



## Columbia County Pathways to Recovery

*Issue # 25 - July 2026*

# Welcome to our July newsletter!

As we welcome July, we're reminded that recovery is built one day at a time through connection, support, and hope. Summer often brings opportunities to gather with family and friends, enjoy community events, and create new memories. It can also bring changes to our routines, along with added stress, busy schedules, and exhaustion. That's why it's especially important to stay connected to the people, resources, and practices that support our well-being. Wherever this month takes you, know that you don't have to navigate it alone. Every day is an opportunity to strengthen

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**forward.**

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## **CCPR Community Events**

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**JULY 27th | 5:30–7:00 PM**

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# CHANGING CONFLICT INTO CONVERSATION

Conflict resolution begins with managing difficult conversations.

## JOIN US FOR A COMMUNITY CONVERSATION



DATE

**27 JULY 2026**



TIME

**5:30–6:30 PM**

After a brief overview of Common Grounds services, which include mediation, conflict resolution and communication workshops, bullying and restorative practice programs, we will offer you a quick guide on how to manage conflict in your life.



**SNACKS AND DRINKS  
WILL BE PROVIDED!**



**COMMONGROUND**



**1 TACONIC PLACE  
CHATHAM, NY 12037  
(ENTRANCE IN THE BACK)**

**OR EMAIL US FOR A ZOOM LINK!**



[columbiapathwaystorecovery@gmail.com](mailto:columbiapathwaystorecovery@gmail.com)



[@columbia\\_pathways\\_to\\_recovery](https://www.instagram.com/columbia_pathways_to_recovery)

**AUGUST 24th | 5:30–7:00 PM**

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# ***Eat Well, Recover Strong***



**Join this one-time class to learn easy tips for healthy eating, smart grocery shopping on a budget, and making easy meals in any space!**

**Cooking demonstration and take-home recipes included!**

**Monday, August 24<sup>th</sup>  
5:30-7pm**

**Columbia County Pathways to Recovery  
1 Taconic Pl, Chatham**



**Cornell University  
Cooperative Extension**



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# LIVING LIFE MEETING

THE 2ND AND 4TH THURSDAY  
OF EVERY MONTH AT 7:30PM

@ CCPR RECOVERY  
COMMUNITY OUTREACH CENTER  
*1 Taconic Place, Chatham, NY*

Open to anyone in any stage of recovery  
or healing. Come hang out and chat  
with us about getting through life.

Call or text 518-495-4796  
or 518-816-7751

[www.columbiapathwaystorecovery.org](http://www.columbiapathwaystorecovery.org)  
[columbiapathwaystorecovery@gmail.com](mailto:columbiapathwaystorecovery@gmail.com)  
518-966-2775

**HELPLINE**  
877-HOPE-365  
9am-9pm | 7 days

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# TALK WITH SOMEONE WHO HAS LIVED THROUGH IT.

Find a certified recovery  
peer specialist who  
understands.



Real Experience.  
Real Support.



Guidance for  
Today and  
Tomorrow.



Support That  
Respects Your  
Journey.

YOU DON'T HAVE TO DO IT ALONE.  
WE'VE BEEN THERE.



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# CCPR CHECK-IN TEXT

Sometimes socializing in early recovery can feel hard.  
Our peer check-in text provides **simple daily support**.

- ✓ Daily check-ins
- ✓ Encouraging messages
- ✓ Peer support



## Example Check-In

Good morning! Just checking in to see how you're doing today. You're not alone.

**Sign up today on our website or contact us for more information.**

## CCPR Recovery Community Cener

1 Taconic Place, Chatham, NY  
columbiapathwaystorecovery.org  
518-966-2775 | 877-HOPE-365

**JULY 2026**

| MON | TUE                                                                                 | WED                                                                                                            | THU                                                                                                                                                                                                | FRI                                                                                              | SAT                                                                                                                                            |
|-----|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
|     | <b>DROP-IN HOURS</b><br>10 AM-1 PM<br><br><b>6:00 PM</b><br>AA WOMEN'S STEP MEETING | <b>6:00 PM</b><br>REVELATION WELLNESS EXERCISE CLASS<br><br><b>8:00 PM</b><br>THE CHATHAM BEGINNERS AA MEETING | <b>5-7:00 PM</b><br>LGBTQ CONNECTION NETWORK<br><b>6:00 PM</b><br>AA MEN'S MEETING<br><b>7:00 PM</b><br>CREATIVE WRITING FOR WORKSHOP<br><b>7:30 PM</b><br>LIVING LIFE MEETING (JULY 9TH AND 23RD) | <b>DROP-IN HOURS</b><br>9 AM-12 PM<br><br><b>6-8 PM</b><br>LGBTQ GAME NIGHT (JULY 10TH AND 24TH) | <b>7:00 PM</b><br>AA MEETING BIG BOOK STUDY GROUP<br><br><b>10 AM</b><br>RECOVERY HIKES COHOTATE PRESERVE 450 NY-385, CATSKILL, NY (JULY 11TH) |

☀ ALSO - MON/TUES/WED afternoon/eve BY APPOINTMENT - CRAFT (Community Reinforcement and Family Training) one-on-one support meetings 📞 Call Barbara 518-764-1749.



All are welcome in our safe, nonjudgmental space.



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 **Stay Up to Date!**

For the latest updates, visit our website at  
[\*\*columbiapathwaystorecovery.org\*\*](https://columbiapathwaystorecovery.org).

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## **Community & Partner Events**

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# HIKE & HANG

Recovery is better together.

**July 11<sup>th</sup>**  
**10am**

**Cohotate Preserve**  
**450 NY-385, Catskill, NY**

**About:**

- An easy 1.4 mile loop with views of the Hudson River and beautiful wetlands
- Great for all ages & hiking levels, kids welcome! Dogs are invited, but must remain on leash.
- Snacks & water provided

**Questions about the Hike? Need a Ride?**

Email [emily@c-gac.org](mailto:emily@c-gac.org) or call/text 518-303-2141



## EXPLORE WITH US!





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# HIKE & HANG

**Recovery is better together.**

**Get outside, breathe deep, and connect—  
with nature, with others, and with yourself. Fresh  
air, real conversations, and a supportive  
community can make all the difference. Join us!**

## Upcoming Outings

**June 13** | High Falls Preserve, Philmont

**July 11** | Octaparagon Wildlife Refuge, Coxsackie

**August 15** | Olana, Hudson

**September 12** | Overmountain, Ancram

**October 10** | Harlem Valley Rail Trail, Copake

**November 14** | Long View Park, New Baltimore

**December 12** | Schor Conservation Area, East Chatham

**OUTINGS BEGIN AT 10AM**

**TRANSPORTATION IS AVAILABLE**

**SCAN TO REGISTER**



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# Youth Shakespeare Monologue Workshop

Join us to play games, find your voice, and enter to win a cash prize!

**Workshops:**

**Mondays in July from 4:30-6:30**  
at the Hudson Youth Clubhouse  
(369 Warren Street, Hudson)

**Family and Friends Showcase:**

**Friday July 31 from 5-7**  
at the Hudson Youth Clubhouse  
(369 Warren Street, Hudson)

**Shakespeare Monologue Slam! For \*\*CASH PRIZES\*\*:**

**August 2 @ 3**  
at The Hudson Waterfront

**FREE!**

*For Youth ages 12-17*

*No sign up necessary!*

*Drop in when you can!*

Questions? Need help with Transportation?  
email [tboris@mhacg.org](mailto:tboris@mhacg.org)



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## Reserve You're FREE Tickets Today!

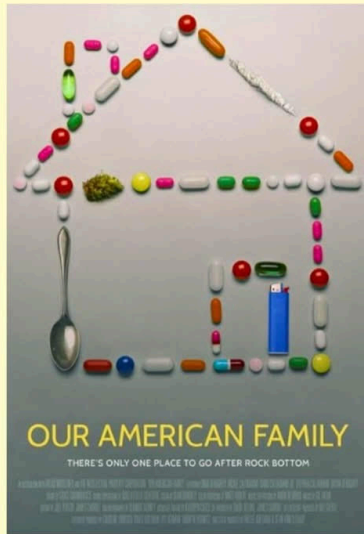
Scan the QR code or [Click HERE](#)

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# SCREENING & DISCUSSION

## August 26, 2026



Join us for a **FREE** community screening of *Our American Family*. A radically honest portrait of a close-knit Philadelphia family navigating the impact of substance use across generations.

Stay for a post-screening discussion with Linda, mother, and central figure in the film.



**TIME SPACE LIMITED 434  
COLUMBIA ST. HUDSON**

**PLEASE REGISTER  
SPACE LIMITED**



**DOORS OPEN AT 5:00 PM  
SHOW STARTS AT 5:30 PM**



**PIZZA & RESOURCES!**



## 2026 National Night Out

**Tuesday, August 4, 2026**

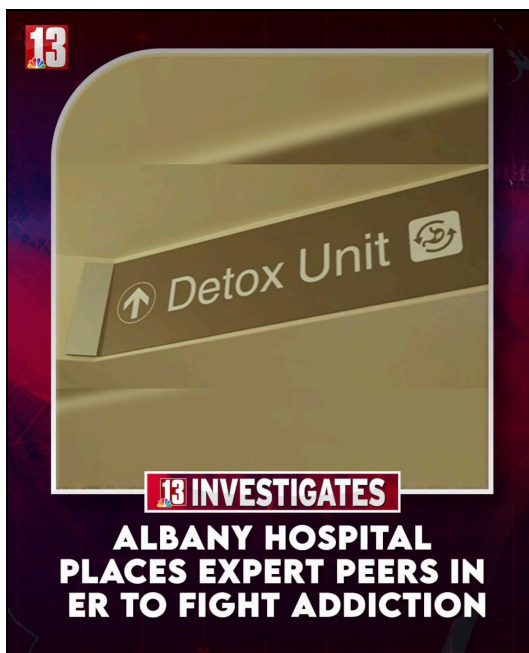
**Henry Hudson Riverfront Park**

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(Rain Date Tuesday, August 11, 2026)



## News



### Albany hospital places expert peers in ER to fight addiction

The emergency department is a front line of addiction, and St. Peter's has been trying something new: offering a particular expert right in the emergency room— CRPAs, which stands for Certified Recovery Peer Advocate. CRPA's are individuals who went through recovery themselves and are there to support patients in the early stages of their recovery.

See Kumi Tucker WNYT's conversation with a CRPA and St. Peter's officials:



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JUNE 20, 2020

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## How the county is using funds from addictive substance settlements

HUDSON--Columbia County is receiving money from legal settlements with companies that profit from addictive substances and directing it toward efforts to reduce substance abuse and addiction. Most of this money comes to Columbia County directly from a series of class action lawsuits with companies that manufacture opioid-containing medication, Department Services (DHS) Director Dan Almasi explained on May 21. Additional funds come through the New York State Office of Addiction Services and Supports (OASAS) via its Regional Abatement program, he added. A third source comes from a lawsuit against the vaping manufacturer Juul Labs, via the office of the NY State Attorney General (AG).

**By JEANETTE WOLFBERG**

**Published June 10, 2026**

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MAY 21, 2026 | Albany, NY

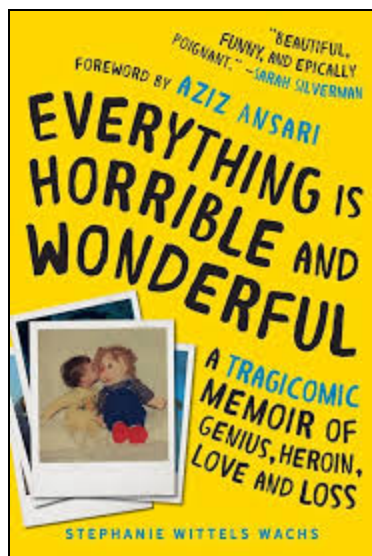
### Governor Hochul Highlights New Figures Showing Substantial Reduction in Overdose Deaths in New York State Through 2025

## Governor Hochul Highlights New Figures Showing Substantial Reduction in Overdose Deaths in New York State Through 2025

Governor Kathy Hochul today highlighted new provisional figures from the Centers for Disease Control and Prevention (CDC) [National Vital Statistics System](#), which show a substantial reduction in overdose deaths in New York State from 2022 through 2025. The annual number of drug fatalities fell for a third year in a row and decreased by 44.9% in New York. That's more than 5,000 lives saved. The largest reductions were seen in opioid-related deaths, which are down 51.9% since 2022.

[READ MORE HERE](#)

## Book of the Month



### Everything Is Horrible and Wonderful

*Everything Is Horrible and Wonderful: A Tragicomic Memoir of Genius, Heroin, Love, and Loss* is a memoir by Stephanie Wittels Wachs about the death of her brother, comedian and writer Harris Wittels, from a heroin overdose. Published in 2018, the book is widely recognized for its candid exploration of addiction, sibling love, and the realities of grief, balancing painful experiences with humor and compassion.

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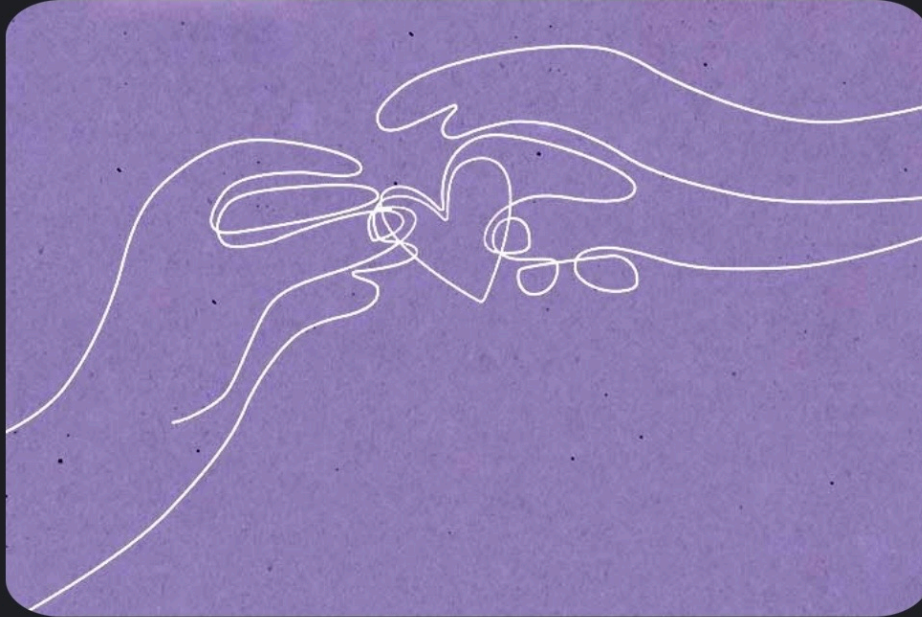
# Family Support





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# Am I Co-Dependent, or Just Trying to Help?



Monday June 6th at 6:00PM ET

Families are often told they are “codependent” when trying to help a loved one who is struggling, but is that really true? This session challenges these outdated ideas and explores a more compassionate, evidence-informed approach to supporting change while staying connected to the person you love.

[!\[\]\(faf942dc3e59ce8eb64b4ac481eca7e0\_img.jpg\) CLICK HERE TO LEARN MORE AND REGISTER !\[\]\(f6b0299e0b5e4340e509b71914970da0\_img.jpg\)](#)



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Wednesday

**Family Support Group  
2nd Tuesday**

June 9 @ 6:00 pm - 7:30 pm EDT



All are welcome to this free group that will meet via zoom. Please register below to let us know you are attending and to receive an email with the Zoom login credentials.

Wednesday

**Family Support Group  
4th Tuesday**

June 23 @ 6:00 pm - 7:30 pm EDT



All are welcome to this free group that will meet via zoom. Please register below to let us know you are attending and to receive an email with the **NEW Zoom login credentials.**

**We look forward to seeing you.**

**[CLICK HERE FOR LINK  
TO NAMI'S FAMILY SUPPORT GROUPS](#)**

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# FREE SUPPORT GROUP

FOR ANYONE WANTING TO HELP  
SOMEONE WHO STRUGGLES WITH  
SUBSTANCE USE



Every Thursday at The Spark of Hudson  
502 Union Street, Hudson, NY 12534  
6:00 PM - 7:30 PM

**ITC** • The Invitation to  
Change Approach®

Join us weekly at The Spark of Hudson for support and strategies—  
open to anyone helping a person who uses substances.

This is an ongoing, drop-in anytime, peer supported, facilitated group.

In this group you will:

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

Free to attend. In person and on Zoom

To sign up, scan the QR code or email [jcooper@cmcffc.org](mailto:jcooper@cmcffc.org)

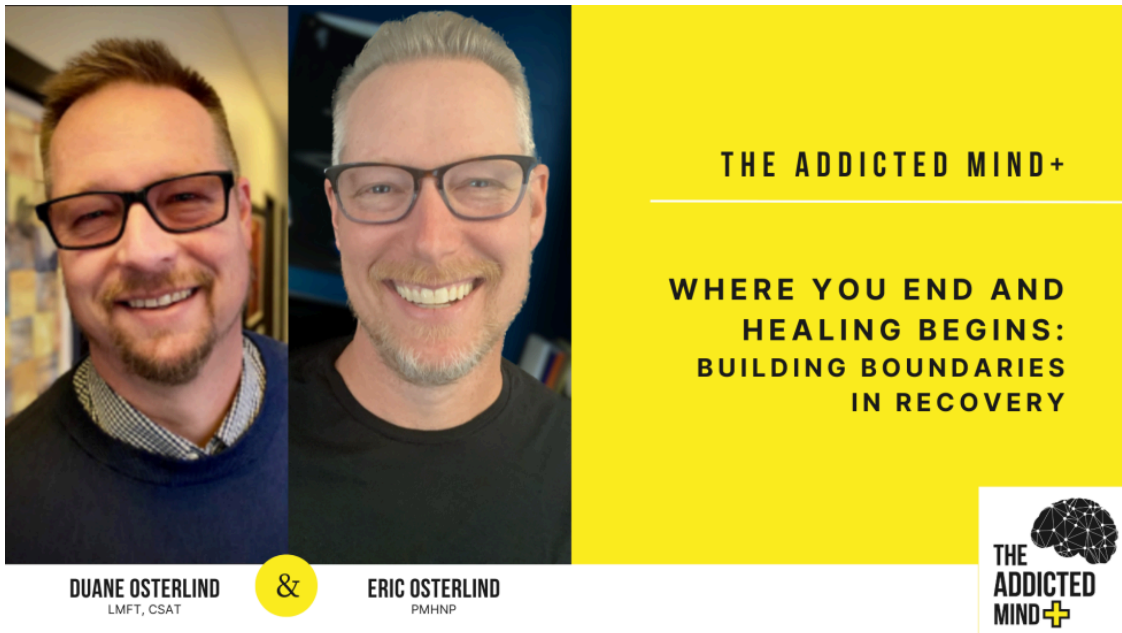


## Podcasts

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## Every House, Even the White House

President Bill Clinton discusses how addiction has affected his family and close friends.



## Where You End and Healing Begins: Building Boundaries in Recovery

## Summer Recovery Toolkit

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## WHAT HELPS? WHAT HURTS?

*Evidence-based ways to encourage positive change when someone you love is struggling with addiction.*

### A CRAFT Quick Guide for Family & Friends

- **Practice Self-care** Self-care supports clear thinking, builds stamina for the lengthy process of recovery and demonstrates what self-respect looks like.
- **Practice Nonconfrontational Interaction** Fifty years of data overwhelmingly confirms, confrontation is the number-one motivation killer.
- **Practice Nonjudgmental Conversations** Shame is the key reason people suffering with addiction reject help and recovery.
- **Practice Positive Communication** Your loved one is more likely to listen to caring words rather than criticism.
- **Practice Positive Reinforcement** Research shows success breeds success.
- **Establish Healthy Boundaries** Boundaries are for you. Your loved one is free to respond any way they wish, but clear, calm consistent boundaries can make recovery more appealing.
- **Appreciate (safe) Natural Consequences** Natural Consequences (to a degree) are opportunities to learn.
- **Practice Self-compassion** Forgive yourself for making mistakes, losing your way and saying the wrong things. You are doing the best you can.
- **Collaborate**
  - A. **Brainstorm Problems together** - Problem solving requires *specific* goals, thinking broadly, anticipating obstacles and revisions as needed.
  - B. **Offer a *Variety* of Treatment Options** - Options invite people to buy in to a solution they are willing to own.
- **Practice; practice; practice** Sustainable change takes time. Small, consistent changes often lead to meaningful results.



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| COOLING CENTERS                     |                                              |              |
|-------------------------------------|----------------------------------------------|--------------|
| FACILITY                            | ADDRESS                                      | CONTACT      |
| CLAVERACK FREE LIBRARY              | 629 ROUTE 23B,<br>CLAVERACK, NY 12513        | 518-851-7120 |
| GERMANTOWN LIBRARY                  | 31 PALATINE PARK RD,<br>GERMANTOWN, NY 12526 | 518-537-5800 |
| HUDSON AREA LIBRARY                 | 51 N. 5TH STREET,<br>HUDSON, NY 12534        | 518-828-1792 |
| KINDERHOOK MEMORIAL LIBRARY         | 18 HUDSON STREET,<br>KINDERHOOK, NY 12106    | 518-758-6192 |
| NEW LEBANON LIBRARY                 | 550 STATE ROUTE 20,<br>NEW LEBANON, NY 12125 | 518-794-8844 |
| CHATHAM PUBLIC LIBRARY              | 11 WOODBRIDGE AVE,<br>CHATHAM, NY 12037      | 518-392-3666 |
| ROELIFF JANSEN<br>COMMUNITY LIBRARY | 9091 STATE ROUTE 22,<br>HILLSDALE, NY 12529  | 518-325-4101 |

## Featured Partner of the Month



### Columbia Opportunities

CCPR would like to thank Columbia Opportunities for their continued partnership and commitment to supporting the well-being of individuals and families throughout Columbia County. Through their wide range of community programs and

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essential resources, promote stability, and strengthen opportunities for growth and recovery. We look forward to our continued partnership.

[If you would like to support CCPR's mission and programs, please consider making a donation.](#)



We could use your support and donation

[View this email in your browser](#)

**Donate Today**



Share



Tweet



Forward

**Columbia County Pathways to Recovery (CCPR)** is an 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.

**RECOVERY HOPELINE**

**877-467-3365**

**Information, Resources and Referrals**

**9am to 9pm | 7 days a week**

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*substance use disorder. We offer hope, awareness, advocacy, education and pathways for those who seek support, relief and recovery.*

**Our mailing address is:  
PO Box 486 Ghent NY 12075**

**[www.columbiapathwaystorecovery.org](http://www.columbiapathwaystorecovery.org)**

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