



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,

April is here, and with it comes the long-awaited signs of spring—longer days, warmer air, and the return of green grass. This season of renewal is especially meaningful for us at Camden Life Center as we step forward with the demolition of our garage and dream about the future of our community café space. While this winter's snow wasn't part of our original plan, we remain hopeful for what's ahead, embracing the opportunity to rebuild and reimagine a space that will serve our community in new and meaningful ways.

We want to extend a heartfelt thank you to everyone who joined us at Syracuse University for the Social Justice Awards. We are grateful to SU for shining a light on the unique needs of rural communities like ours and for fostering important conversations about equity and access to services.

As we welcome this season of change, we are excited to introduce Empower@Home, a new service in partnership with Come to the Table Counseling. Empower@Home is a free online program designed to help seniors boost their mental well-being through short videos, weekly check-ins, and private, secure resources. Participants can earn up to \$110 while making a meaningful impact on their lives and the lives of other seniors. (See page 10 for details on how to get involved.)

Lastly, we want to encourage you to shake off the winter blues and try something new! Whether it's a relaxing yoga session or an evening as a guest at our Recovery Café, there are plenty of ways to connect, grow, and renew your spirit this month.

Here's to a season of hope and fresh beginnings!

Warmly,  
Jessica Perusse

**SAVE  
THE  
DATE!**

- 5/31: 4th Annual Wellness Day in Partnership with CCSD Color Run

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



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## **Spotlight of the Month** **Hope & Renewal Month**

As the days grow longer and signs of spring emerge, April reminds us that renewal is always possible. At Camden Life Center, we believe in second chances, fresh starts, and the power of hope to transform lives.

Hope and Renewal Month aligns with our mission to build a recovery-oriented, supportive community where everyone—no matter their journey—can experience healing and growth. Whether it's taking a step toward recovery, finding support in a time of need, or simply embracing a new perspective, this season encourages us to move forward with resilience and optimism.

This month, we invite you to embrace renewal in your own life. Take a moment to reflect on what inspires hope in you, and consider how you can share that hope with others. Whether through a kind word, an act of service, or a personal commitment to change, every small step contributes to a stronger, more compassionate community.

Let's welcome spring with open hearts, fresh perspectives, and a renewed sense of purpose.

**Together, we grow. Together, we heal. Together, we find hope.**

## **April is National Volunteer Month:** **A Time to Say Thank You!**

This month, we take a moment to recognize and celebrate the incredible volunteers who pour their time, energy, and hearts into making Camden a stronger, more compassionate community. Volunteers are the backbone of so many organizations, offering a helping hand, a listening ear, and a heart full of kindness.

**To our dedicated Camden Life Center volunteers**—those who greet guests with warmth, organize food distributions, navigate resources, and advocate for our mission—we couldn't do this without you. Your service changes lives every single day.

And to every volunteer in the Camden community—whether you serve meals, clean up a park, or support a neighbor in need—your efforts do not go unnoticed. You are the heartbeat of this town, and your kindness creates ripples of change.

From the bottom of our hearts, thank you for making Camden a place of hope, support, and generosity. If you've ever considered volunteering, now is the perfect time to get involved. **Together, we can continue building a stronger community!**

♥ Thank a volunteer. Be a volunteer. Celebrate volunteers. ♥

#NationalVolunteerMonth #ThankYouVolunteers #CamdenStrong #CommunityMatters

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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, April 1st, 8th, and 29th 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\*\***



## 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, April 10th and 24<sup>th</sup> @ 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

"Hope is not pretending that troubles don't exist. It is the trust that they will not last forever, that hurts will be healed and difficulties overcome. It is faith that a source of strength and renewal lies within to lead us through the dark into the sunshine." — Liz Chase

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## Camden Life Center Spring Food Drive

The Camden Life Center is excited to announce its Spring Food Drive, taking place from April 28th to May 2nd, with the goal of creating abundance for both our Camden Sharing Shelf & Fridge outdoor and emergency food pantries.

There is a growing need for accessible food resources in our community, and your support can make a meaningful difference. Donations of non-perishable food items, pantry staples, and shelf-stable goods will go directly to your neighbors and community members facing food insecurity.

As a special thank-you, all donors will receive a Camden Sharing Shelf & Fridge canvas shopping bag—a small token of our gratitude and a symbol of solidarity as we work together to raise awareness and reduce the stigma surrounding hunger.

**Let's come together to nourish our community with compassion, dignity, and hope.**

**Drop-off Location: Camden Life Center, 20 Main Street, Camden**

**Dates: April 28 – May 2, 2025**

**Times: 8:30am - 4pm**

**Questions? Contact Rebecca at [redwards@cflrinc.org](mailto:redwards@cflrinc.org) or call/text 315-832-4003**



## Join us for the 5<sup>th</sup> Annual Wellness Day!

Spring is here, and that means it's almost time for our 5th Annual Wellness Day!

**Mark your calendars for Saturday, May 31st, from 11 AM – 2 PM at Camden Village Park.** This year's event promises to be bigger and better than ever, featuring fun activities, wellness resources, and our exciting partnership with the Camden Elementary PTO's Annual Color Run!

We invite service provider agencies to be part of this amazing day by setting up a booth and connecting with our community. **If you'd like to attend as a service provider, please reach out to Sydney Dean at [sdean@cflrinc.org](mailto:sdean@cflrinc.org) or (315) 832-0368, or register here: <https://forms.gle/jmy5zQSvfdX24xzdA>.**

Don't miss out on this opportunity to engage with families, promote wellness, and celebrate our community. We look forward to seeing you there!

## Camden Life Center Partner of the Month

**Congrats to Mary Kraeger from Mohawk Valley Community Action Agency!! She is our partner of the month for March.** Mary consistently goes above and beyond to assist clients, ensuring their concerns are addressed with care and persistence. She follows through on paperwork, keeps clients informed, and updates the team on progress. Even when faced with unfamiliar challenges, she takes the initiative to learn or seek guidance.

Her dedication has helped many navigate Section 8 housing, tax prep and plethora of other needs. With her warm smile and approachable nature, she puts everyone she meets at ease.

Mary is a valued asset to the Camden Life Center, and we are grateful for her commitment to those we serve.

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## RECOVERY CAFÉ CAMDEN

### Find Connection. Find Community. Find Hope.

At Recovery Café Camden, we are building something special—a space where connection, healing, and support thrive. Whether you're on a recovery journey, navigating life's challenges, or simply seeking meaningful relationships, you'll find a welcoming community ready to walk alongside you.

### What Makes Recovery Café Camden Unique?

This isn't just a place to visit—it's a place to belong. Guided by trauma-informed principles and honoring multiple pathways to recovery, our Café is built on consistent support, authentic relationships, and the belief that healing happens in community. We empower one another through compassionate accountability, shared experiences, and a commitment to personal growth.

### Why Join Us?

Recovery Café Camden is more than a program; it's a movement toward deeper connection and mutual care. Becoming a member is free and open to anyone ready to build a healthier, more connected life. Our members commit to three simple things:

- Maintaining a drug- and alcohol-free space
- Participating in a weekly Recovery Circle
- Contributing to the Café community in a way that's meaningful to them

These commitments create a foundation of trust, support, and encouragement, ensuring that no one has to navigate life's challenges alone.

### Weekly Gatherings – Join Us!

Every week, we come together to share a meal, build relationships, and engage in small member-led circles where we celebrate victories, process struggles, and uplift one another.

- Monday Morning Circle: 10:00 AM – 12:00 PM
- Thursday Evening Circle: 5:00 PM – 7:00 PM
- Both gatherings take place at Camden Life Center.



Stay connected with us on Facebook and Instagram for updates, inspiration, and ways to get involved. Check out our social media pages for upcoming menus and events!

Recovery Café Camden is growing, and we'd love for you to be a part of it. Whether you're looking for support or a way to support others, your presence matters. Come experience what makes this community so special—we can't wait to welcome you!

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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, April 15th 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 (4/9, and 4/23).

### **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, April 3rd.

### **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, April 3rd or Tuesday, April 15th 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 April.

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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 31st 9-11am  
Pick up- Fri, April 18th 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, April 24th at 4pm.**

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 3pm. 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 April 2025

MON. MARCH 31	9AM-11AM Food Sense Sign-ups	TUES. 1, 8, 29	5:30PM Trauma Informed Yoga	THURS. 3	9AM-3PM Family First Thursday with MVCAA & WIC
WEDS. 9 & 23	9AM-12PM Resource Navigation for Older Adults	THURS. 10 & 24	12PM Chair Yoga	TUES. 15	National Grid 10am-4pm MVCAA 9am-3pm
FRI. 18	1:30PM-3PM Food Sense Sign- Ups and Pick-Ups	THURS. 24	4PM Mobile Food Pantry @86 Mexico St. Lineup after 3pm	MON. APRIL 28TH- FRI. MAY 2ND	Camden Life Center Food Drive

**\*\*Please Note: Mobile Food Pantry Time Change due to Spring/Summer\*\***

### 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 Sen\$e

Order and Pick-Up Location: Camden Life Center, 20 Main Street, Camden NY

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

### April 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: March 28th, 1:30-3:00pm and Monday, March 31st, 9:00-11:00am Online Ordering Deadline: Monday, April 7th at midnight

Pickup date: April 18th, 1:30-3:00pm

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

- Italian Meatballs, 1 lb.
- Flounder Fillets, 1 lb.
- Italian Sausage, 1 lb.
- Ground Turkey, 1 lb.

- Shredded Mozzarella Cheese, 8 oz.
- Cheese Ravioli, 13 oz.
- Pasta Sauce, 24 oz.
- Crinkle Cut Carrots, 1 lb.

- Fruit Mix, 15 oz.
- Peas, 15 oz.
- Fresh Produce #1
- Fresh Produce #2

### April Specials:

- Baby Back Ribs, 2 lbs. for \$6.00: The ribs are fully cooked and are in a BBQ sauce.
- Beef & Broccoli, 22 oz. for \$6.00: The beef and broccoli consists of beef strips, broccoli florets, and red bell peppers with white rice in a savory soy sauce.
- Produce Box, 12 lbs. for \$12.00: Includes wrapped lettuce (1 each), celery (1 sleeve), oranges (5 each), grape tomatoes (1 pint), onions (2 lbs.), carrots (2 lbs.), and potatoes (3 lbs.).
- Mozzarella Sticks, 3 lbs. for \$12.00: The mozzarella sticks are par-cooked and ready for the oven.
- Chicken Wings, 5 lbs. for \$10.00: The chicken wings are ready for the air-fryer or grill and are individually quick frozen.
- Lasagna Roll-ups, 42 oz. for \$6.50: The cheese lasagna roll-ups are stuffed with ricotta and Romano cheese.

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 life CENTER

### Trauma Informed Yoga

April 1st, 8th and 29th 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.

Funded by



# 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.



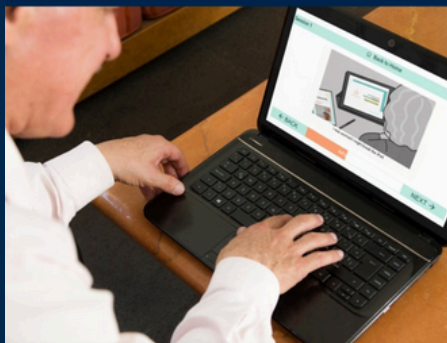
*Come to the Table  
Counseling*

+



## Empower@Home

An online program to improve well-being, tailored for life after 60



Eligible Zip Codes:

Camden (13316); Blossvale (13308); Annsville/Taberg (13471); North Bay (13042); Sylvan Beach (13157); Vienna (13308); Osceola (13437); Williamstown (13493); Westdale (13483); Lee Center (13363); Ava (13303); McConnellsville (13401 or 13308)

## No computer experience needed!

- Tech support available every step of the way
- Free tablet and internet provided

## Program Includes:

9 online lessons, taking ~30 minutes each

Weekly support calls from a trained coach

A printed workbook with session summaries and practical exercises

## Ready to take the next step?

For more information call (734) 215-5090 or visit [empower-at-home.com](http://empower-at-home.com)



Study managed by University of Michigan School of Social Work in collaboration with Come to the Table Counseling