



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,

First and foremost, we want to extend our deepest gratitude for the outpouring of support and compassion shown in the wake of the garage collapse at Camden Life Center. We know that this winter has brought devastating losses to many farms and homes in our rural community, and witnessing this hardship has been deeply difficult for all of us. Please know that Camden Life Center is standing with you. We remain committed to advocating for additional resources and support for all who have been impacted. Farmers, we see you.

Included in this month's newsletter, check out our **Spotlight of the Month: Celebrating Possibilities – Embracing New Horizons**. This month's theme, Celebrating Possibilities, reminds us that even in times of difficulty, new horizons await. Together, we will continue to build a stronger, more connected community.

Also in this Issue:

- 🌟 Grant Announcement: Learn more about our exciting grant from the Mother Cabrini Foundation, fueling the future of Camden Life Center's services.
- 🍎 Celebrating Food & Health: March is National Nutrition Month—a chance to explore healthy habits and delicious possibilities.
- 💙 Honoring Social Work Month: Join us in recognizing the incredible social workers who dedicate their lives to supporting others.

Upcoming Events:

- 📖 Mental Health First Aid Training – Starting with our favorite “Hairapists,” those trusted community connections who hear it all.
- 💰 Free Tax Prep with MVCAA – Let us help make tax season less stressful.
- 👨👩👧👦 NYS Parenting Education Program Training – Supporting families with the tools they need for success.

We hope this month's newsletter inspires you to explore new possibilities, connect with others, and continue building a community where hope and healing flourish.

Jessica - Director, Camden Life Center

### SAVE THE DATE!

- 3/22: Camden Irish Parade
- 5/31: 4th Annual Wellness Day in Partnership with CCSD Color Run

[HTTP://CAMDENLIFECENTER.COM/](http://CAMDENLIFECENTER.COM/)



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## **Camden Life Center is Awarded Grant from the Mother Cabrini Foundation**

The Center for Family Life and Recovery, Inc. (CFLR) is honored to announce it has been awarded an \$839,000 grant from the Mother Cabrini Foundation. This transformative funding will support the launch of the Community Café Initiative, a collaborative effort between CFLR and The Camden Life Center, aimed at fostering connection, resilience, and well-being for families and individuals in Camden and its surrounding rural communities.

"To receive this prestigious grant on our first try is truly an honor and a total game changer for our community," said Cassandra Sheets, CEO of the Center for Family Life and Recovery, Inc. This funding will launch the Community Café Initiative which provides:

- A Teaching Kitchen to provide hands-on culinary education and promote healthy eating.
- A Youth Center offering safe, substance-free spaces for mentorship and recreation.
- Recovery Café Meetings, the first in New York State, offering individuals navigating recovery a safe space to build connections, share experiences, and find belonging.

Through this funding, CFLR will hire three key staff members to spearhead the initiative. Operations will begin in January 2025, with the team temporarily working out of the Camden Life Center's administrative space as efforts continue to secure additional funding to renovate the future café facility.

"The Community Café Initiative is not just a program – It's a new way to connect in a world that has become increasingly disconnected." said Jessica Perusse, Director of The Camden Life Center. "These new programs will create meaningful opportunities for connection and growth while supporting the health and well-being of our community."

"One of the Foundation's biggest strengths is that we're community-driven – by consistently engaging with grantees and their communities and letting them take the lead in identifying their needs, our team is better able to pursue responsive grantmaking and understand the common challenges New York's nonprofits face. In doing so, we can better empower our tireless grantees to overcome obstacles, deliver for the needs of their communities and build a more equitable New York," said Kathryn Ruscitto, Chair of the Mother Cabrini Health Foundation's Regional Grants Committee.

**About The Mother Cabrini Health Foundation:** The Mother Cabrini Health Foundation is a private, nonprofit organization whose mission is to improve the health and wellbeing of New Yorkers, bolster the health outcomes of vulnerable communities, eliminate barriers to care, and bridge gaps in health services. Named after a tireless advocate for immigrants, children, and the poor, the Mother Cabrini Health Foundation funds programs and initiatives across New York State that either provide direct healthcare services or address the social determinants of health. For more information, visit [cabrinihealth.org](http://cabrinihealth.org).

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## National Nutrition Month

Nutrition isn't just about individual health—it's the foundation of a thriving community. When people have access to nourishing foods they feel better, think more clearly, and live longer, healthier lives. But food isn't just about physical health—it's deeply tied to mental well-being. Research shows that diets rich in whole foods, omega-3 fatty acids, and essential nutrients help lower rates of depression, anxiety, and other mental health challenges. Food can be a powerful tool for healing, and community-driven initiatives like community gardens, and nutrition education play a key role in strengthening social connections and fostering a shared commitment to well-being.

In short, food is recovery. Recovery for the body, mind, and soul.

For small rural towns, access to nutritious food can be a challenge. Limited grocery stores, fewer fresh food options, and financial constraints make it harder for families to maintain a balanced diet. But when a community comes together, we can change that. At the Camden Life Center, we're committed to being part of the solution. We provide house-made meals at all our events and meetings to ensure our guests have access to wholesome, well-balanced food. We're also working hard to launch our Recovery Café, a welcoming space where people can find nourishment, support, and connection.

March is National Nutrition Month and we're looking for input from our community. What food choices would you like to see? What kinds of cooking or nutrition classes would benefit you the most? [Take our short survey!](#) Your feedback will help us shape a program that truly meets the needs of our residents.

We'd love to hear from you! Reach out to me at [redwards@cflrinc.org](mailto:redwards@cflrinc.org).  
-Rebecca Edwards, Culinary Director

Do you have a minute to take our short survey to help us shape our Nutrition Programs? Scan the QR code below to take the survey!



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## **Spotlight of the Month** **Celebrating Possibilities: Embracing New Horizons**

As we welcome the month of March, Camden Life Center is proud to spotlight the theme Celebrating Possibilities, a reminder of the boundless opportunities that emerge when a community unites in support of one another. This theme embodies the optimism and drive that fuels our mission—encouraging growth, change, and new beginnings.

Possibilities are all around us. They shine through in the resilience of individuals overcoming challenges, in the kindness of neighbors lending a helping hand, and in the programs that provide vital resources and hope. Camden Life Center serves as a beacon of opportunity, fostering a network where people are empowered to build a brighter future.

This month, we encourage you to explore what's possible. Consider the ways you can contribute—whether through volunteering, supporting local initiatives, or simply sharing encouragement with those around you. Every action, no matter how small, has the potential to ignite change and inspire hope. Together, we can turn possibility into reality. Let's continue to build a community where everyone has the opportunity to thrive.

Join us in celebrating the endless potential that lies ahead!

## **March is National Social Work Month:** **Honoring Those Who Make a Difference**

At Camden Life Center, we are proud to recognize National Social Work Month this March—a time to celebrate the dedication, compassion, and impact of social workers in our community.

Social workers play a vital role in empowering individuals, strengthening families, and advocating for those in need. Whether it's providing resources, offering emotional support, or guiding people toward stability, their work truly transforms lives.

At the Camden Life Center, we see the importance of social work every day. From helping families access food and financial assistance to connecting individuals with mental health and wellness resources, our team and volunteers work tirelessly to uplift those who walk through our doors.

This month, we encourage everyone to take a moment to thank a social worker for their dedication and commitment to making our community stronger. Whether through a kind word, a note of appreciation, or a small act of support, let's show gratitude for those who dedicate their lives to helping others.

If you'd like to learn more about our programs or get involved, visit us at Camden Life Center. Together, we can continue to make a difference!

#SocialWorkMonth #ThankYouSocialWorkers #CamdenLifeCenter

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## 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, March 4th, 11th, and 18th 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\*\***

## Youth Events Coming

We are excited to expand our youth programming and connect with the next generation in meaningful ways! With a new youth director on board, we are eager to learn, grow, and create events that truly resonate with young people. We welcome conversations with youth to help shape these programs—because their voices matter! If you have ideas, want to get involved, or just want to share what excites you, we'd love to hear from you!

## 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, March 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!

## Mental Health First Aid

Do you interact with people daily in your profession? Do friends, clients, or customers often confide in you? If so, you have the power to make a real difference! Mental Health First Aiders are trained to recognize the signs of a mental health or substance use challenge, provide support in both crisis and non-crisis situations, and connect individuals to the help they need.

- 💡 The 5-Step Action Plan (ALGEE):
- ✓ Assess for risk of suicide or harm
- 💡 Listen nonjudgmentally
- 🤝 Give reassurance and information
- 🏠 Encourage professional help
- 👉 Encourage Support self-help & other resources

By becoming a Mental Health First Aider, you can help create a more compassionate and informed community.



We are hosting our first Mental Health First Aid Training on **Thursday, April 17th from 9am-5pm** (lunch provided). Interested in signing up?

Contact Sydney Dean at [sdean@cflrinc.org](mailto:sdean@cflrinc.org) or call (315) 832-0368 to learn more!

## Quote of the Month

"Every possibility begins with the courage to believe in it." ✨🌱

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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: 10:00 AM–12:00 PM
- Thursday Evening Circle: 5:00 PM–7:00 PM
  - **Note: There will be no Thursday evening circle on March 27th**

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](http://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](http://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](http://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](http://www.willownetwork.org).

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

### **National Grid Consumer Advocate:**

National Grid will be on site Tuesday, March 18th 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 (3/13, and 3/27).

### **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, March 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, March 6th or Tuesday, March 18th from 9am-4pm.

### **YWCA Mohawk Valley:**

The YWCA brings domestic and sexual violence support services to the CLC. YWCA staff will not be on-site in March.

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## CLC Store

Are you interested in purchasing some Camden Life Center or Recovery Cafe Camden 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, March 3rd 9-11am

Pick up- Fri, March 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, March 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](mailto:camdenlifecenter@gmail.com)

Visit: [50forwardmv.org/volunteer](http://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

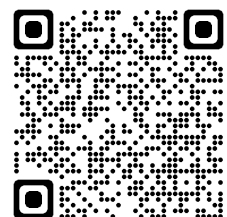
Never Use Alone:

- 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 March 2025

MON. <b>3</b>	<b>9AM-11AM</b> Food Sense Sign-ups	TUES. 4, 11, 18	<b>5:30PM</b> Trauma Informed Yoga	THURS. <b>6</b>	<b>9AM-3PM</b> <b>Family First Thursday with MVCAA &amp; WIC</b>
WEDS. 12 & 26	<b>9AM-12PM</b> Resource Navigation for Older Adults	THURS. 13 & 27	<b>12PM</b> Chair Yoga	SAT. <b>22</b>	<b>1PM</b> Office Open during St. Patrick's Day Parade
TUES. <b>18</b>	National Grid <b>10am-4pm</b> MVCAA <b>9am-3pm</b>	THURS. <b>27</b>	<b>3PM</b> Mobile Food Pantry @86 Mexico St. Lineup after 2pm	FRI. <b>28</b>	<b>1:30PM-3PM</b> 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

Events  
page:



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### Food \$en\$e

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

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

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

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

- Pork Tenderloin, 1.8 lb. (avg.)
- Breaded Chicken Bites, 18 oz.
- Ground Beef, 1 lb.
- Pollock Fillets, 1 lb.

- Stuffed Rigatoni, 12 oz.
- Chicken Pot Pie, 7 oz.
- Macaroni & Cheese, 7.25 oz.
- Strawberries, 1 lb.

- Mixed Vegetables, 1 lb.
- Mandarin Oranges, 11 oz.
- 2 produce items

### March SPECIALS:

- **Boneless Ham, 7.25 lbs. (avg.) for \$15.00:** The boneless ham is fully cooked, honey-glazed, and sliced.
- **Meatloaf Mix, 2 lbs. for \$10.00:** The meatloaf mix is an equal blend of beef, pork and veal.
- **Chicken Pasta Meal, 24 oz. for \$8.50:** The pasta is in a garlic sauce with broccoli, carrots, corn and seasoned white meat chicken.
- **American Cheese, 5 lbs. for \$13.50:** The sliced American cheese is not individually wrapped.
- **Breaded Shrimp, 3 lbs. for \$13.00:** The shrimp are butterflied, breaded and 21-25 per pound.
- **Stuffed Shells, 48 oz. for \$7.50:** The stuffed shells are frozen and have 18 shells per special.

Questions contact:

The Camden Life Center: (315) 820-2638

# Mental Health First Aid Training for “Hairapists”

What: MHFA is a skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge.

To register for this course please email Sydney Dean at [sdean@cflrinc.org](mailto:sdean@cflrinc.org) or call at (315) 832-0368



When: Thursday April 17th 9am-5pm - lunch will be provided on site  
Where: Camden Life Center (20 Main Street) please park in municipal parking behind 38 Main Street



## Camden Outreach!

Mohawk Valley Community Action Agency is now in Camden with the purpose of helping families access assistance in the community!

*You may qualify for FREE tax preparation through the Volunteer Income Tax Assistance (VITA) program if your household income was less than \$67,000 through employment in 2024.*



Tuesday, February 18th  
Tuesday, March 18th



Call **315-624-9930** to schedule an appointment today!

Appointments will run from **9am to 3pm**

**Camden Life Center (20 Main St. Camden, NY 13316)**

No Walk-Ins Appointments

Returns Filed Electronically Refunds

Usually Available Within Two (2) Weeks of Filing

# Invitation: Community Cafe Training – Building Connections for Thriving Families

We invite you to join us for a Community Cafe Training on **Thursday, March 20th, from 9 AM to 3 PM at the Camden Life Center (20 Main Street, Camden)**. This training is designed for both parents and those working with children and youth in Camden and surrounding communities.

A delicious lunch by our new culinary director will be provided.

This is not a parenting class—it's an opportunity to create connection and amplify the voices of parents in our community. The U.S. Surgeon General has identified loneliness as a growing epidemic, affecting parents and family well-being. Strong communities are built through relationships, and this training will equip participants with tools to foster meaningful conversations, building resources to help local families thrive.

## What are Community Cafes?

Community Cafes are peer-led, guided conversations based on the Strengthening Families Protective Factors Framework. They help build community strengths, support parent leadership, and promote children's healthy development.

Participants will learn how to facilitate Community Cafes as a tool for:

- Enhancing family engagement
- Bringing together different organizations and services to work as a team, sharing ideas and resources to better support the people they serve
- Elevating parent and caregiver voices in shaping policies and services

## Discussions for Community Cafes:

Community Cafes work to build strengths, supports, and skills that help people handle life's challenges and stay healthy and safe.

- Building Resilience
- Increasing Social Connections
- Child Development and nurturing healthy relationships at home and at school.
- Concrete Support in Times of Need



## How do the cafes work?

Community Cafes use the World Cafe model, fostering structured yet open discussions that include diverse perspectives. Each Cafe session produces a Harvest, capturing key themes and insights that can influence local and state-level decision-making.

## Who should attend?

- Parents and caregivers
- Educators
- Social service providers
- Community leaders
- Anyone passionate about strengthening families

## Interested in attending?

We hope you will join us for this important training to help build a stronger, more connected community. Space is limited. **Please RSVP to the Camden Life Center by Tuesday March 18th by calling (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

March 4th, 11th and 18th 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.