  
Want help figuring out next steps?**

**Connect with Ally Kernan, Peer Support Specialist at TurningPointCT!**

In-person or virtual with flexible scheduling

\*limited slots available\*

**Call:** 203-227-7644 x842

**Email:** [akernan@positivedirections.org](mailto:akernan@positivedirections.org)



Provided by TurningPointCT.org,  
the mental wellness community  
by & for young people in CT

