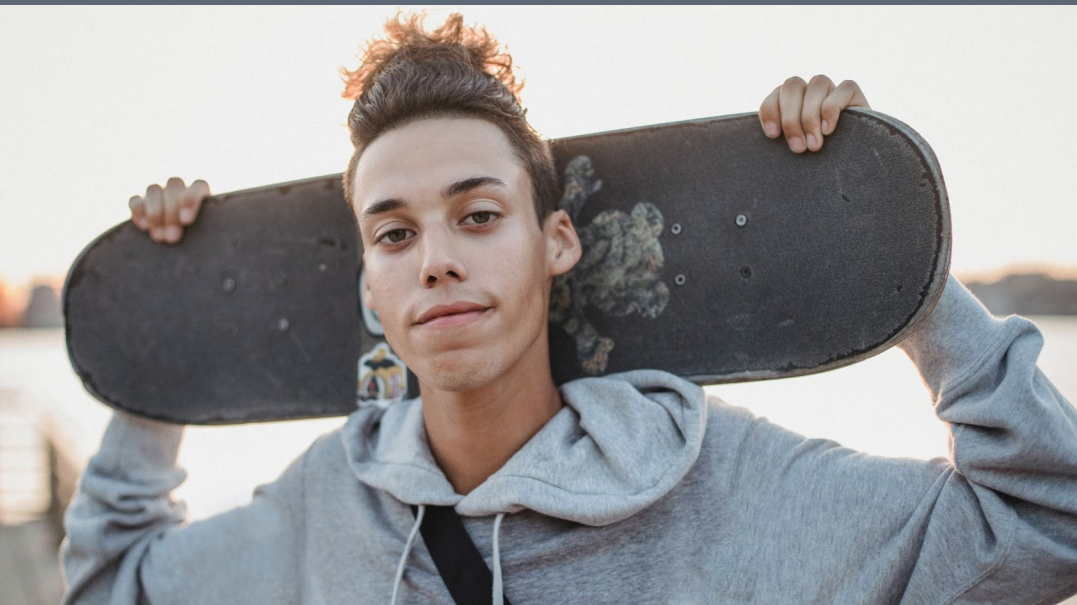


Do You Know a Young Person Who Is Concerned about Their

Drug or Alcohol Use?



The Seven Challenges Model is a comprehensive counseling program that helps youth and young adults work on their alcohol and other drug problems. It is designed

The Seven Challenges®

to motivate young people to evaluate their lives, consider changes they may wish to make, and then implement those changes. It supports them in taking power over their own lives, and helps them to make thoughtful decisions, including about drugs.

Contact a Seven Challenges provider in New Hampshire



PORTSMOUTH/EXETER

Seacoast Mental Health

smhc-nh.org

Contact Jodie Lubarsky:

(603) 431-6703

NEWTON/DOVER

Live Free Recovery

livefreerecovery.com

Contact Bob Faghan:

(603) 702-2461

STRAFFORD COUNTY

Community Partners

communitypartnersnh.org

Contact Amanda Seavey:

(603) 516-9300

NASHUA

Greater Nashua Mental Health

gnmhc.org

Contact Jan Trudo:

(603) 889-6147 x3258

[Seven Challenges Group Info](#)

LACONIA/PLYMOUTH

Lakes Region Mental

Health Center

lrmhc.org

Contact Chelsea Lemke:

(603) 524-1100

info@lrmhc.org

MANCHESTER

The Mental Health Center

of Greater Manchester

mhcg.org

Contact Jeanna Still:

(603) 668-4111 x6436