BOONVILLE life CENTER

A program of the
Life Center Collaborative

December Newsletter

As we welcome the holiday season and prepare to close out 2026, we're feeling especially excited about the future of the Boonville Life Center! We continue working behind the scenes, exploring new partnerships, programs, and opportunities to better serve the Boonville community. We can't wait to see what 2027 brings!

Recently, we brought together many of our established community partners at the Camden Life Center to explore opportunities for expanding services into Boonville. We were thrilled by their interest and enthusiasm! These conversations have sparked exciting possibilities as we continue working toward bringing more resources and support closer to home.

As we continue planning for the new year, we want to hear from YOU! What programs, services, resources, or opportunities would you like to see in Boonville? We encourage you to stop by, call, text, or email us with your ideas. We'd love to bring your thoughts to the table as we continue growing alongside our community.

This month's newsletter highlights our December theme, Peaceful Moments, Joyful Memories, along with Kat's inspiring recovery story. You'll also find information about our on-site partners, community resources, upcoming opportunities, and ways to get involved.

As we reflect on this past year, we are incredibly grateful for the relationships we've built, the conversations we've had, and the warm welcome we've received from the Boonville community. Thank you for being part of our journey as we continue building a Life Center that reflects the needs and hopes of our neighbors.

Wishing you a holiday season filled with peaceful moments, joyful memories, and meaningful connections.

Here's to an exciting year of growth in 2027!

Office Information:

Office Hours: Every Tuesday from 10am-2pm
Office Location: Methodist Church - 202 Main Street, Boonville NY

Stop in during office hours to ask questions, learn about available resources, or connect with our team.

Can’t make it during office hours?
Give us a call at 315-820-2638. Leave your name, phone number, and a brief message about what you’re looking for, and a member of our team will return your call and help connect you with the information or resources you need.

What is a Life Center?

The Life Center grew out of what we knew from living in rural communities like Camden and Boonville. We knew how hard it could be to find help close to home, and we wanted to do something about it.

A Life Center is a place where you can walk in, tell us what's going on, and have someone help you figure out what to do next. You might need food for your family, help with a heating bill, or someone to talk to. We'll listen, help where we can, and connect you with people and services nearby. You don't have to know what kind of help to ask for before you come in.

It's also a place to share a meal, meet a neighbor, find support in recovery, or lend a hand. At our Life Centers in Camden and Boonville, we bring local people and organizations together so it's easier to find support close to home. Some days you need a hand. Some days you have one to offer. There's room for you here either way.

Want to learn more about what the Life Center is all about? Stop by and visit us on Tuesdays from 10 AM–2 PM at 202 Main Street in Boonville! Meet our team, learn about available resources, and share your ideas for programs and services you'd like to see in our community.

More Than My Past: Kat's Journey of Recovery and Hope

My name is Katherine, and I once struggled deeply with addiction. Today, I stand proudly in my sobriety as a reminder that change is possible, and there is always hope.

I remember sitting in my apartment, about to be kicked out, with no money and already wondering how I would get my next fix. As I looked around for things to pawn or trade, I stopped and thought, "What am I doing?" Addiction had completely taken over my life.

My addiction eventually led me to Bedford Hills Correctional Facility, a maximum-security prison. I spent two years incarcerated. After losing so much, I knew something had to change.

Getting sober wasn't easy. I had to face my past, take responsibility for my choices, and learn to live differently. Today, I am proudly 9 years sober!

Sobriety has given me more than I ever imagined. I am a mom to four amazing boys, engaged to an incredible man who is 5 years sober, and surrounded by loving family and friends.

As the Community Cafe and Peer Support Coordinator at the Camden Life Center, I now use the hardest parts of my past to help others find hope—one of the greatest gifts of my recovery.

My past will always be part of my story, but it does not define me.You are never too far gone. Your story is not over. Recovery is possible.Sobriety isn't the end of my story—it's the beginning of who I am becoming.

December Monthly Theme

Peaceful Moments, Joyful Memories

The holiday season is a wonderful opportunity to slow down, reconnect with loved ones, and reflect on what truly matters. However, between busy schedules, financial pressures, and holiday expectations, it's easy to become overwhelmed. This December, we're focusing on creating a less stressful holiday season by choosing presence over perfection.

Meaningful memories don't have to come from extravagant gifts, perfectly planned gatherings, or elaborate celebrations. Often, the moments we remember most are the simplest ones—sharing a meal, enjoying a family tradition, laughing with friends, or spending quality time with those we love.

We also recognize that the holidays can be a difficult time for many. Whether someone is experiencing grief, loneliness, financial hardship, or other challenges, a simple act of kindness or a thoughtful conversation can make a meaningful difference.

At the Boonville Life Center, we believe that the strength of a community comes from how we care for and support one another. This holiday season, we encourage you to check in on your neighbors, extend kindness, and remember to give yourself the same patience and compassion you offer others.
As we close out the year, let's take time to appreciate the little things, embrace meaningful connections, and create memories that bring us joy.

Peace begins when we choose presence over perfection. May this holiday season be filled with peaceful moments, joyful memories, and the warmth of community.

Volunteer with us

Give your time and talents to support the Boonville Life Center! Volunteers can help with day-to-day activities, community outreach, special projects, and more. Whether you have a few hours or want to get involved regularly, we'd love to have you.
Apply Here: https://forms.gle/5iFC9LAwvJ2Y7P5c8

Join Our Advisory Council

Help us keep the Boonville Life Center connected to the community it serves. Advisory Council members share ideas, provide community insight, and help us better understand local needs and opportunities.
Apply Here: https://forms.gle/kLG6grCHUKBTqnCU6

Serve on Our Board of Directors

Looking for a deeper way to support our mission? The Life Center Collaborative Board of Directors helps guide the organization's continued growth, sustainability, and impact across the communities we serve.
Apply Here: https://forms.gle/vSYMez61zBi36fYL6

On Site Partners

Come to the Table Counseling

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.

National Grid

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-2pm on December 8th this month!

Food ene Program

The Boonville Life Center continues to support the Boonville Food Sense program, helping make affordable food options more accessible within our community.

For those who prefer to order in person or are unable to sign up online, Food Sense ordering available during our regular office hours:

🗓️ First Tuesday of each month
⏰ 10:00 AM – 2:00 PM

📅 Upcoming Food Sense Dates
December Sign-Up Dates:
📍 202 Main Street
🗓️ Tuesday, December 1st
⏰ 10:00 AM – 2:00 PM

December Pickup Date:
📍 200 Post Street
🗓️ Friday, December 18th
⏰ 12:30 PM – 1:30 PM
⚠️ Please note the change in pickup time!

Interested in Donating?

Your gift to Life Center Collaborative, Inc. supports the growing & vital programing that we are bringing to the Boonville Community.
Give Today:
https://givebutter.com/lifecentercollaborative

Scan Here to Donate

Oneida County Emergency Services

Mental Health Emergency:
S.T.A.R (Mobile Crisis Program) - 315-624-7575
Crisis Life - 988 (Call/text/Chat)
St. Joseph's - CPEP - 315-448-6555

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