



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

There's something special about summer in rural New York. Maybe it's the slower pace, evenings spent on the porch, or the excitement of watching the seasons unfold one harvest at a time. As strawberry season comes to a close, we look forward to blueberries, blackberries, gardens bursting with life, and all the simple reminders that growth happens one season at a time. July is Community Wellness & Gratitude Month, and if there is one word that captures how our team is feeling right now, it is grateful.

- Grateful for the volunteers who give their time.
- Grateful for the businesses that invest in our community.
- Grateful for the partnerships that make new ideas possible.
- And most of all, grateful for everyone who continues to make the CLC a place where people feel connected, & supported.

One of the most exciting examples of that gratitude is taking shape right outside our doors. If you've driven by recently, you've probably noticed the incredible transformation of our new Outdoor Community Patio & Gathering Space (page 5). This space was designed with one purpose in mind—to create another place where neighbors can gather, children can play, friendships can grow, and community can flourish. Soon, our Snacking Gardens will be added, creating another opportunity to enjoy fresh food and the beauty of the outdoors together. Projects like this don't happen alone. We'd like to extend a heartfelt thank you to Carpenter's Hardware & Paint, Kimball Brothers Grounds Care Services, Robinson's Florist, and Liberty Sealcoat for sharing their expertise, generosity, and craftsmanship to help bring this vision to life. Their investment is helping create a space our entire community will enjoy for years to come.

We're also thrilled to invite you to one of our favorite evenings of the year—our Second Annual Gala, Rooted in Hope, Growing in Strength: A Gala of Celebration (page 4), on Saturday, August 8 at Burlap & Lace Barn. Whether you've been part of the Life Center since the beginning or are just getting to know us, we'd love to celebrate with you. Tickets and sponsorship opportunities are now available, and we hope you'll consider joining us for an evening of great food, inspiring stories, and community.

Families, summer is just getting started! Be sure to check out page 7 for youth and family opportunities, including our Borrow & Play Sports Shed. Word on the street is that the giant yard games are a favorite addition to graduation parties, family reunions, and backyard gatherings. Registration is now open for our popular Adulthood 101 program for youth entering 7th grade and up. Year after year, teens (and parents!) tell us this hands-on experience build confidence and practical life skills that last well beyond summer.

And because we love listening to our community, page 8 features two opportunities you've been asking for. We're excited to introduce Tech Drop-In and Computer Confidence, led by our wonderful volunteer Barb, helping neighbors feel more confident navigating today's technology. We're also partnering with Full Moon Reflections for a fun and creative Canvas Painting Class—another chance to connect, create, and enjoy time together.

Whether you're stopping by for a class, borrowing a game, planting something new, attending the gala, or simply enjoying a quiet moment on the new patio, we hope you'll find something this summer that helps you feel connected.

After all, that's what the CLC has always been about—not just creating programs, but creating a place where people belong.

Have a wonderful summer. We hope to see you soon.

Jessica Perusse, Executive Director, Life Center Collaborative, Inc

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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 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, July 21st & Tuesday, August 18th.

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, July 2nd & Thursday, August 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, July 2nd & Tuesday, July 21st,
Tuesday, August 6th & Tuesday, August 18th 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 and last Thursday of the month from 9-11:30am. Mark your calendar for Monday, July 6th & Thursday, July 30th, Monday August 3rd & Monday, August 27th.

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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Gala Celebration

JULY & AUGUST 2026

EDITION #38

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Rooted in Hope, Growing in Strength: A Gala of Celebration


Life Center Collaborative, Inc. invites you to join us on Saturday, August 8, 2026, for an unforgettable evening of celebration, connection, and community at the beautiful Burlap & Lace Barn in Camden.


Rooted in Hope, Growing in Strength: A Gala of Celebration will bring together community members, businesses, supporters, and friends for an evening dedicated to honoring the impact of the Camden Life Center and Boonville Life Center while investing in the future of our communities.

Guests will enjoy a delicious farm-to-table dinner featuring local flavors, an exciting silent auction, inspiring stories of hope and transformation, and an evening surrounded by the beauty of late-summer blooms. Together, we will celebrate the growth of Life Center Collaborative and the lives that have been touched through connection, wellness, recovery, food access, youth engagement, and community support.

There are several ways you can help make this event a success:

 Purchase Tickets – Gather your friends, family, coworkers, or neighbors and join us for a memorable evening. Don't wait to purchase your tickets—seating is limited and tickets are expected to sell quickly!

 Become a Sponsor – Sponsorship opportunities are available for businesses and organizations that want to demonstrate their commitment to strengthening our communities while receiving valuable recognition throughout the event.

 Donate an Auction Item – Gift certificates, gift baskets, services, experiences, handcrafted items, event tickets, and unique local products all help make our silent auction a success. If you would like to donate an auction item, please contact us at (315) 820-2638 to arrange drop-off or donation details.

Tickets and sponsorship opportunities can be purchased online at:
<https://givebutter.com/life-center-collaborative-inc-2026-gala-hgvvph>

What began as one community center has grown into something larger. Today, Life Center Collaborative supports both the Camden Life Center and Boonville Life Center, creating opportunities for individuals and families to connect, grow, and thrive.

We hope you'll join us as we celebrate how far we've come, honor those who have helped us grow, and look ahead to the future we're building together.

Together, we are rooted in hope and growing in strength.

**Scan here to
purchase tickets or
sponsorship packets**



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Monthly Focus

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July: Community Wellness & Gratitude Month

Amid summer's warmth, July invites us to slow down and focus on gratitude—for our health, our neighbors, and our shared community. Community Wellness & Gratitude Month reminds us that true wellness begins with thankfulness and connection.

Wellness is about more than physical health. It includes our mental, emotional, social, and spiritual well-being. One of the most powerful ways to support our wellness is by recognizing the people, places, and moments that bring meaning to our lives. Practicing gratitude can help reduce stress, improve mood, strengthen relationships, and remind us that we are not alone.

This month, we encourage you to take a moment to reflect on what you're grateful for. Perhaps it's a supportive friend, a kind neighbor, a fresh start, or simply a beautiful summer day. Small moments of gratitude can have a lasting impact.

At the Camden Life Center, we are grateful for the individuals, families, volunteers, partners, and supporters who help make our community stronger every day. Together, we continue to build connections, support one another, and create a place where everyone belongs.

This July, let's celebrate wellness, gratitude, and the power of community—because when we come together, we all thrive.

August: A Month of Wellness, Awareness, and Hope

As summer begins to wind down and routines start to return, August offers an opportunity to pause and focus on wellness. National Wellness Month encourages us to find balance in our daily lives—between work and rest, fun and focus, giving and receiving.

August is also National Overdose Awareness Month, a time to remember those we have lost, support those impacted by substance use, and raise awareness about the importance of prevention, recovery, and reducing stigma. It serves as a reminder that wellness includes caring for our mental, emotional, and behavioral health, as well as supporting one another through life's challenges.

Wellness is not about perfection. It's about creating habits and routines that support your overall well-being and help you feel your best. Sometimes that means making time for physical activity, getting enough rest, setting healthy boundaries, connecting with others, seeking support, or simply taking a moment to slow down and recharge.

August is a chance to reset priorities and create space for the things that matter most. Small changes can have a big impact, whether it's spending more time with loved ones, practicing self-care, exploring a new hobby, focusing on personal goals, or reaching out for help when needed.

At the Camden Life Center, we believe wellness looks different for everyone. Through connection, support, education, and community, we strive to create opportunities for individuals and families to grow, heal, and thrive.

This month, we invite you to reflect on what balance means to you and take one small step toward greater wellness. Together, we can build a healthier, more compassionate community where everyone feels supported, valued, and connected.



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Program Updates

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Let's Eat Program Update!

We're excited to welcome a new Culinary Program Coordinator to the Camden Life Center! As we work to refresh and restructure our Let's Eat program, we will be taking a short break from Let's Eat events during the month of July.

We're looking forward to bringing new ideas, fresh opportunities, and exciting culinary experiences to the community. Stay tuned to our Facebook page for updates and announcements about our August Let's Eat events!

Thank you for your patience and support—we can't wait to share what's cooking! 🍷🥗🌟

Chair Yoga Summer Pause

Our Chair Yoga program will be taking a break during the summer months. We are grateful to everyone who has joined us for gentle movement, mindfulness, and connection throughout the year.

We hope to bring Chair Yoga back in September and look forward to welcoming both returning and new participants. Stay tuned for updates on future class dates!

Thank you for your continued support, and we wish you a healthy, active, and enjoyable summer.

Meet Our Summer Intern: Cecelia

My name is Cecelia, and I'm excited to be a summer intern at the Camden Life Center. I graduated from CCSD and am currently an undergraduate psychology student at Keuka College. So far, I have learned just how diverse community outreach can be—whether it's providing emergency food assistance, hosting youth drop-in events, or supporting families in other meaningful ways. Every effort makes a real impact. I've also learned the value of collaboration. The team here works together on every project, and I've appreciated all the feedback, guidance, and idea-sharing. It truly takes more than one person to make a difference.

Exciting Things Are Taking Shape!

If you've noticed construction happening outside the Camden Life Center, you're getting a sneak peek at our new **Community Patio & Gathering Space!** Thanks to the generous support of the **Amex Shop Small Grants Program, through American Express and Main Street America,** this exciting new space will soon be a place where our community can gather, connect, and enjoy special events together.

We're looking forward to hosting food trucks, open mic nights, community events, and other opportunities that bring people together. Construction is currently underway, and we can't wait to welcome you to the finished space. Stay tuned for updates—we're excited to share it with you soon!

Camden Advisory Council is Returning

The Camden Life Center is excited to announce the restart of our Camden Advisory Council and is seeking community members who are passionate about helping strengthen and shape the future of our community.

The Advisory Council serves as a group of local residents, community partners, and stakeholders who provide feedback, share ideas, identify community needs, and help guide the growth and impact of the Camden Life Center. Council members play an important role in ensuring that our programs, services, and initiatives remain responsive to the needs of those we serve.

Whether you are a long-time supporter, a community advocate, a local business owner, or simply someone who wants to make a difference, we encourage you to consider joining us.

Interested in becoming a member of the Camden Advisory Council? Complete an application online at: https://docs.google.com/forms/d/e/1FAIpQLSdqdjH7BvFaaNkDLpkvjDijCkKdwOyX7QpX21LxmB_5lhNmMg/viewform

Together, we can continue building a stronger, healthier, and more connected community.

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Monthly Events

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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

July Food \$en\$e Information:

Order Dates - Friday, June 19th (1:30-3pm), Monday, July 6th & 13th(10am-12pm)

Order Online by - Monday, July 20th at midnight

Pick up - Friday, July 31st 1:30-3pm

August Food \$en\$e Information:

Order Dates - Friday, July 31st (1:30-3pm), Monday, August 3rd & 10th(10am-12pm)

Order Online by: Monday, August 17th at midnight

Pick up - Friday, August 28th 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, July 30th at 4pm. The August 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




Puppy Play Dates Are Back!


Join us at the Camden Life Center for some puppy love and stress relief with our friends from Lewis Manor Labradoodles! Whether you're looking for a mood boost, a chance to unwind, or simply some quality time with adorable puppies, these visits are sure to bring smiles and joy.

 Upcoming Puppy Play Dates

 July 1st | 2:30–3:30 PM

 July 15th | 2:30–3:30 PM

 August 5th | 2:30–3:30 PM

 August 19th | 2:30–3:30 PM



These events are free and open to the community. Stop by, meet the puppies, and enjoy an hour of fun, connection, and cuddles!

Recovery Cafe 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, 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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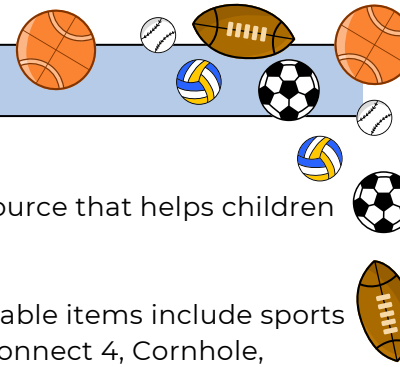


Youth Programs

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Borrow & Play Sports Shed

The Camden Life Center is excited to offer the Borrow & Play Sports Shed, a free community resource that helps children and families stay active, connected, and engaged through play!

Borrow sports equipment, outdoor games, and recreation items at no cost for up to 7 days. Available items include sports balls, baseball equipment, pickleball gear, scooters, skis, snowshoes, sleds, bike helmets, Giant Connect 4, Cornhole, Spikeball, and more.

Getting started is easy—stop into the Camden Life Center, create an account, sign a waiver, and receive your Borrow & Play ID card. Then you're ready to check out equipment and start playing!

✨ Stay tuned! We're working on adding even more fun equipment and activities to the Sports Shed, giving families even more opportunities to get outside, stay active, and play together.

This project was made possible through the generous support of The Edwin J. Wadas Foundation, Inc.

Adulthood 101 is Back for Year 4!

Is your teen ready for life after high school?

Join us for the 4th Annual Adulthood 101 at the Camden Life Center, August 17–21! This free, hands-on program is designed to help teens entering 7th grade and up to build confidence and learn the practical life skills they'll use for years to come.

Throughout the week, participants will gain real-world experience in topics such as budgeting, cooking, job readiness, communication, healthy relationships, financial literacy, basic home and car maintenance, and other essential life skills. It's a fun, interactive way to prepare teens for greater independence while connecting with peers in a supportive environment.

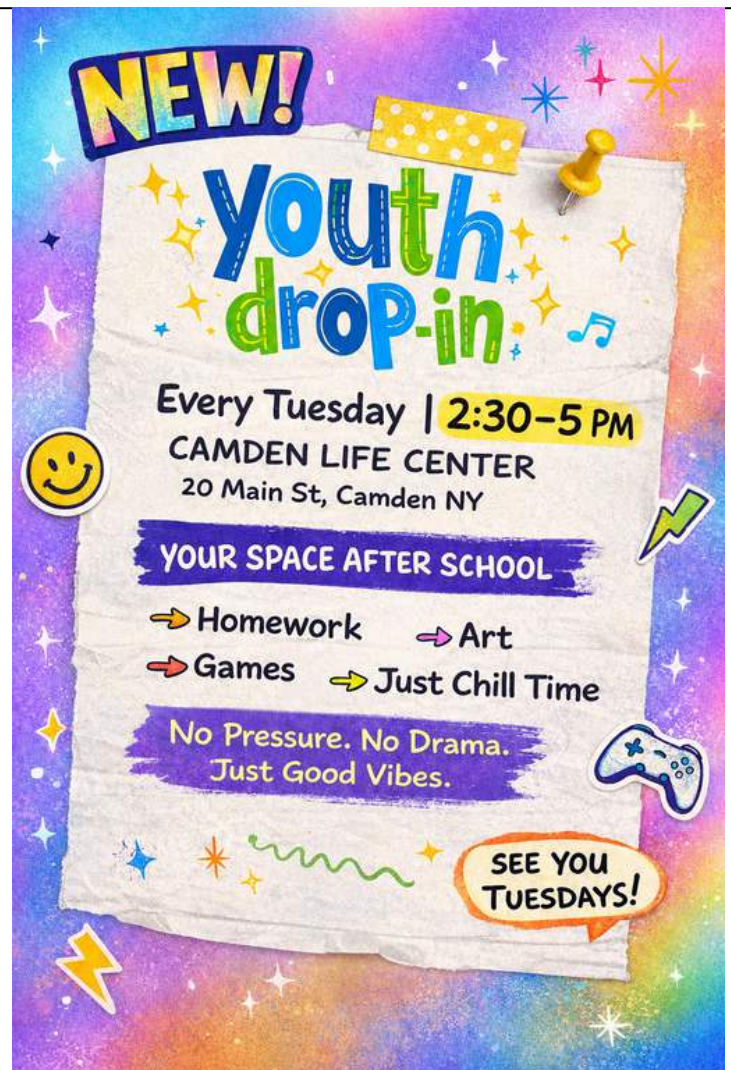
Parents and guardians: Registration is now open! Reserve your teen's spot today by completing the registration form:

<https://forms.office.com/r/kxkCnLu4tX>

Space is limited, so be sure to register early. We can't wait to welcome our next group of future adults!



ADULTING ★ 101



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School of Recovery Programs

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Tech Drop-In with Barb

Need help with your computer, smartphone, tablet, email, or other technology questions? Stop by Tech Drop-In with Barb every Wednesday from 9:00 AM–12:00 PM at the Camden Life Center!

Barb, one of our wonderful volunteers and a former IT professional, brings years of experience and knowledge to help you navigate technology with confidence. Whether you're troubleshooting a device, learning a new skill, or just have a tech question, Barb is happy to help to the best of her ability.

No appointment necessary—just drop in with your questions!

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 meaningful connections with others in a supportive environment.

 **When: Wednesdays, 12:00–3:00 PM**

 **Where: Camden Life Center**

✨ Upcoming Special Session:

 **August 12th – Friendships & Support Systems**

Learn how healthy relationships, effective communication, and strong support networks can strengthen your recovery journey. Through conversation and a creative activity, we'll explore the importance of connection, setting boundaries, and building a circle of support that helps us navigate life's challenges together.

Come ready to create, connect, and leave feeling inspired! ✨

School of Recovery Community Event Series

School of Recovery is a welcoming space where adults can learn practical life skills, build healthy relationships, and find support through engaging classes and activities. All School of Recovery events are free and open to adults ages 18 and older.

 **Walk & Talk with Kat**

 **Wednesday, July 1st & Wednesday, August 5th | 5:30–7:00 PM**

Enjoy a relaxing walk while connecting with others through supportive conversation and fresh air.

 **Life Skills Recovery Workshop**

 **Friday, July 10th & Friday, August 7th | 2:00–3:00 PM**


Learn practical skills and tools that support everyday life, personal growth, and recovery.

 **Computer Confidence with Barb**

 **Friday, July 10th | 5:00–6:00 PM**

Gain confidence using computers in a friendly, beginner-focused class with hands-on guidance.

 **Canvas Painting**

 **Monday, July 13th | 5:30–7:30 PM**

Unwind with a fun evening of creativity and connection through painting. **Held at Full Moon Reflections (80 Main Street, Camden). Space is limited; please call the Camden Life Center to register.**

 **Letting Go & Moving Forward**

 **Friday, July 17th | 5:00–7:00 PM**

Explore ways to let go of the past and embrace healthy change through discussion and reflection.

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

Everyone is recovering from something. Whether you're working through life's challenges, building new skills, or simply looking for connection, you are welcome here.

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

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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



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:

- S.T.A.R (Mobile Crisis Program) -315-624-7575
- 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.



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