

# If you're 16 to 24 years old, struggling and need to talk...



For more info or an appointment, contact the Transitional Connector.

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## youthab.

www.youthab.ca





Addiction & Mental Health Services Services de lutte contre les dépendances et de santé mentale KINGSTON FRONTENAC LENNOX & ADDINGTON



#### Serving Kingston, Frontenac, Lennox & Addington

## Support . Connect . Empower