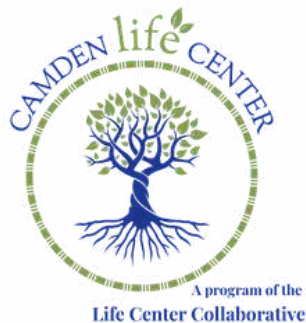




20 MAIN STREET, CAMDEN NY | 315-820-2638



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

From the Director's Desk

As we step into the warmer months, I always feel a renewed sense of energy and possibility. May and June bring longer days, time outdoors, and more opportunities to connect—with ourselves, our families, and our community.

This season has also been one of growth for our team. This spring, our staff had the opportunity to attend the Helio Health Integrated Care Conference, where we were able to learn, reflect, and deepen our work together. We were inspired by powerful stories from Steve Burns (Blue's Clues) and Tiffany Jenkins, and strengthened our skills and compassion through sessions with Nzinga Harrison, author of *Un-Addicted*, and Matthew Dunn, who spoke about creating and sustaining healthy workplace cultures. Experiences like these help us continue to grow so we can better serve you and our community.

May is Mental Health Awareness Month and National Physical Fitness & Sports Month (page 3). I love that these two themes come together just as we're climbing out of winter. It's a natural reminder that caring for our mental health and our physical health go hand in hand—and sometimes the best way to support both is simply getting outside, moving our bodies, and enjoying the fresh air.

In June, we recognize Men's Health Month—and to the men in our community, we want you to know: we see you (page 4). We also honor Post-Traumatic Growth Month, which reminds us that while hard seasons can leave lasting impacts, they can also lead to growth, resilience, and new strength when we have the right support around us.

I also want to personally invite you to mark your calendars for two of my favorite events of the year.

- 5/9 - **Ladies Day at the Range** (page 5) is truly something special. Even if you've never held a gun or tried archery, this event is empowering, supportive, and often surprising in the best ways.
- 5/30 - We celebrate our 6th Annual **Wellness Day** (page 3). I don't know about you, but I'm already looking forward to food trucks, music, and a day full of fun for the whole family.

Do you have youth in your world? Encourage them to check out our **Youth Drop-In hours** on Tuesdays after school. With the warmer weather, we're hearing talk of gaga ball, outdoor games, and plenty of snacks to keep the energy going. It's a welcoming, low-pressure space to connect, have fun, and just be. And speaking of play, we're excited to share more about our **Borrow & Play Sports Shed**, made possible through a grant from the Wadas Foundation. This new resource is designed to make sports and recreation more accessible for families in our community. Be sure to check out the details on (page 7).

As always, there is so much happening at the Camden Life Center—opportunities to connect, grow, and enjoy the season together. We hope you'll read on and join us.

See you soon!

Jessica Perusse

Executive Director, Life Center Collaborative, Inc

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



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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

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 Thursdays 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 19th & Tuesday, June 16th.

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 7th & Thursday, June 4th.

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 7th & Tuesday, May 19th,
Tuesday, June 4th & Tuesday, June 16th from 9am-3pm.

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.

Fidelis Care

A Fidelis Care Support Navigator visits the Camden Life Center to provide support for individuals needing help enrolling in health insurance, updating paperwork, and renewing their coverage. This service helps ensure community members have continued access to affordable health care and support when they need it most. Fidelis will be on-site the first Monday of the month from 9-1pm. Mark your calendar for Monday, May 7th & Monday, June 8th.

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

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May Monthly Focus

MAY & JUNE 2026

EDITION #37



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

May: Celebrating Mental Health, Movement & Resilience

May is a meaningful month of recognition, bringing together Mental Health Awareness Month and National Physical Fitness and Sports Month—two important reminders that our well-being is deeply connected, both mentally and physically.

This month honors the strength it takes to keep going and the courage found in everyday moments. Whether through personal recovery, mental health awareness, physical activity, or the support of a caring community, May is a celebration of resilience in all its forms.

Taking care of your mental health and your physical health doesn't have to be overwhelming. It can be as simple as going for a walk, taking a few moments to breathe, reaching out to someone you trust, or trying something new that brings you joy. Small, consistent steps can make a powerful difference over time.

At the Camden Life Center, we see resilience every day—in individuals showing up for themselves, in neighbors supporting one another, and in the strength of a community that continues to grow together. This month, we invite you to reflect on what resilience looks like in your own life and to take one step—big or small—toward your well-being.

Because resilience isn't about doing it all—it's about continuing forward, one step at a time.



Camden Life Center 6th Annual Wellness Day

We're excited to announce that the Camden Life Center's 6th Annual Wellness Day will take place on Saturday, May 30th from 11:00am–2:00pm at the Village Park in Camden!

Wellness Day continues to grow each year as a meaningful opportunity to bring our community together. This event is centered around connection, community, and well-being, offering individuals and families the chance to explore local resources, meet community organizations, and enjoy a day of fun and engagement.

We're also proud to once again partner with the Camden Elementary PTO for their Annual Color Run happening just before our event—making it a full day of energy, connection, and community spirit.

Whether you're looking to learn more about local services, connect with others, or simply enjoy time with your family, there's something for everyone at Wellness Day. This year will also feature special resources for Veterans and their families.

Interested in Participating?

Are you a community partner, organization, or vendor interested in being part of this year's event?

COMMUNITY

We would love to have you join us! Your participation helps create a vibrant, engaging experience for our community and highlights the incredible work being done across our region.

Register here to secure your spot: <https://forms.cloud.microsoft/r/5ZxU0dCshE> Additional details and event logistics will be shared following registration.

We look forward to bringing our community together once again for a day that celebrates wellness, connection, and the strength of working together.

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Post Traumatic Growth Month

June is recognized as Post-Traumatic Growth Month—a time to acknowledge that even after life's most difficult challenges, growth, healing, and transformation are possible.

Post-traumatic growth doesn't mean that hardship is easy or that pain simply disappears. Instead, it reflects the strength and resilience individuals can develop as they navigate adversity. It's about finding new meaning, building deeper connections, and discovering inner strength that may not have been visible before.

Growth can look different for everyone. For some, it may be learning new coping skills or prioritizing self-care. For others, it might mean reconnecting with purpose, strengthening relationships, or simply taking the next step forward after a difficult time.

At the Camden Life Center, we believe in creating spaces where healing is supported, stories are honored, and growth is possible. Through connection, compassion, and community, individuals are empowered to move forward in ways that feel meaningful to them.

Programs like Recovery Café Camden are here to support that journey—offering a welcoming space, a sense of belonging, and tools to help you navigate each day. Whether you're seeking connection, structure, or simply a place to be yourself, you are not alone in the process.

This month, we encourage you to reflect on your own journey. No matter where you are, growth doesn't have to be big or immediate—it can begin with small steps, taken one day at a time.



Men's Health Month

June is Men's Health Month—a time to raise awareness about the importance of physical and mental health for men and to encourage proactive steps toward overall well-being.

Too often, men are taught to “push through” challenges without talking about what they're experiencing. This month is a reminder that strength also means taking care of yourself—physically, mentally, and emotionally. Prioritizing health can look like scheduling a check-up, staying active, managing stress, or opening up to someone you trust.

Mental health is a key part of this conversation. Stress, anxiety, and depression affect men just as much as anyone else, yet they are often less likely to seek support. Creating space for honest conversations and reducing stigma can make a powerful difference.

At the Camden Life Center, we are committed to supporting the well-being of all individuals by offering resources, connections, and a welcoming environment where everyone feels comfortable seeking support.

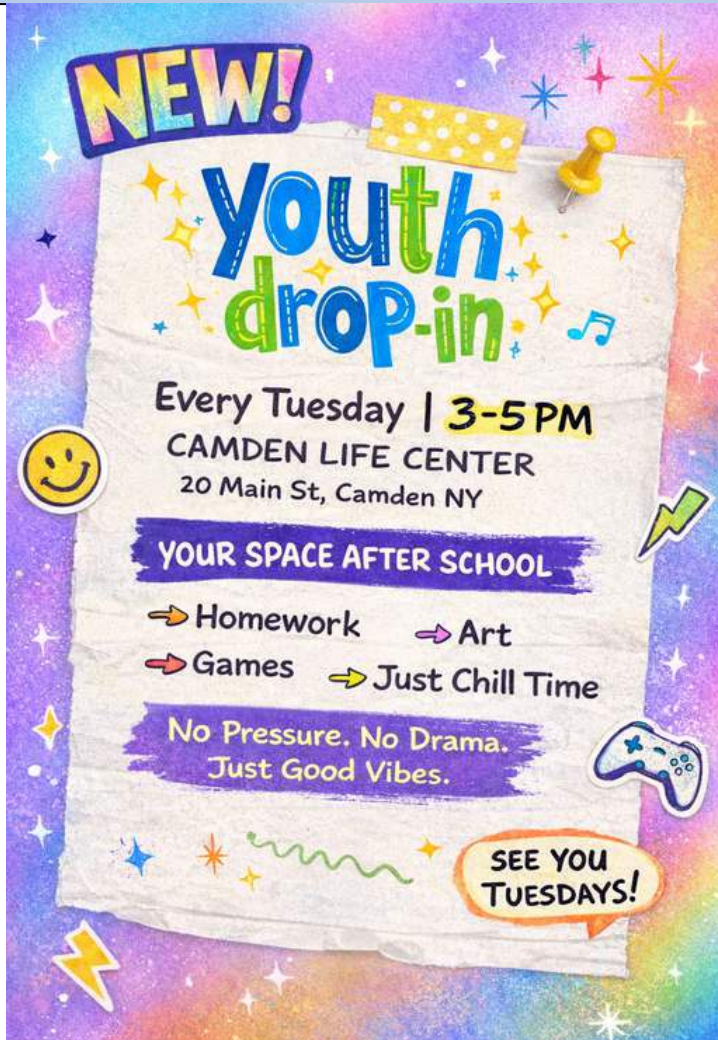
This month, we encourage the men in our community—and those who support them—to take one step toward better health. Whether it's reaching out, slowing down, or making time for yourself, your health matters.



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Women's Day at the Range

We're proud to partner with the Camden Rod and Gun Club to host Women's Day at the Range on May 9th from 8:30 AM–4:30 PM—a hands-on, supportive experience designed to introduce and empower women in the skills of firearm and archery safety, handling, and use. Whether you are brand new or looking to build confidence, this day offers a welcoming environment with knowledgeable instructors, guided practice, and space to learn at your own pace.

This event is about more than skill-building—it's about reconnecting with traditions of stewardship, self-sufficiency, and care for our land and food sources. Participants will also enjoy a shared meal featuring game and locally sourced foods, highlighting the connection between hunting, nourishment, and community. Space is limited, and registration is required, making this a unique opportunity to learn, connect, and step into a new experience with confidence.

Register here: [Need to add a blurb about women's day at the range here](#)



School of Recovery Community Event Series

Our School of Recovery Program is excited to offer a series of upcoming community events focused on healing, connection, creativity, and personal growth. These gatherings provide safe, welcoming spaces to reflect, connect, and build hope.

Friday, May 8th | 5:30–7:00 PM

Stories of Hope Night — An evening of sharing and listening to experiences of resilience and recovery, reminding us that hope exists in many forms.

Saturday, May 16th | 5:30–7:30 PM

Self Care Night — Explore simple, practical ways to support your mental, emotional, and physical well-being through reflection and relaxation.

Life Skills Recovery Workshop — Held the 1st Friday of every month from 2:00–3:00 PM, focusing on communication, stress management, and building healthy routines for daily life.

Be sure to check out the **Crafts & Conversations special sessions** on page 7 as well!

All events are open to the community. For questions, please call Katherine at the Camden Life Center: 315-820-2638.

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Food Programs

MAY & JUNE 2026
EDITION #37

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

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 24th (1:30-3pm), Monday, May 4th & 11th(10am-12pm)

Order Online by - Monday, May 18th at midnight

Pick up - Friday, May 29th 1:30-3pm

June Food \$en\$e Information:

Order Dates - Friday, May 29th (1:30-3pm), Monday, June 1st (10am-12pm)

Order Online by: Monday, June 8th at midnight

Pick up - Friday, June 19th 1:30-3pm

In person sign ups accept Cash payments. Online orders accept EBT or credit/debit card - 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 28th at 4pm. The 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



Let's Eat Events

We're excited to continue our Let's Eat Cooking Workshop Series at the Camden Life Center—bringing our community together through food, learning, and connection. These workshops are designed to be approachable, hands-on, and rooted in real-life cooking—helping you build confidence in the kitchen while creating meals that nourish both body and mind.

On May 13th from 4:30–7:30 PM, we are thrilled to welcome back Rhonda from Cranberry Ridge Farm for a special hands-on cheesemaking class. Participants will learn the fundamentals of cheesemaking and gain practical experience creating their own cheese from start to finish. Each participant will also receive cheesemaking supplies to continue the process at home.

Registration is required for this event—please email redwards@camdenlifecenter.com or call/text 315-832-4003 or the main office at 315-820-2638 to reserve your spot.

On May 20th from 5:30–7:00 PM, join us for a fun and flexible culinary workshop, “Breakfast for Dinner.” We’ll explore simple, satisfying meals that bring the comfort of breakfast foods into your evening routine—perfect for busy days when you want something quick, nourishing, and delicious.

Then on June 17th from 5:30–7:00 PM, we’ll shift into summer with “Light and Fresh,” a workshop focused on quick, easy meals that feel satisfying without being heavy. As the season changes, we’ll highlight fresh ingredients and simple techniques to help you create meals that support your energy and fit naturally into summer living.

The May 20th and June 17th workshops are drop-in and do not require registration. Both sessions will be led by our Culinary Director, Rebecca Edwards, and are designed to be engaging, informative, and, of course, delicious.

let's eat

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Youth Programs

MAY & JUNE 2026

EDITION #37

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

Borrow and Play Sports Shed Now Open!

The Camden Life Center is excited to introduce our new **Borrow & Play Sports Shed**, a free community resource designed to help children and families stay active, connected, and engaged through play!

Families can borrow sports equipment and outdoor play items at no cost for up to **7 days**, take them home to enjoy, and simply return them when finished—making recreation more accessible without the cost of purchasing equipment.

What Can You Borrow?

Available items include:

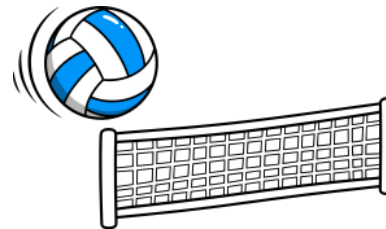
- Hula hoops, scooters, and kickballs
- Skis, snowshoes, and snow sleds
- Bike helmets and safety gear
- Baseball equipment, footballs, and soccer gear
- Pickleball paddles and balls
- Volleyballs, tetherballs, and badminton sets
- Outdoor yard games like Giant Connect 4, Jenga, Cornhole, Spikeball, and more!



How It Works:

Getting started is easy:

- Stop into the Camden Life Center
- Create your account with a staff member or volunteer
- Sign a liability waiver
- Receive your Borrow & Play ID card
- Check out your items for up to 7 days



When you're done, simply return your items and borrow again!

This project was made possible through the generous support of **The Edwin J. Wadas Foundation, Inc.**, helping create more opportunities for healthy, active living in our community.

We can't wait to see families get outside, stay active, and play together!

Meet our new Youth Engagement Coordinator!

Hi! My name is Alex VanPelt, and I'm excited to introduce myself as the new Youth Engagement Coordinator at the Camden Life Center.

I'm grateful for the opportunity to give back to the community that helped shape who I am. I'm passionate about building real connections with Camden's youth, creating a safe and supportive space where they feel seen, heard, and valued.

I look forward to bringing positive energy, new ideas, and opportunities that inspire growth, confidence, and connection. Being able to invest in the community where I was raised—and where I'm now raising my child—means so much to me.

I'm excited to learn, grow, and help build something special together!

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School of Recovery Programs

MAY & JUNE 2026

EDITION #37

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

Chair Yoga

At the CLC, we offer Chair Yoga, a gentle and welcoming class designed to support your body, mind, and overall well-being—no experience needed!

Our Chair Yoga class uses a chair for support, making it accessible for all abilities. It's a great way to improve strength, flexibility, and balance while enjoying mindful movement in a comfortable, supportive environment.

Join us on **Thursday, May 14th & 28th and Thursday, June 11th & 25th at 12 PM** in the Conference Room. No sign-up required—just wear comfy clothes and stop in!

Come as you are and discover how Chair Yoga can help you feel stronger, more relaxed, and more connected.



Crafts and Conversations

Our Craft & Conversations Group is a welcoming space where self-expression meets community connection.

Each session begins with a guided discussion, followed by a hands-on art activity—no experience needed and all materials are provided! This group is designed to help you explore creativity, reduce stress, process emotions, and build connections with others.

When: Wednesdays, 12:00–3:00 PM

Where: Camden Life Center



Upcoming Special Sessions:

May 6th — Vision Boards

Explore your goals, hopes, and personal vision through guided vision board creation.

June 10th — Plant Your Growth

Reflect on personal growth and resilience by planting seeds as a symbol of healing and change.

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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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



Interested in Donating?

Your gift to the Camden Life Center supports vital programs and services that strengthen individuals and families in our community.

Give today:
<https://givebutter.com/camdenlifecenter>



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; 12–3 PM or 3–6 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

Camden Life Center

Survey

If you've used any of our services, please take a few minutes to complete our anonymous Camden Life Center survey. Your feedback helps us learn, grow, and continue improving our programs to better serve our community.

