

Struggling with Substance Misuse? Mental Health challenges? Maybe both?



Supportive environment
for making thoughtful
decisions about alcohol
and other drugs

Meet peers who
understand and can
relate

Participate in Reflective
Journaling

Safe and respectful
place to talk about
the things that are
important to you

Snacks provided

The Seven Challenges Teen Group

If you are between the ages of
12 and 17, this group
might be for you!

Greater Nashua
GNMH
Mental Health

THE SEVEN
CHALLENGES®

We accept most private insurance plans, as well as Medicaid and Medicare. We also offer a sliding fee scale based on family size and income. No one is ever turned away due to the inability to pay for services.

For more information
call (603) 889-6147

This program is funded in part by the NH Department of Health and Human Services & the Substance Abuse & Mental Health Services Administration (SAMHSA).

Substance Misuse holding you back? Mental Health challenges? Maybe both?



Supportive environment
for making thoughtful
decisions about alcohol
and other drugs

Meet peers who
understand and can
relate

The Seven Challenges Young Adult Group

If you are between the ages of
18 and 25, this group
might be for you!

Participate in Reflective
Journaling

Safe and respectful
place to talk about
the things that are
important to you

For more information call (603) 889-6147

We accept most private insurance plans, as well as Medicaid and Medicare. We also offer a sliding fee scale based on family size and income. No one is ever turned away due to the inability to pay for services.

Greater Nashua

GNMH
Mental Health

THE SEVEN
CHALLENGES®

This program is funded in part by the NH Department of Health and Human Services & the Substance Abuse & Mental Health Services Administration (SAMHSA).

Is your child struggling with Substance Misuse? Mental Health challenges? Maybe both?



If you are the parent of an adolescent or young adult between the ages of 12 and 25 who is struggling with substance misuse, a mental health disorder or both, come learn about this proven, effective approach.

The Seven Challenges Parent Group

Topics include:

- * Supporting teens and emerging adults in making thoughtful decisions about their lives
- * Understanding and dealing with behavior, including alcohol and drug misuse
- * Recognizing and responding to family dynamics

Greater Nashua Mental Health
15 Prospect Street
Nashua, NH 03060
(603) 889-6147

Greater Nashua
GNMH
Mental Health

THE SEVEN
CHALLENGES®

This program is funded in part by the NH Department of Health and Human Services and Substance Abuse & Mental Health Services Administration (SAMHSA).