



## The Camden Life Spotlight

By Teresa Farnsworth, CLC Advisory Council Member

Camden is a small town with a tight-knit community and a rural atmosphere, surrounded by picturesque landscapes, including rolling hills, farmland, and nearby bodies of water. The area offers opportunities for outdoor activities like hiking, fishing, and boating.

Compared to larger cities, the cost of living in Camden is generally more affordable. Housing prices and rental rates are relatively reasonable, making it an attractive option for those seeking a more affordable place to live.

Camden has a small-town charm that appeals to many residents. It offers a slower pace of life, where people often know their neighbors and feel a sense of belonging within the community. There are local shops, restaurants, and businesses that cater to the needs of the residents.

Camden is known for its strong community spirit and friendly residents. The town often organizes events, festivals, and parades that bring people together from the village and surrounding areas.

There are also local organizations and groups where individuals can get involved and contribute to the community. One such organization is the Camden Life Center at 20 Main Street.

The Camden Life Center is a partnership between Come to the Table Counseling and the Center for Family Life and Recovery. It is in Camden; of Camden; and for Camden.

But what does that mean to you? Do you or someone you know need help with coping with everyday stress; looking for help with grocery expenses; have an addiction that is affecting your life or family; or just looking for a friendly face to say, "Hello, I'm here for you"?

We do not have any of those problems in Camden, right? Wrong. Mental health was always associated with a stigma of weakness or shame that should be hidden away. But who came through the COVID-19 years unscathed, physically, and mentally unaffected? Maybe you don't realize that mental health includes depression, anxiety, over-eating, overwhelming loneliness, grief over loss, and addiction.

The primary goal of the Camden Life Center is to inspire hope, provide help, and promote wellness to transform the lives of our community so that we all thrive and grow that small-town charm that appeals to so many residents.