



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

Hello Friends,

I know you typically hear from Jessica in this spot, but I wanted to personally welcome you to the May/June edition of our newsletter in Queen Central News. This issue was a labor of love, and I'm thrilled to share it with you. Moving forward, our newsletter will be published every other month to deliver even more meaningful updates and resources.

Here's a quick look at what's inside:

- **5th Annual Wellness Event – May 31st:** Enjoy a day filled with youth activities, free resources, local vendors, and family fun!
- **Mental Health Awareness Month:** Find practical tips, support resources, and strategies to boost your emotional well-being.
- **Empower at Home Program:** A free online program designed to support well-being for life after 50.
- **Farmers Market in Camden – June:** Get excited for fresh produce, handmade goods, and a chance to support local farmers.
- **Clear Path for Veterans at CLC:** Learn about on-site guidance and support available for our community veterans.
- **Youth Programs:** Explore creative arts, leadership opportunities, and engaging events that empower our young members.

If you're reading this through Queen Central, be sure to stop by the Camden Life Center, let us know how you received our newsletter, and pick up a small prize as our thank you.

With appreciation,
Sydney Dean

**SAVE
THE
DATE!**

- 5/3: Helio Health Run for Recovery
- 7/21-/7/25: Adulting 101 Program
- 9/18: MV Gives
- 10/4: Camden Homecoming Festival



Camden Life Center Partners

MAY & JUNE 2025
EDITION #31

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

Camden Life Center Daily 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. Visit our website www.helio.health

Camden Life Center Visiting Partners

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:

Are you finding yourself overdue on your energy bill? Does it seem that everything that you are doing isn't moving the balance? Curious about cutting costs? National Grid is on site 10am-4pm Tuesday, May 20th & Tuesday, June 17th

Resource Navigation for Older Adults:

Visit the Camden Life Center for help navigating the confusing system of Medicare and senior and aging services. Wednesday's 5/14, 5/21, 6/11, 6/25 from 9am-12pm.

Tri-County WIC @ the CLC:

WIC supports pregnant women, new moms, and kids under 5 with nutrition education and healthy foods. Many working families qualify and don't realize it. WIC will be on-site the first Thursday of the month from 9:30-3:00pm. WIC will be in Camden on Thursday, May 1st & Thursday, June 5th

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, May 1st & Tuesday, May 20th or Tuesday, June 5th & Tuesday, June 17th 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 May or June.

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Camden Life Center Spotlight of the Month

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May: Honoring Mental Health, Strength & Resilience

This May, we observe both Mental Health Awareness Month and Celebrating Strength and Resilience Month—a meaningful opportunity to reflect on the challenges we’ve faced and the strength we’ve shown, both individually and as a community.

Mental health matters every day, and it's important to remember that asking for help is a sign of strength, not weakness. At the same time, we celebrate the resilience that lives within each of us—the courage to keep going, to support one another, and to rise together.

Here in Camden, we’ve seen firsthand the power of community. Whether it's a neighbor lending a hand, a friend checking in, or a group coming together during tough times, our collective strength is something to be proud of.

This month, let’s commit to:

- Checking in on one another—kindness and connection go a long way.
- Encouraging open conversations around mental health and emotional well-being.
- Recognizing the resilience in ourselves and others, and honoring every step forward, no matter how small.



Together, we can continue building a stronger, more compassionate Camden—where no one faces life’s challenges alone.

June: Celebrating Courage, New Beginnings & Growth After Trauma

This June, we take time to honor Courage and New Beginnings, with a special focus on Post-Traumatic Growth—the remarkable strength it takes to rise after hardship and embrace a new chapter.

Healing isn’t always a straight path, and starting fresh after trauma takes deep bravery. It’s a process shaped by self-compassion, resilience, and the support of others. In Camden and beyond, we’ve seen how powerful that journey can be when a community comes together to lift each other up.

This month, we celebrate:

- The courage to keep going, even when the road is uncertain.
- The beauty of new beginnings, no matter how small they may seem.
- The strength found in healing, learning, and growing beyond life’s challenges.

If you’re in a season of starting over, know that you’re not alone. Growth after trauma is real, and with support and grace, it can lead to a stronger, more hopeful future.

Let’s continue to be a community where courage is celebrated, healing is supported, and new beginnings are always possible.



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RECOVERY CAFÉ CAMDEN

You're Invited to Recovery Café Camden. A Place for Connection, Healing, and Hope

Recovery Café Camden is a welcoming community for anyone seeking support, connection, and purpose—whether you're navigating recovery, grief, mental health challenges, or simply want to be part of something meaningful.

Rooted in trauma-informed care and built on love, belonging, and compassionate accountability, the Café is a safe space to be your true self, grow through life's challenges, and support others doing the same.

What to Expect:

Each gathering begins with a shared meal and conversation, followed by small, supportive Recovery Circles where we check in, share highs and lows, and encourage one another.

- Mondays | 10 AM – 12 PM
- Thursdays | 5 PM – 7 PM

Come as our guest—no pressure, no expectations.

Just a warm meal, real conversation, and a caring community ready to welcome you.

Follow us on Facebook & Instagram for updates and menus. We'd love to see you soon!



Spring into Wellness at Our 5th Annual Wellness Day!

Spring is here, and so is one of our favorite community events—Wellness Day! **Mark your calendars for Saturday, May 31st, from 11 AM – 2 PM at Camden Village Park.**

This year's event will be full of fun, resources, and healthy activities for all ages—including our exciting partnership with the Camden Elementary PTO's Annual Color Run!

The park will be buzzing with families, friends, and neighbors enjoying interactive booths, wellness information, free giveaways, and activities designed to support healthier, happier living. It's a great chance to connect, learn, and celebrate our community.

Service providers, we'd love to have you join us!

Set up a booth, share your services, and engage with hundreds of local residents.

To register, contact Sydney Dean at sdean@cflrinc.org or (315) 832-0368, or sign up here:

<https://forms.gle/jmy5zQSvfdX24xzdA>

We can't wait to see you there!



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Camden Life Center Programs

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Yoga Programs

At the CLC we offer two unique yoga opportunities designed to support your body, mind, and spirit—no experience needed!

Our **Chair Yoga** class offers gentle movement using a chair for support, making it accessible for all abilities. It's a great way to improve strength, flexibility, and balance while boosting overall well-being.

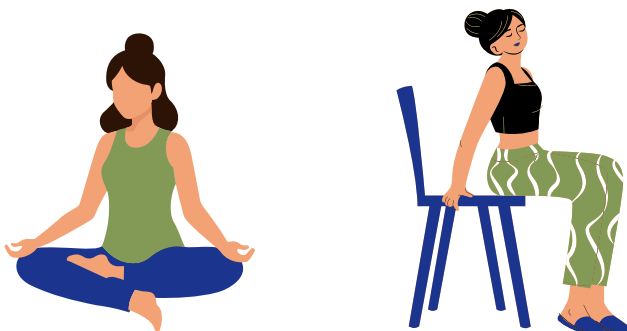
Join us on **Thursdays, May 8th & 22nd and June 12th & 26th at 12 PM** in the Conference Room. No sign-up required—just wear comfy clothes and stop in!

We're also excited to continue our **Trauma-Informed Yoga** series, led by certified instructor Colleen, who brings over 20 years of experience and specialized training in mindfulness and trauma-sensitive practices. This calming, supportive class helps reduce stress, foster resilience, and promote emotional healing.

Join us on Tuesdays, May 6th, 13th, 20th & 29th and June 3rd, 10th, 17th, & 24th at 5:30 PM.

Trauma Informed yoga is brought to you by a generous grant from the Community Foundation.

Come as you are and discover how yoga can help you heal, grow, and thrive.



Empower at Home Program

Come to the Table Counseling and the University of Michigan are offering Empower@Home—a free online program designed to support well-being for life after 50.

What's included:

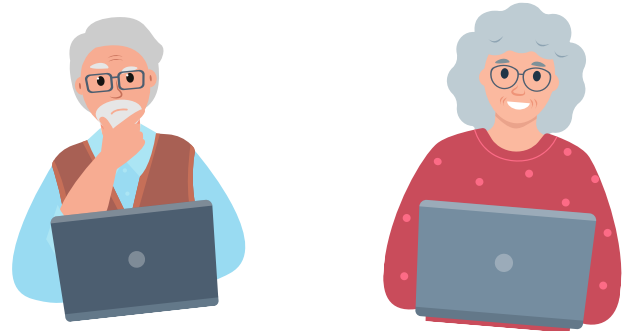
- 9 online lessons (~30 minutes each)
- Weekly support calls from a trained coach
- A printed workbook with summaries and exercises
- Free tablet and internet access provided
- Tech support every step of the way
- No computer experience needed!

Now available to residents in these areas:

- 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)

Ready to take the next step?

Call (734) 215-5090 or visit empower-at-home.com



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Camden Life Center Food Programs

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Food \$en\$e

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

May Food \$en\$e Information:

Order Dates - Friday, April 18th (1:30-3pm), Monday May 5th & 12th (9am-11am)

Order Online by - Monday, May 19th at midnight

Pick up - Friday, May 30th 1:30-3pm

June Food \$en\$e Information:

Order Dates - Friday, May 30th (1:30-3pm), Monday, June 2nd (9am-11am)

Order Online by: Monday, June 9th at midnight

Pick up - Friday, June 20th 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.

Mobile Food Pantry

The Mobile Food Pantry of CNY Food Bank comes to Camden on **Thursday, May 29th at 4pm. June date will be posted on our Facebook page when released.**

There are no income requirements for families to receive food—available 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

Camden Farmer's Market

Fresh, Local, and Coming to Camden!
We're thrilled to announce that The Farms of ADL is partnering with the Camden Life Center to bring a weekly Farmers Market to our community—starting **Friday, June 20th, from 2:00–6:30 PM right at the Camden Life Center!**

This exciting collaboration is all about nourishing our neighbors by making fresh, locally grown produce and handmade goods more accessible to everyone. From vibrant vegetables and fruits to locally made treats, the market offers a meaningful way to support local farmers while fueling your body with wholesome, nutrient-rich foods.

Access to fresh food is essential for good nutrition, and good nutrition supports better health, energy, and well-being. By bringing the farm directly to Camden, we're planting the seeds for a healthier, more connected, and food-secure community.

Don't forget! We offer Food Sense, the Mobile Food Pantry, Outdoor Food Pantry and Emergency Food Pantry as well! Reach out to us if you are experiencing food insecurity, we can help!

Come support local, eat well, and be part of something nourishing—every Friday this summer at the Camden Life Center.



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Camden Life Center New Events

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Graduating 101 Panel



Camden Life Center presents the **Graduating 101 Panel**, a FREE and inspiring and informative discussion featuring recently graduated Camden students sharing real-world advice on life after high school. Whether you're heading to college, joining the workforce, or exploring new opportunities, this panel will equip you with the knowledge and confidence to take your next steps!

 Date: Thursday, May 22nd
 Location: Camden High School

Don't miss this chance to gain valuable insights! For questions, contact our Youth Program Director, Frankie, at (315) 939-0386 or fmangona@cflrinc.org.

Graduating 101 Program

Camden Life Center presents **Graduating 101**, a FREE 4-day event designed to prepare high school graduates for life beyond school! From financial literacy to career readiness, we've got the tools you need for success. Meals will be provided.

 Dates: Thursday, June 26th- Tuesday, July 1st OR Thursday, July 31st- Tuesday, August 5th
 Location: 20 Main Street Camden

Check out our Facebook or Instagram for more details! For questions, contact our Youth Program Director, Frankie, at (315) 939-0386 or fmangona@cflrinc.org.



New Partner Agency Clear Path for Veterans

Clear Path for Veterans will be on site at Camden Life Center **every Thursday in the month of May from 9:00am to 4:00pm.**

They will provide peer services and an initial touchpoint for individuals who are interested in connecting with Clear Path, ensuring that even the most rural and remote military-affiliated families can access the support they deserve.

Stop by to meet with a Clear Path team member and learn more about the services available to veterans and military families in our community.



Quote of the Month

"This is the season to remind ourselves that growth often happens quietly. Just like the trees don't rush to bloom, we, too, are allowed to take our time. Each small step, each quiet decision, each unseen effort matters. May is a gentle invitation to keep going, to stay grounded, and to trust that something beautiful is unfolding—even if we can't see it yet."

-Unknown



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Camden Life Center Opportunities

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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>

How did you receive our Newsletter?

If you received our newsletter in the **Queen Central News**, bring it in or cut out this box and bring it with you to the Camden Life Center for a special prize!

We'd love to see you and say hello!



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

Volunteer Opportunities at the 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



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

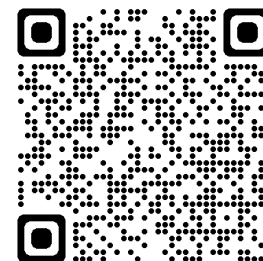
Never Use Alone:

- 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:



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