

# What are the Seven Challenges?

We decided to open up and talk honestly about ourselves and about alcohol and other drugs.

We looked at what we liked about alcohol and other drugs, and why we were using them.

We looked at our use of alcohol or other drugs to see if it has caused harm or could cause harm.

We looked at our responsibility and that of others for our problems.

We thought about where we seemed to be headed, where we wanted to go, and what we wanted to accomplish.

We made thoughtful decisions about our lives our use of alcohol and other drugs.

We followed through on our decisions about our lives and drug use. If we saw problems, we went back to earlier challenges and mastered them.

The Seven Challenges program serves teenagers and young adults ages 13-23. Youth under 18 years of age require a parent or guardian's permission to obtain counseling.

The Choices Clinic is a partnership between Central New York Services, Inc. and Elmcrest Children's Center.

Visit us on the web at [cnyservices.org](http://cnyservices.org)

Hours of Operation:

Monday through Friday  
8:00 a.m. to 4:00 p.m.



# Being a teenager isn't easy. We can help.



Ready to think for yourself and make your own thoughtful decisions?

Through the Seven Challenges Program at the **Choices Clinic**, you can do just that.





## “Smarten up!”

Has anyone ever said this to you? Or maybe you’ve been told:

“What is wrong with you?!”

“Why can’t you just get it together?”

Hearing things like this can make it tough to think for yourself and make your own decisions. As a result, some teenagers turn to drugs or alcohol as a way to cope with life’s challenges and as a way to tell adults, “I’m going to do what I want to do!” This can lead to problems.

If you’ve ever struggled with life’s issues, and used drugs or alcohol to cope, maybe you wished you had some time to think things through. If so, the Seven Challenges program could be a great fit for you.

## What is the Seven Challenges program?

Seven Challenges is a counseling program that helps you think for yourself and make your own thoughtful decisions. We help you evaluate the choices you’re making, and let **you** decide if there is something **you** would like to work on and change. You get to focus on the issues that are most important to **you**.

We believe teenagers need time and space to make decisions for themselves. In a supportive, non-judgmental environment, you’ll challenge yourself by taking an honest look at your choices, and then decide how to move forward. We accept you as you are, where you are, but ask that you be open and willing to have a discussion.

*What will **your** CHOICES be?*



## How is this one different from those other programs?

First of all, we work hard to create an atmosphere of mutual respect. You won’t be judged or put down. We don’t believe we are going to “make” you do anything and we won’t preach about right or wrong.

Our program contains the following components:

- Individual counseling
- Group experiences
- Journaling

If you think the Seven Challenges program might be right for you, or if you’d just like some more information, feel free to contact us. You can also learn more by visiting [sevenchallenges.com](http://sevenchallenges.com).

## Contact Us

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