

SUICIDE LIFELINE
Call 800-273-8255
Text 273TALK to 839863

ALCOHOL & DRUG HELPLINE
Call 800-923-4357
Text RecoveryNow to 839863

Seasons of Change Recovery Program

Our Mission

To improve the physical and emotional health of our patients through the recovery process by providing outstanding care, while always keeping in mind their self-worth.

We focus on our patient's individual needs, strengths and goals while providing treatment medications along with therapy to improve patient outcomes.

Our Recovery Team



Krzysztof Plociennik, MD, OB-GYN
Janet Chevarie, APRN, Woman's Health
Clint Emmett, Psychiatric APRN
Bridget Laflamme, Medical Social Worker
Elaine Perreault, RN
Christine Laflamme, LCMHC
Divina Girouard, LCMHC
Autumn Croteau, RN, Program Coordinator
Mia Roberge, LPN, Recovery Coach

Trained Recovery Coach- Trained individual who promotes patients recovery by removing barriers to recovery and serves as a personal guide and mentor for people seeking or already in recovery. This is someone who guides and supports a person in recovery from addiction and helps prevent relapses. If interested in meeting with a recovery coach, please call the Pleasant Street Office at (603) 752-2040 to speak with our coach.

Get Help Now

- Contact CCFHS recovery program nurse coordinator. After answering a few questions, an appointment will be made based on your needs.
- During the first program visit, the nurse coordinator will obtain a complete health assessment.
- Program requirements will be reviewed and all questions will be answered.
- An appointment will be made to meet with a treatment provider or, a referral will be made based on your individual needs.

Call Now for Help (603)752-2040