

Because Change is a process, not an event...

# Seven Challenges Group



## RYTHER MEETS TEENS WHERE THEY'RE AT

Change is a process, not an event. Designed to meet them where they're at in this process, Seven Challenges is an evidence-based treatment approach for teens with substance-related problems and co-occurring disorders. In this group, we use journals, experiential activities, and discussion to encourage teens to honestly evaluate their life and choices, explore the pros and cons of substance use, develop problem recognition skills, and create effective long-term plans.

### Ryther's Seven Challenges Group meets weekly

- Mondays 5:30-7:00pm on Ryther's main campus
- The group is available to Ryther clients enrolled in Co-occurring or Substance Use Disorders services
- Participants are expected to commit to at least 10 sessions in order to provide time to genuinely explore the process of change
- This group is ongoing so participants can join at any time
- Snacks provided
- \$55 per session
- Participants must have completed a substance use disorders assessment prior to attending their first group session.

*Please call 206.517.0234 for more information and to register.*

**Ryther's Main Campus:** 2400 NE 95th Street, Seattle, WA 98115  
206.525.5050 [www.ryther.org](http://www.ryther.org)

**Ryther**  
Center for Children & Youth