

COLUMBIA COUNTY PATHWAYS TO RECOVERY (CCPR)

Monthly Newsletter

August 2024



Columbia County Pathways to Recovery is a RCO (Recovery Community Organization) – a grassroots group which grew out of the concern for a need for awareness, education, advocacy, and change in regard to the public health crisis of addiction.

Here’s what has happened in the last month and what’s to come!

Welcome to our first monthly newsletter! We are thrilled to share with you the latest developments in our mission to make a positive impact in our community of Columbia County. Our goal for this newsletter is to provide Columbia County with monthly updates on recovery and community events, with CCPR as well as other local organizations. We will update you on current healthy recreational activities, new initiatives in harm reduction, addictive behavior education and community meetings and recovery resources.

In terms of recent activities, we are launching a new initiative to provide educational youth programs to the Columbia County area. These programs aim to support SUD prevention, improve access to quality resources and promote recovery and non-stigmatized assistance to our county youth.

In this newsletter you can expect:

Community Updates

Schedule of Meetings and Events

Stories of Impact

List of Local Food Pantries

Resources and HELP Lines

Donors and Volunteers

CCPR RECOVERY COMMUNITY CENTER CALENDAR

WE CURRENTLY OFFER THE FOLLOWING SUPPORT MEETINGS AND RECOVERY SERVICES:

MONDAYS
 10 am - CRAFT (Community Reinforcement and Family Training) support mtg
 6 pm - Revelation Wellness Exercise class (all fitness levels; co-ed)
 7:30 pm - SMART meeting – all are welcome (beginning Sept 9)

TUESDAYS
 10 am to 2 pm – Coffee Hour Drop-In
 6 pm - AA Women’s Step Meeting
 7:30 pm - AA Step and Tradition Meeting

THURSDAYS
 9 am to 12 pm – Coffee Hour Drop-In
 6 pm - AA Men’s Meeting
 7:30 pm – Young People’s Recovery Coffee Hour (2nd and 4th Thursdays)

SATURDAYS
 7 pm - AA meeting which reads from the book *As Bill Sees It*

All are welcome in our safe, non-judgmental space!
 at
CCPR’s RECOVERY COMMUNITY OUTREACH CENTER
 1 Taconic Place (off Rt. 66), Chatham, NY

WE’RE STILL EXPANDING OUR SERVICES! WE WELCOME ALL RECOVERY RELATED SUPPORT GROUPS. NEED A SPACE FOR YOUR MEETING? CALL OR EMAIL US!

Presented by Columbia County Pathways to Recovery, Inc. (CCPR)
 www.columbiacountyrecovery.org columbiacountyrecovery@gmail.com
 Phone: 518-966-2775 HELPLINE 877-HOPE-365 9am-9pm 7days




Local Recovery Resources:

Columbia County Pathways To
Recovery Helpline
☎ **877-HOPE-365**
877-467-3365
9am to 9pm
7 Days A Week
We Can Help Connect You To
Recovery Options To Guide
You On Your Journey
To Recovery

#HopeInRecovery

NYS Office of Addiction Services and Supports

Website: [Click Here](#)

Greener Pathways Mobile Outreach Columbia & Greene Counties

518-291-4500

Afterhours Hotline:

(518) 822-0090

Website: [Click Here](#)

Local Youth Clubhouses

Mental Health Associations of Columbia-Greene County

Hudson, NY Youth Clubhouse
47 North 5th Street
Hudson, NY 12534

Columbia-Greene Youth
Clubhouses:
[Facebook:](#)

Catskill, NY Youth Clubhouse
455 Main St
Catskill, NY 12414
(518) 491-2432

- **Youth Voices Matter-NY**

1529 Western Avenue Albany, NY
Reach out to a Youth Recovery
Program Specialist in Your Region!
Website: [Click Here](#)

- **Northeast Problem Gambling
Resource Center**

100 Great Oaks Blvd., Suite 104, Albany,
NY

The PGRC covers 15 counties in the
Northeast Region of NYS, including all of
Columbia and Greene County, up to the
Canadian border.

Services Provided: We provide 1:1 attention
and support to those seeking assistance for a
gambling problem or a friend or family
member's gambling. We also raise
awareness of gambling harm through
agency partnership development and by
offering educational training opportunities.

Phone: (518) 801-1491

Email: rfetterman@nycpg.org

[Click here for resource center:](#)

[Click here for further information and blog.](#)

**“Healing takes courage, and we all
have courage, even if we have to
dig a little to find it.” -Tori Amos**

Community Events and Meetings at CCPR:

September is National Recovery Month!

- We are excited to announce our first annual golf outing held by CCPR at Olde Post Golf Club on September 7th! Flyer can be seen below.
- Kym Laube**, a national speaker, will be hosting a community meeting at CCPR on Wednesday, August 21st at 6PM to speak to on youth mental health and substance misuse.



New Meetings and Updates:

SMART meeting to begin September 9th!

Join us! on September 9th at 7:30pm at CCPR's Community Outreach Center at #1 Taconic Place, Chatham, NY and explore the self-empowering, mutual support group focused on addictive behaviors.



"One of the hardest things was learning that I was worth recovery" -Demi Lovato



- Save the Date! CCPR's annual recovery/memorial walk will be held on September 20th at 6 PM on the steps of Tracy Memorial Chatham. If someone wants a memorial sign made of a loved one, please email Desiree at desireeg728@gmail.com

More CCPR Events:

Dates and Locations for Recovery Hikes with CCPR:

“Sobriety is not about giving something up. It’s about taking everything back” -Unknown

Recovering Nature

Join us once a month to experience healing of the body, mind and spirit as we hike through the wonders of nature and meditate through mindful movement.

For more information email us at: RECOVERYHIKENY@GMAIL.COM
Or check us out at:
 @RECOVERYHIKE
 RECOVERYHIKE

COLUMBIA-GREENE COUNTIES RECOVERYHIKE MEETS AT COLUMBIA COUNTY PATHWAYS TO RECOVERY 9AM FOR A 9:30 DEPARTURE TO FEATURED LOCATION OF THE MONTH

MAY 11 • GREENPORT CONSERVATION AREA
319 JOSLEN BLVD. HUDSON 12534

JUNE 8 • RAMSHORN LIVINGSTON SANCTUARY
109 DUBOIS RD. CATSKILL 12414

JULY 13 • BASH BISH FALLS
396 NY-344 COPAKE 12517

AUGUST 10 • HARVEY MOUNTAIN
EAST HILL RD. AUSTERLITZ 12017

SEPTEMBER 14 • VOSBURGH SWAMP
4 MILE POINT RD. COXSACKIE 12051

OCTOBER 12 • HUDSON SKYWALK/OLANA HISTORIC SITE
5720 NY-9G HUDSON 12534

NOVEMBER 9 • CLERMONT STATE HISTORIC SITE
1 CLERMONT AVE. GERMANTOWN 12526

DECEMBER 14 • MARTIN VAN BUREN HISTORIC SITE
1013 OLD POST RD. KINDERHOOK 12106

1 TACONIC PLACE
CHATHAM, NY 12037

Free Support

ITC support group for anyone who cares about someone who uses substances

Utilizing the Invitation to Change model, this free group will provide tools, strategies and support. For questions or more information please email info@commoncollab.com. This is an ongoing group, drop by when you can!

Who?	When?	Where?
Parents Partners Siblings Supporters	Wednesdays 6-7 PM Beginning 4/3/24	Common Collab 405 Stockbridge Road Great Barrington

ITC • The Invitation to Change Approach
www.cmcfc.org

Common Collab
www.commoncollab.com

- Beginning September 12th, **Invitation to Change**, ITC, will be holding a meeting, with a zoom option, in Hudson, NY on Thursdays at the Hudson Clubhouse at 47 North 5th Street. This meeting will no longer be offered at Columbia County Pathways to Recovery. Please check back on CCPR’s social media pages for Zoom info soon to come!
- For anyone interested, there is an ongoing ITC meeting in Great Barrington every Wednesday at 6PM at Common Collab, 405 Stockbridge Rd. This 15-week course offers incredible new insights and tools for effective communication skills and ways to cope with the hardships of having a loved one who may be struggling with addictive behaviors.

[Click Here for Website:](#)

ITC • SUPPORT GROUPS IN NY STATE

THE INVITATION TO CHANGE A DIFFERENT WAY TO THINK ABOUT ADDICTION

- Learn tools for helping
- Deepen understanding about substance use
- Strengthen relationships and communication

Meets Weekly on Thursdays
September 12th -
December 12th, 2024
6pm - 7:30pm

On Zoom and In-person at
Clubhouse of MHACG
47 North 5th St
Hudson, NY 12534

The first meeting on September 12 will be an introductory session - feel free to come to just to check it out!

SCAN OR CLICK HERE TO LEARN MORE AND REGISTER!

Columbia County Food Pantries:

Food Pantries near Chatham, NY

- **Tracy Memorial Village Silent Food Pantry.**

Tracy Memorial Village Hall
Basement (enter through back door) 77 Main Street Chatham, NY 12037

MONDAYS: 10:00-12:00noon

TUESDAYS: 10:00-12:00noon

CLOSED WEDNESDAYS

THURSDAYS: 4:00-6:00pm

FRIDAYS: 10:00-12:00noon

518-392-7794

chathamsilentpantry@gmail.com

- **Ghent, NY Food Pantry**

Hours: Monday through Thursday
9:00am - 12:00pm For more information, please call (518) 392-4644
2306 NY-66, Ghent, NY 12037

- **Seventh-day Adventist church food pantry**

Drive-thru Hours: Saturday May 15, August 21, November 20 2:00 pm to 4:00 pm First-come first-serve basis. For more information, please call, (518) 784-4400, for details or questions or just stop by.

- **Mellenville-Philmont Food Pantry at Claverack Town Hall**

Food Pantry Distribution Hours:
Tuesdays 10:30am - 11:30am and
5:30pm - 6:30pm
(518) 672-7911

Food Pantries in Hudson, NY

- Columbia Opportunities Food Pantry & Emergency Assistance (Please call ahead for an appointment) (518) 828-4611 540 Columbia Street, Hudson, NY, 12534

- Rock Solid Church Food Pantry 2nd and 4th Friday of the month from 10-12 noon, adding 1st and 3rd Thursday from 4-5pm Pre-packaged groceries (518) 828-2444 334 Union St., Hudson, NY 12534

- Salvation Army Food Pantry Monday, Wednesday, Friday, 8am-10am. Pre-packed groceries Pre-packaged groceries. Monday - Friday, 11:30-12:30 (518) 822-1602 40 S. Third St., Hudson, NY 12534

- St. Mark's Lutheran Food Pantry Mon and Thurs, 9-12 noon Pre-packed bags of groceries going forward (518) 822-1688 200 Fairview Ave., Hudson, NY 12534

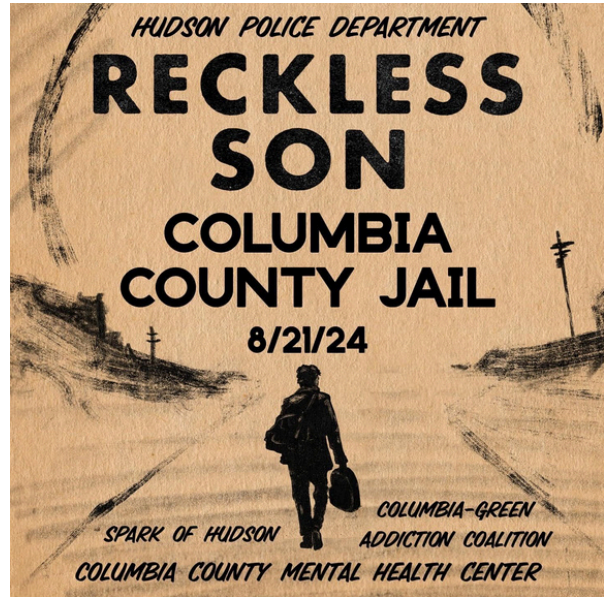
- Time & Space Limited 5:30 PM comfort food suppers for pick-up or delivery \$5, or pay what you can Order ahead of time: (518) 822-8100 or jeff@timeandspace.org 434 Columbia St., Hudson, NY 12534

- Zion Community Food Pantry 2nd and 4th Tuesday of the month from 5:30pm - 6:30pm, and 1st and 4th Friday of the month from noon to 1pm. They offer grocery bag delivery to Providence Hall on 3rd Tuesday; available to 70+, and handicapped. Please sign up on the sheet in Providence Hall (518) 610-1980 Bliss Towers; 41 N. Second St., Hudson, NY 12534

- Our Community Cares is an organization that provides emotional and financial support to residents of Columbia County who are experiencing hardships.

[Click here for website](#)

More Community Events:



HEALTH EQUITY: THE HUMBLE APPROACH

September 17, 2024
3 pm - 4 pm

Columbia-Greene Community College
PAC Room 612

WITH SPECIAL GUEST
JERRIA MARTIN

JERRIA IS A NATIONALLY RECOGNIZED COALITION LEADER AND INFLUENTIAL TRAINER WITH THE OPIOID RESPONSE NETWORK AND CADCA TRAINING ACADEMY.



Singer, songwriter **Matt Butler** will be performing at the Greenport Venue in Hudson, NY on August 22nd at 5:30pm. All are welcome, this is a family friendly event! Funded and organized by Columbia-Greene Addiction Coalition, Columbia County Mental Health, and The Spark of Hudson through a local impact grant. Please reach out if you have questions or need transportation. Refreshments served and door prizes for the first 200 guests.

[Click here](#) for flyer and more info on Matt Butler concert

PROFESSIONAL NIGHT OUT 2024

TUESDAY AUGUST 6 2024

music + food + games + fun

FEATURING

Dunk an Officer Tank // Ice Cream // Hot Dogs // Face Painting
Fun & Games // Raffles & Prizes // Music by DJ Jack Bogarski

Join us with local law enforcement & community organizations
Dutchman's Landing Park // Catskill, NY // 4 pm - 7 pm

FREE & OPEN COMMUNITY EVENT
National Night Out is a community-building campaign that promotes police & community partnerships.



MHA of Columbia Greene | 713 Union Street, Hudson, NY 12534 | mhacg.org | REACH Center 24 Hour Helpline: 518.943.4482

FREE FAMILY-FRIENDLY YOUTH SUMMER SOCIAL

FOOD
MUSIC
GAMES

GREENE COUNTY RESIDENTS

REGISTRATION REQUIRED

DIRECT ACCESS TO LOCAL RESOURCES & COMMUNITY LEADERS

**WED. AUGUST 14TH 5-8PM
GRIFFIN HOUSE, PALENVILLE**



REGISTRATION INCLUDES DINNER!

We would like to express our gratitude to all of our donors, contributors and volunteers who have continued to support us. Your generosity and dedication has allowed Columbia County Pathways to Recovery to continue its programs and meetings, offering help and resources to our loved community.

Grants:

- OASAS—grant through NYS SENATOR MICHELE HINCHEY and Local Impact Initiative grant
- Columbia County Dept of Human Services
- Berkshire Taconic Foundation—Fund for Columbia County and Technology grants
- The Ackerman Foundation
- Ghent Reformed Church
- Community Bank NA
- Clara Gott Incentive Fund
- The Greene County Bank
- Northern Columbia Lions Club

Individual Donors:

- Dr Joseph Lalka and Teresa Ribadeneyra;
- Donna and Conrad Coon; Coon Self Storage
- Northlands Foundation,
- Wheelock Whitney
- Golf Sponsors:
- Kneller Insurance;
- First Fuel & Heating
- Frank Marshall
- Long Energy
- Ginsbergs Foods
- Joseph Lalley
- Metz-Wood Insurance Framarin family
- Callander's Nursery



CALLING ALL SUPPORT MEETINGS!!

WE HAVE SPACE!!

WE'D LOVE TO HOST YOUR SUPPORT MEETING!

We welcome ALL recovery-related support groups: substance use; 12-step and non 12-step; mental health and wellness; codependence; gambling and overeaters; family support, etc.

CCPR's Recovery Community Outreach Center is here to demonstrate hope and help in sustaining long term recovery by providing a meeting location, peer-led and peer-driven mutual support groups; sober social and recreational activities, and connections to area services... all in a beautiful, air conditioned, judgment-free, safe space.

PLEASE START OR BRING YOUR MEETINGS TO OUR RECOVERY COMMUNITY OUTREACH CENTER!

1 Taconic Place, Chatham, NY
Call 518-966-2775 or email columbiapathwaystorecovery@gmail.com

Stories of Impact:

- **This month's story is about two friends who overcame addiction in Columbia County.**

Click Here!
for the full story on IMBY's website.

Thank you for reading!

<p>COLUMBIA COUNTY PATHWAYS TO RECOVERY</p>	<p>(518) 966-2775</p>
<p>New Website coming soon! Facebook: CCPR's Main Page Facebook: Community Outreach Center CCPR's Instagram:</p>	<p>Address: #1 Taconic Place, Rt 66 Chatham, NY 12037 Mailing Address: P.O. Box 486, Ghent, NY 12075</p>