

20 MAIN STREET, CAMDEN NY | 315-820-2638



A collaborative endeavor to serve the Camden community providing the services you need, in one location

Dear Friends,

February is a time to celebrate the Heart of the Community, and this month's newsletter is filled with ways to connect, support one another, and grow together. At Camden Life Center, we are always seeking new ways to serve, and we are excited to announce a new service partner, with Clear Path for Veterans—bringing holistic support to rural veterans in our community. This partnership reflects our commitment to ensuring that every member of our community has access to the care and connection they deserve.

Our February calendar is packed with opportunities to engage, including two new Youth Events over February Break, our ongoing Recovery Café gatherings, and wellness-focused offerings like Trauma-Informed Yoga and Chair Yoga.

I personally want to invite you to try Trauma-Informed Yoga with us this month. I know what it's like to arrive with a tight, painful body, my mind racing with all the things—but by the end of class, I feel a shift. My mind is clearer, my breath steadier, and my shoulders—once creeping up to my ears—finally relax. If you've been carrying tension, stress, or just need a moment to reset, I encourage you to give it a try.

No matter how you choose to connect this month, know that you are an important part of this community. I hope to see you at an event, a class, or simply stopping in for a warm conversation. Let's make February a month filled with heart, connection, and belonging.

With gratitude,

Jessica

Director, Camden Life Center

**SAVE
THE
DATE!**

- 2/18: Youth Bingo Night
- 2/20: Youth Game Day
- 3/22: Camden Irish Parade

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****New Service******Clear Path for Veterans and Camden Life Center Join Forces to Provide Holistic Support for Rural Veterans**

In a groundbreaking collaboration, Clear Path for Veterans, a nonprofit dedicated to empowering military veterans and their loved ones, has partnered with the Camden Life Center to bring Veteran services closer to home. Together, these organizations aim to provide holistic, wraparound support that addresses the diverse needs of veterans and their families in underserved areas.

Clear Path for Veterans is well known for its innovative programs rooted in peer and family support. These programs are designed to provide a place for active duty, retired military, veterans, and their loved ones to heal and grow. The Camden Life Center's deep connections within its rural community make it an ideal partner for expanding access to these critical resources.

The partnership will focus on delivering holistic services that prioritize mental, emotional, and physical well-being. Veterans in rural communities often face barriers to accessing essential services. Our partnership with Camden Life Center allows us to bring support directly to those who need it most, creating a lifeline for veterans and their loved ones.

The Camden Life Center's established presence in the rural community provides a platform to deliver services where they are most needed. Through this partnership, Clear Path for Veterans will be on-site to provide peer services and an initial touchpoint for individuals who are interested in connecting with Clear Path, ensuring that even the most remote families can access care.

This collaboration is about bringing hope and meaningful support to our rural veterans and their families. By working together, we can provide a comprehensive network of care that strengthens our entire community.

Clear Path for Veterans and Camden Life Center's partnership is a shining example of how organizations can work together to address the unique challenges faced by rural veterans. With a shared commitment to holistic care, peer support, and family-centered services, this collaboration is poised to make a lasting impact.

From January 30 to February 27, Clear Path for Veterans staff will be on-site at Camden Life Center on Thursdays from 9:00am to 4:30pm. Stop in to meet a peer mentor and learn more about the services Clear Path has to offer.

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Spotlight of the Month

Heart of the Community

This theme is close to our hearts because it reflects what we witness every day—neighbors lifting one another up, volunteers going the extra mile, and lives being transformed through simple acts of kindness. Seeing the power of connection and care firsthand reminds us why Camden Life Center exists: to be a place where everyone is valued and supported.

February is a month often associated with love, care, and togetherness—values that are at the core of everything we do at Camden Life Center. As we celebrate Heart of the Community Month, we recognize the vital role our center plays in fostering compassion and connection for the people of Camden.

Where Care Meets Community: Camden Life Center serves as a safe haven and a resource hub for individuals and families from all walks of life. Whether someone needs assistance navigating services, accessing healthy food, or simply finding a friendly face, we are here to help.

Programs That Make a Difference:

- **Recovery Cafe Camden:** Providing connection and community to all
- **Food Sense Program:** Providing nutritious food at affordable prices to ensure that no one in our community goes hungry.
- **Resource Navigation Services:** Connecting individuals with vital resources to help them navigate challenges and thrive.
- **Mobile Food Pantry:** Extending our support to those who may not have access to transportation, bringing fresh produce and essentials directly to neighborhoods in need.

The Heartbeat of Our Center: Volunteers and Partnerships The heart of Camden Life Center beats stronger thanks to the dedication of our volunteers and the support of our local partners. From friendly faces at the reception desk to hands-on helpers in the food pantry, volunteers are the driving force behind our success. Their selfless service ensures that everyone who visits feels valued and cared for.

Our partners—businesses, organizations, and community leaders—help expand our reach and impact, strengthening our ability to meet the growing needs of Camden residents.

How You Can Get Involved: This Heart of the Community Month, we invite you to join us in making a difference:

- **Volunteer:** Your time and talents can make a lasting impact.
- **Donate:** Help sustain essential programs by contributing food, resources, or financial support.
- **Spread the Word:** Share information about our services with friends, family, and neighbors.

At Camden Life Center, every heartbeat matters. Together, we are building a stronger, more compassionate community where everyone is valued and supported. Thank you for being part of our story.

Let's make this February—and every month—a true celebration of heart.

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Walk-in Clinic

Did you know that the Camden Life Center has a FREE Mental Health Walk -In Clinic?

What: Are you struggling and just need someone to talk to? Not sure what resources may be available to help? Stop in and meet with our team

When: Monday's and Friday's 9am-2pm.

Where: Camden Life Center

Trauma Informed Yoga

Join us for the launch of our Trauma-Informed Yoga Class in January! Led by our compassionate & experienced instructor, Colleen, this class is designed to provide a safe & supportive space where everyone can explore the benefits of yoga.

Colleen is an RYT-500 certified instructor with additional training in mindfulness, meditation, and trauma-informed yoga. With over 20 years of practice, she has a deep passion for sharing how yoga can create balance, healing, and resilience. Colleen's open-hearted approach welcomes all participants to come as they are and discover how yoga can enhance their mental and emotional well-being.

Yoga supports mental wellness by reducing stress, promoting relaxation, and fostering a deeper connection between mind and body. Whether you're new to yoga or looking to deepen your practice, this class is for you.

Class Dates:

Tuesday, February 4th at 4pm.

Tuesday, February 11th and 25th at 5:30pm.

We invite you to take the first step on your wellness journey. Come experience how yoga can empower you to heal, grow, and thrive!

****This event is brought to you by a generous grant through the Community Foundation****

Quote of the Month

“At the heart of every community is the spirit of its people—caring, supporting, and growing together.” Unknown

Chair Yoga

This class adapts yoga positions and poses through the use of a chair which allows for safety, stability, and support. This is an excellent way to increase flexibility, build strength, and develop balance and a sense of well-being. All abilities are encouraged and welcome to attend.

Date: Thursday, February 13th and 27th

Time: 12pm (noon)

Location: Camden Life Center's Conference Room

What do I need? Nothing! Just wear comfy clothes (and maybe bring a friend!)


Do I need to sign up? Nope! Just stop in and try it out!

Youth Events over February Break

Join us for two action-packed days of fun and games at the Camden Life Center, located at 20 Main Street!

 BINGO Night – February 18th, 4:00 to 6:15 PM

Kick off the fun with a thrilling BINGO Night filled with great food, fantastic prizes, and friendly competition. Whether you're a seasoned BINGO player or a total beginner, this event promises excitement for everyone!

 Game Day Extravaganza – February 20th, 11:00 AM to 2:15 PM

Discover your favorite tabletop games at our Game Day! Dive into classics like Monopoly, Clue, and Dungeons & Dragons, or try out modern hits like Exploding Kittens and What Do You Meme?

Snacks and refreshments will be available to keep the fun going strong.

Both events are completely free and open to all high school students. Bring your friends, meet new people, and create lasting memories.

Don't miss this chance to have a blast and enjoy some much-needed fun—mark your calendars now!

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RECOVERY CAFÉ CAMDEN

Introducing Recovery Café Camden: A Community of Connection and Belonging

At its heart, **Recovery Café Camden** is about creating a safe, welcoming space where everyone can find connection, healing, and support. Rooted in the belief that we all belong to one another, Recovery Cafes offer a unique approach to building community, particularly for those navigating challenges such as trauma, grief, loneliness, addiction, mental health concerns, or other life hardships.

But this isn't just a space for those in recovery—it's for anyone seeking a sense of connection and a community to grow with. Whether you're on a personal recovery journey or simply looking to deepen relationships, Recovery Café Camden provides a supportive environment for belonging and becoming.

What Makes Recovery Café Special?

Recovery Cafes are guided by trauma-informed principles and honor multiple pathways of recovery. They recognize that healing and growth require consistent support, authentic relationships, and a place where you can be your true self. By fostering healthy relationships and offering compassionate accountability, our Cafe empowers members to rediscover joy, build resilience, and create lives filled with purpose and service.

Stay connected with us on **Facebook and Instagram**, where we'll share updates, inspiration, and details about how you can get involved.

Membership: At the Heart of the Café

Membership is central to the Recovery Café model. While Recovery Café Camden isn't a drop-in center, becoming a member is free and open to anyone committed to building a healthier, more connected life.

Membership involves three simple commitments:

1. Be drug- and alcohol-free within the Café space.
2. Participate in a weekly Recovery Circle.
3. Contribute to the Café community in a way that feels meaningful to you.



These commitments ensure a foundation of mutual respect, support, and accountability for all members. And when life gets challenging, the Recovery Café community is there to offer understanding and encouragement.

Two Weekly Gatherings!

Each gathering starts with a shared meal and conversation (check out FB for the menu) , followed by smaller, member-led circles where members can share weekly highs and lows, celebrate victories, and find support through challenges.

- Monday Morning Circle: 10:30 AM–12:30 PM (will be moving to 10am-12pm in March)
- Thursday Evening Circle: 5:00 PM–7:00 PM

Both circles will be held at the **Camden Life Center**.

Recovery Café Camden is more than a program; it's a movement toward deeper connection and mutual care. Whether you're looking for a place to grow or to support others on their journey, we hope you'll join us in building a stronger, more connected community.

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Camden Life Center Partners**Come to the Table Counseling (CttT)**

CttT offers behavioral health treatment for teens and adults both in person and TeleHealth. Self-pay and insurance options available. Call 315-533-2570 or visit www.cometothetablecounseling.com

Center for Family Life and Recovery

Center for Family Life and Recovery supports individuals struggling with addiction, mental health & behavioral issues through a variety of services. Call 315-820-2638 or go to our website www.whenthereshelpthereshope.com

Helio Health in Camden NY

Helio Health offers a wide range of treatment, counseling, and support programs for mental health and addiction. www.helio.health Office Hours Mon-Fri, 8:00am-3:00pm

Willow Network

Willow Network offers free services including pregnancy testing, ultrasounds, parenting classes, pregnancy loss support, as well as baby items. Contact Willow Network, Camden at (315) 245-2364 or check our Willow Network's website: www.willownetwork.org.

Office Hours Tuesdays 10:00am-4:30pm

National Grid Consumer Advocate:

National Grid will be on site Tuesday, February 11th from 10am-4pm. Are you finding yourself overdue on your energy bill? Does it seem that everything that you are doing isn't moving the balance? Stop in to review and regroup what needs to be done to get your energy bill straightened out.

Resource Navigation for Older Adults:

Bonnie, comes to the Camden Life Center on Wednesdays from 9-12pm to help navigate the confusing system of Medicare and senior and aging services. This month held on the second and fourth Wednesday of the month (2/6, and 2/27).

Tri-County WIC @ the CLC:

WIC helps pregnant women, new mothers, and children under the age of five learn about health and provides assistance in obtaining nutrient-dense foods. Income requirements may surprise you and many people qualify & don't know it. Even working families may qualify. Stop in to the CLC for assistance with applying. WIC will be on-site the first Thursday of the month from 9:30-3:00pm. WIC will be in Camden on Thursday, February 6th.

Mohawk Valley Community Action Agency (MVCAA):

MVCAA brings a wide range of services to our community including Section 8, HEAP, and all the other programs that MVCAA offers. Mark your calendar for Thursday, February 6th or Tuesday, February 18th from 9am-4pm.

YWCA Mohawk Valley:

The YWCA brings domestic and sexual violence support services to the CLC. YWCA staff will be on-site Tuesday, February 11th from 9:30am-3:30pm.

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CLC Store

Are you interested in purchasing some Camden Life Center gear?

Check out our new online store where you can purchase swag to support and promote the CLC!

<https://store.masteryourimage.com/CLCPUB/shop/home>

Donations Needed

Demand for extra help with grocery basics continue to climb in our community. Consider donating the following items to help:

- Breakfast items: cereal, shelf-stable milk, pancake mix, syrup, or oatmeal.
- Lunch items like peanut butter, jelly, tuna fish, canned chicken, and mayonnaise. Dinner items like Hormel Complete dinners, Chef Boyardee, box mac and cheese, canned fruits and vegetables. Snack items such as granola bars, breakfast bars, and poptarts.
- Hygiene items like deodorant, body wash, and shampoo.

Donations can be brought in during business hours or anytime in our outdoor pantry

Food Resources

Food \$en\$e is a monthly food buying co-op for anyone who wants to stretch their grocery dollars.

Monthly Package- \$20.50
Monthly specials can be purchased in addition to the box.

Location: 20 Main Street, Camden

Order - Mon, February 3rd 9-11am
Pick up- Fri, February 28th 1:30-3pm
In person sign ups accept Cash or EBT (SNAP) payments. Want to order online? Visit:

<https://foodsense.foodbankcny.org/>

Need more info?

Contact our office at (315) 820-2638.

The Mobile Food Pantry of CNY Food Bank comes to Camden on **Thursday, February 27th at 3pm.**

There are no income guidelines for families to receive food. While supplies last.

Please note: To allow for other scheduled events and pantry set up, **DO NOT LINE UP** on the road or in the parking lot before 2pm. You will be asked to move

Location: 86 Mexico Street, Camden

Volunteer Opportunities!

1. Camden Life Center

Consider volunteering at the front desk, various events, working hands on with community service projects or donating your time and skill to the renovations. Current needs include:

- Front desk shifts (9-12pm; 12-3pm)
- Special events like the Spooktacular and the Holiday Stroll
- Providing mentorship for Youth
- Updating the Riverwalk Display
- Monthly postings around town
- Assisting with Food \$en\$e or Mobile Food Pantry
- Assisting with monthly drives like pet food drive, Thanksgiving food drive or Christmas blessings

2. 50 Forward & AmeriCorps Seniors

AmeriCorps Seniors allows adults 55+ to use their life experiences and skills to help solve community problems. You can volunteer in a variety of capacities including the Front Desk at the Life Center. For more information on available opportunities:

Call - 315.820-2638

Email: camdenlifecenter@gmail.com

Visit: 50forwardmv.org/volunteer

Office Information:

All services at the Camden Life Center operate during traditional business hours - Monday-Thursday 8:30am-4pm, Friday 8:30am-12pm. For assistance outside this time, contact the following services:

Mental Health Emergency:

- MCAT - 315-732-6228
- Crisis Life - 988 (press 1 for the Veterans Crisis Line)

Emergency Substance Treatment Services:

- Outreach and Engagement team - (315) 401-4288

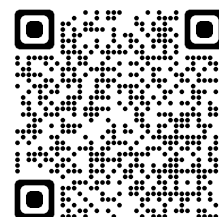
Never Use Alone:

- 800-484-3731 or <https://neverusealone.com>

Social Services After-Hours Emergency

- Oneida County - 315-736-0141

To help promote change in your community, consider a donation to the Camden Life Center:



CAMDEN *life* CENTER

Events for February 2025

| | | | | | |
|--------------------|---|--|--|----------------------------------|---|
| MON. 3 | 9AM-11AM Food Sense Sign-ups | TUES. Trauma Informed Yoga | 2/4 at 4pm 2/11 & 2/25 at 5:30pm | THURS. 6 | 9AM-3PM Family First Thursday with MVCAA & WIC |
| TUES 11 | National Grid 10am-4pm YWCA 9am-3pm | WEDS. 12 & 26 | 9AM-12PM Resource Navigation for Older Adults | THURS. 13 & 27 | 12PM Chair Yoga |
| TUES. 18 | 9AM-4PM YWCA | THURS. 27 | 3PM Mobile Food Pantry @86 Mexico St. Lineup after 2pm | FRI. 28 | 1:30PM-3PM Food Sense Sign- Ups and Pick-Ups |

Daily Services 8:30-4pm:

- Come to the Table Counseling
- Helio Health
- Walk in Screenings

Weekly Services:

- **Tues.** - Willow Network
o 10:30-4pm
- ***NEW SERVICE* Thurs.** -
Clear Path for Veterans
o 9am-4:30pm

Events
page:



20 Main Street, Camden, NY 315-820-2638

Food \$en\$e

Order and Pick-Up Location: **CAMDEN LIFE CENTER, 20 MAIN STREET, CAMDEN**

Online ordering now available: <https://foodsense.foodbankcny.org/>

February 2025

FOOD \$EN\$E SHOPPERS: Please remember that sites cannot hold any packages after the scheduled pick-up time. If you have a conflict, give your receipt to someone who can claim the package for you. If you have any questions, please speak to the site volunteers when you sign up. Packages remaining after pick up time will be donated.

Accepted Payment: **Cash and EBT (SNAP)**

Order date: January 24th, 1:30-3:00pm and Monday, February 3rd, 9:00-11:00am Pickup date: February 28th, 1:30-3:00pm

Projected Package for February(Subject to change)- \$20.50

- | | | |
|---|------------------------------------|---------------------|
| -Marinated Beef Portions, 1 lb. | -Ground Turkey, 1 lb. | -White Rice, 24 oz. |
| -Boneless Chicken Breast, 1.25 lb. (avg.) | -Potato & Cheese Pierogies, 13 oz. | -Applesauce, 15 oz. |
| -Loop Kielbassa, 15 oz. | -Green Beans, 16 oz. | -2 produce items |
| -Fish Sticks, 1 lb. | -French Fries, 24 oz. | |

February SPECIALS:

- **Baby Back Ribs, 2 lbs. for \$6.00:** The ribs are fully cooked and based in a BBQ sauce.
- **Breaded Chicken Fritters, 5 lbs. for \$10.00:** The breaded chicken is fully cooked, and the fritter is a larger 3 oz. portion.
- **Italian Meatballs, 5 lbs. for \$13.00:** The Italian Meatballs are fully cooked and are in a five-pound bag.
- **Shrim Scampi, 24 oz. for \$6.00:** The shrimp scampi is a complete meal with shrimp, linguini pasta, and vegetables in a creamy sauce.
- **Protein Box, 8 lbs. (avg.) for \$15.00:** Protein Box includes: Ground Beef (1 lb.), Pork Tenderloin (1.7 lbs avg.), Chicken Drumsticks (3.5 lbs. avg.), Pollock Fillets (1 lb.), and Bologna (1 lb.).
- **Lasgna Roll-ups, 42 oz. for \$6.50:** The cheese lasagna roll-ups are stuffed with ricotta and Romano cheese and are over 2.5 lbs.

Questions contact:

The Camden Life Center: (315) 820-2638

CAMDEN *life* CENTER
Youth Advisory Council

Youth Leadership for Change

The Camden Life Center's Youth Advisory Council is a group of young leaders who share ideas and help shape programs that benefit the community. They work together to make a positive impact and develop leadership skills.

Interested in joining? Contact us at (315) 820-2638 to get details on the next meeting.



CAMDEN LIFE CENTER

Trauma Informed Yoga

February 4th at 4pm
February 11th and 25th at 5:30pm

Located at 20 Main Street Camden NY

Questions? Call 315-820-2638



Experience the benefits of our trauma-informed yoga sessions designed to support mental health and substance use recovery. Enjoy stress relief, emotional regulation, and physical healing with holistic support designed for our rural community.