

Are You in High School?






Are you...

• STRESSED?

• DEPRESSED?

• STRUGGLING TO COPE?

DO YOU LIKE...

- ♥ free food!   
- An open, anonymous support group
- being EMPOWERED?
- ★ making connections?
- ♥ feeling understood?

SMART[®] RECOVERY GROUP

A free peer support group.

FRIDAYS AT 3:30 - 5:00 • Located at 148 Beach Road, Fairfield, CT •

First Church Congregational ~ WAKEMAN HALL

Hosted by TurningPoint CT.org

For more info: akernan@healthymindset.org

Funded by the CT Recovery oriented Support System for Youth