



BOYS & GIRLS CLUB
OF SOUHEGAN VALLEY



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Children's Resiliency Retreat PREVENTION PROGRAMMING

Our mission is to enable all young people, especially those who need us most, to be great today and reach their full potential as productive, caring, responsible citizens tomorrow.

We primarily service communities in New Hampshire's Souhegan Valley: Milford, Amherst, Hollis, Brookline, Mason, Mont Vernon, Peterborough, New Ipswich, Lyndeborough, and Wilton.



This Boys & Girls Club of Souhegan Valley Program is made possible thanks to the generous support of the Arthur Getz Trust, Amato Family Fund of the New Hampshire Charitable Foundation, Bishop's Charitable Fund, Souhegan Valley United Prayer Group, Milford Hospital Association, Bridge Community Church and other supporters.

In almost every part of the world, the Dragonfly symbolizes change, transformation, adaptability, and self-realization. The change that is often referred to has its source in mental and emotional maturity.

RECOVERY MEANS CHILDREN TOO!

The Children's Resiliency Retreat is specifically designed for children who are affected by a loved one's alcohol or other drug use. This is a program designed especially for them—a safe place where they can learn

- ◆ How to recognize and handle feelings in positive ways
- ◆ How to develop positive feelings about themselves
- ◆ How to cope with problems safely
- ◆ About the disease of addiction and whether to use alcohol or other drugs
- ◆ How alcoholism and drug addiction affect the family
- ◆ How to make safe decisions
- ◆ How to get help, stay safe, and have fun

Having a loved one with substance use disorder can be a special challenge for a child. Our program provides both fun and education and include the arts, mindfulness activities, nature and adventure based learning, which will help them learn how to openly communicate and rebuild trust.

The program will consist of one-day retreats each month, during the school year, for children in grades first through eighth. Youth may participate in the program for as long as they would like.

The topics covered in the Retreats are

- ◆ Addiction
- ◆ Feelings
- ◆ Problem Solving and Coping
- ◆ Treatment and Recovery
- ◆ Safe People
- ◆ Positive Communication and Conflict Resolution
- ◆ Developing Healthy Visions for Their Future

Families will be strengthened as positive methods of communication and conflict resolution skills are developed within the family system. A young person can register for the program at any time during the year. Parents /Guardians are informed through letters about what the children are learning with each session.

Children deserve recovery too! Give this gift and enroll them in the Children's Resiliency Retreat to begin healing today. There is no cost for participation.

For information and registration contact:

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