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. Children from towns other than those listed are also welcome.

This Boys & Girls Club of Souhegan Valley Program is made possible thanks to the generous support of the Amato Family Fund of NH Charitable Foundation, Bishop’s Charitable Fund, Bridge Community Church, Crossway Christian Church, Dobles Foundation, First Church Nashua, First Congregational Church, Milford, Getz Charitable Trust, Citizens Bank, N.A. Trustee, Hollis Brookline Rotary, Milford Hospital Association, Milford Improvement Team, Milford United Methodist Church, New Hampshire Charitable Foundation, Norwin S. & Elizabeth N. Bean Foundation, Souhegan Valley United Prayer Group, Town of Hollis, Town of Milford, Unitarian Universalist Church, Milford, 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.
Since 2018, the Children's Resiliency Retreat has been serving children who are affected by a loved one's substance use disorder. This is a NH Service to Science “Promising Practice” program designed especially for them—a safe place where they can learn:

- About the disease of addiction and whether to use alcohol or other drugs
- How to recognize and handle feelings in positive ways
- How to develop positive feelings about themselves
- How to cope with problems safely
- 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. This program offers a holistic approach. Providing both fun and education including the arts, mindfulness activities, nature, and adventure-based learning, helps them to openly communicate and rebuild trust.

The program consists of one-day retreats each month, during the school year, for children and youth. Admission is on a rolling basis, and 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
- Positive Communication and Conflict Resolution
- Treatment and Recovery
- Safe People
- 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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