



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

As summer begins to wind down, I find myself grateful for the amazing sunshine we've been blessed with these past few months and am looking forward to the crisp air, vibrant colors, and cozy routines that fall brings. This season feels especially bittersweet for me as a mom—my youngest is heading off to his first year of college, and I'm reminded how quickly seasons of life change. Though I'll miss the busy mom-life, I am equally excited to see what this new season has in store and reconnecting to hobbies that have been paused while prioritizing mom-life. This is why I'm thankful for my Recovery Cafe Camden circle -I know that group has my back and will help lift me up when I need extra support. I invite you to check out one of our Recovery Circles (page 5) and lean into the strength that comes with connected community.

Here at the Camden Life Center, we're excited to step into this new season with a fresh lineup of programs, events, and resources designed to meet our community's needs. For parents, caregivers, and students, we've put together Back to School Success tips (page 3) to help start the year strong. We also have some fun and practical opportunities for kids and teens, including our upcoming Movie Night and the highly requested Babysitting Basics Training—find all the details on page 7.

September is both National Recovery Month and Suicide Awareness Month, and we are proud to offer free Mental Health First Aid Trainings (page 4) to equip our community with tools to recognize and respond to mental health challenges.

Be sure to check out when our partner agencies will be on site—our goal is to have a bit of “everything for real life” so there's truly something for everyone. And if you've ever thought about getting more involved, turn to page 8 for volunteer opportunities that make a difference.

One of my favorite quotes reminds me why this work matters so much: “I cannot do all the good the world needs. But the world needs all the good I can do.” Together, we can each bring our piece of “good” to this community and make it stronger, more connected, and more hopeful—one person at a time.

Here's to a vibrant, meaningful fall season for us all.

—Jessica Perusse
Director, Camden Life Center

**SAVE
THE
DATE!**

- 9/1: Office Closed
- 9/4 - School Begins!
- 10/4: Camden Homecoming Festival
- 10/25 : Camden Spooktacular



Camden Life Center Partners

SEPTEMBER &
OCTOBER 2025
EDITION #33

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, September 19th & Tuesday, October 21st

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, September 4th & Thursday, October 2nd.

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, September 4th & Tuesday, September 16th or Tuesday, October 2nd & Tuesday, October 21st from 9am-3pm.

Clear Path for Veterans:

Meet with a Clear Path team member to learn about peer services and resources available to veterans and military families. This is a great first step for those looking to connect with support—especially in our rural communities. Stay posted for on-site dates coming soon!

Coordinated Entry:

Coordinated Entry, part of the Mohawk Valley Housing and Homeless Coalition, offers a streamlined process to access resources in the homeless crisis response system. It prioritizes the highest-need, most vulnerable households and ensures housing and supportive services are used effectively. The coalition serves Madison and Oneida Counties. Office Hours Thursdays 9:00am-2:00pm.

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Monthly Focus

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September: Back to School Success

As September arrives, families are settling back into the school routine, making it the perfect time to focus on setting students up for a season of learning, growth, and connection. A fresh school year brings a chance to celebrate new beginnings—not just for students, but for families and our community as a whole.

Here are a few simple tips for parents to help kick off the school year on the right foot:

- Establish Routines Early: Consistent sleep, homework, and screen time schedules help students feel more secure and focused.
- Create a Supportive Environment: Encourage open conversations about school, friendships, and mental well-being.
- Stay Involved: Communicate regularly with teachers and check in on your child's academic and emotional progress.

Remember, back-to-school success isn't just about grades—it's about helping youth feel confident, connected, and supported. As a community, we can work together to cheer on our students, celebrate their achievements, and be there when challenges arise. Let's make this school year a positive and empowering experience for every learner!



October: Empowering Voices, Creating Change

October marks Domestic Violence Awareness Month, a time to acknowledge the strength of survivors, raise awareness, and renew our commitment to creating safe, supportive communities. This year, our focus is on Empowering Voices, a theme that encourages individuals to find and use their voice to foster healthy, respectful relationships.

Empowering Voices is about more than speaking up, it's about self expression, assertive communication, and building the confidence to advocate for oneself and others. Whether it's setting boundaries, seeking help, or offering support, every voice matters in the fight against domestic violence.

We also recognize the vital role of community in empowering individuals. When we listen without judgment, believe survivors, and provide safe spaces for dialogue, we help others reclaim their power and begin to heal.

This October, we invite you to be part of the conversation. Raise awareness, learn the signs, and stand with those whose voices have too often gone unheard. Together, we can build a culture where everyone feels empowered, respected, and safe.



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Special Events

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Crockpot Cooking Class Series - Free with Registration

It's fall and time for a break from the grill and to dig out our crockpots. Curious to learn more ways to feed your family and keep the work demands low?

Join us for a 4-part crockpot cooking class in partnership with Mohawk Valley Community College and sponsored by Excellus.

 Dates: Friday, Sept 5th, Sept 12th, Oct 10th, and Oct 17th

 Location: Camden Life Center

 Time: 3–5pm

Each participant will receive a crockpot to keep, and together we'll explore simple, nutritious, and budget-friendly meals that anyone can make at home.

Registration is required as space is limited. Spots will be filled on a first-come basis, and a waitlist will be created once the class is full.

 To register, please email redwards@cflrinc.org

Excellus



National Recovery Month & Suicide Awareness Month

September is both **National Recovery Month and Suicide Awareness Month**—a time to come together as a community to talk openly about mental health, celebrate the strength of those in recovery, and remember that help and hope are always within reach. It's a month dedicated to breaking stigma, raising awareness, and ensuring no one feels alone in their struggles.

We're marking this important month by offering Adult Mental Health First Aid (AMHFA) and Youth Mental Health First Aid (YMHFA) trainings, giving community members the skills to recognize and respond to mental health challenges. These programs give community members the tools to recognize and respond to mental health challenges, helping us collectively build a safer, more connected Camden.

Upcoming Trainings:

- **Adult Mental Health First Aid (AMHFA)** -  September 13th |  9 AM – 5 PM

Register Here: <https://forms.gle/dtx9Ghtzh8GLx8Rr9>

- **Youth Mental Health First Aid (YMHFA)** -  September 20th |  9 AM – 5 PM

Register Here: https://docs.google.com/forms/d/1MD5N8UJIU5-4lcSqtCTCPO28YQaq9uSA0WdbDN_jFQ/viewform?edit_requested=true



Let's work together to break the stigma, offer support, and create a community where everyone feels seen, valued, and safe. Be sure to follow Recovery Café Camden on Facebook and watch for our special National Recovery Month social media campaigns all month long—we'll be sharing stories, resources, and ways to get involved.

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School of Recovery 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, September 11th & 25th and October 9th & 23rd 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 relaxing **Mindful Movement** classes, 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.

Stay tuned for upcoming dates on our facebook page!

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

Our Yoga programs are brought to you by a generous grant from the



Crafts and Conversations

🎨 New at the Camden Life Center — Art & Conversations Group! 💬

Looking for a creative outlet and good conversation? Our Art & Conversations Group is a welcoming space where self-expression meets community connection. ✨

💬 Step 1: Each session starts with a guided group discussion on a theme or topic.

🎨 Step 2: We dive into a hands-on art activity — paint, draw, or experiment! No experience needed & all materials provided.

Why join?

- 💡 Explore your creativity
- ❤️ Reduce stress & process emotions
- 👉 Build connections with others
- 📅 When: Wednesdays, 12:30–3:00 PM
- 📍 Where: Camden Life Center

Come ready to chat, create, and leave feeling inspired!



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, just a warm meal, genuine conversation, and a caring community ready to welcome you. Follow us on Facebook & Instagram for updates. We'd love to see you soon!



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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

September Food \$en\$e Information:

Order Dates - Friday, August 29th (1:30-3pm), Monday, September 8th (9am-11am)

Order Online by - Monday, September 1th at midnight

Pick up - Friday, September 26th 1:30-3pm

October Food \$en\$e Information:

Order Dates - Friday, September 26th (1:30-3pm),

Monday, October 6th & 13th(9am-11am)

Order Online by: Monday, October 20th at midnight

Pick up - Friday, October 31st 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, September 25th at 4pm. The October 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—every **Friday from 2:00–6:30 PM right at the Camden Life Center! The Farmer's Market will be ending on September 19th.**

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.

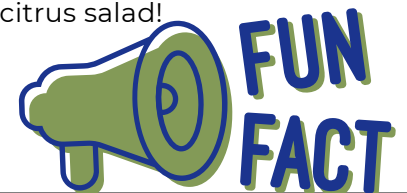
Don't forget! We offer Food \$en\$e, the Mobile Food Pantry, Outdoor Food Pantry and Emergency Food Pantry as well! Reach out to us if you are experiencing food insecurity, we can help!

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

Food Fact of the Month

Iron is your body's oxygen delivery service, keeping your energy up and your brain sharp! You'll find it in foods like beef, chicken, turkey, pork, spinach, lentils, pumpkin seeds, and dark chocolate.

For a boost, pair iron-rich foods with vitamin C favorites like oranges, bell peppers, or strawberries to help your body absorb it better — think steak with roasted peppers or turkey with fresh citrus salad!



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New Events

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Harvest & Hunt Update

We have an exciting season ahead for Harvest & Hunt! Dates for upcoming events are still being finalized, but we'll announce them on social media as they are set. If you'd like to be notified directly, **email us at info@camdenlifecenter.com or scan the QR code to sign up.**

This year, we're partnering with the Camden Rod and Gun Club to offer the **NYS Hunter Safety Course** and collaborating with the **National Deer Association, Outdoor News**, and other organizations to provide mentorship, hands-on education, and support for aspiring hunters. The season will wrap up with a celebration to share stories and successes from the field.

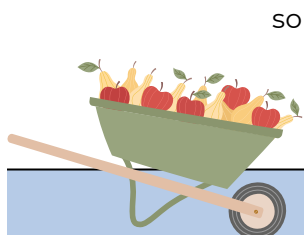
We're also teaming up with MVCC to host crock pot cooking lessons — and each participant will receive a crock pot to take home! These classes are a great way to learn easy, hearty recipes perfect for the harvest season.

We absolutely loved **Women's Day at the Range** and look forward to offering more opportunities that connect, educate, and inspire our community.



Quote of the Month

"This is, in a sense, my season—sometimes warm and, when the wind blows an alert, sometimes cold. But there is a clarity about September. On clear days, the sun seems brighter, the sky more blue, the white clouds take on marvelous shapes; the moon is a wonderful apparition, rising gold, cooling to silver; and the stars are so big." — Faith Baldwin



Upcoming Youth Events

 **Family Movie Night: Willy Wonka & the Chocolate Factory**
September 3rd | 7:00 PM
Free and open to families of all ages!
Enjoy a classic family favorite under the stars (or indoors if it rains) with popcorn, treats, and community cheer.
Bring your own blanket or chairs!
This is a FREE event held at the Camden Life Center.

Babysitting Basics Training Coming to Camden Life Center

The Camden Life Center is excited to welcome the Child Care Council of Cornell Cooperative Extension for a FREE Babysitting Basics Training on Wednesday, September 3rd, from 1:00–3:00 PM.

This hands on course is designed for youth ages 13 and older who want to learn how to keep both themselves and the children in their care safe—while still having fun! Participants will gain valuable tips from child care professionals, making it the perfect introduction for those just starting out in babysitting. Please note, this training does not provide CPR or First Aid certification.

Space is limited, so be sure to register early by scanning the QR code on the flyer. Don't miss this opportunity to build your skills and confidence as a babysitter!

BABYSITTER



Puppy Play Dates

Looking for a little joy in your day?

Join us for Puppy Play Dates with the adorable pups from Lewis Manor!

Stop by the Camden Life Center on **Wednesday, September 17th & October 15th from 3pm-4pm** for snuggles, playtime, and puppy love. It's a great way to relax, connect, and leave with a smile.



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Opportunities

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CLC Store

We're excited to announce that our Public Store is officially back open and ready for you!

Stop by online to grab your favorite Camden Life Center and Recovery Café gear and wear it with pride.

Shop now:

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

The need for grocery basics is rising, and your generosity helps us keep our shelves stocked for neighbors in need.

We're currently collecting:

- Breakfast: cereal, shelf-stable milk, pancake mix, syrup, oatmeal
- Lunch: peanut butter, jelly, tuna, canned chicken, mayonnaise
- Dinner: Hormel Compleats, Chef Boyardee, boxed mac & cheese, canned fruits/vegetables
- Snacks: granola bars, breakfast bars, Pop-Tarts
- Hygiene essentials: deodorant, body wash, shampoo

Donations can be dropped off during business hours or placed anytime in our outdoor pantry.

Please check expiration dates, ensure packaging is in good condition, and donate only food or hygiene items to keep our pantry safe and welcoming for all.



Volunteer Opportunities at the Camden Life Center!

Looking for a meaningful way to give back? Whether you enjoy greeting visitors, lending a hand at special events, working directly with community projects, or sharing your skills for building improvements, there's a place for you at the Camden Life Center!

Current Opportunities:

- Front Desk Shifts: 9–12 PM or 12–3 PM
- Special Events: Spooktacular, Holiday Stroll, and more
- Youth Mentorship: Help guide and inspire local youth
- Riverwalk Display: Assist with updates and upkeep
- Community Outreach: Post flyers around town each month
- Food Programs: Assist with Food \$en\$e or the Mobile Food Pantry

Your time and talents can make a lasting difference for our neighbors. Stop by, call us, or email info@camdenlifecenter.com to learn how you can get involved!

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

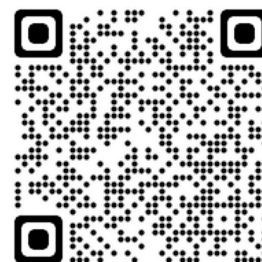
Never Use Alone:

- 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/)