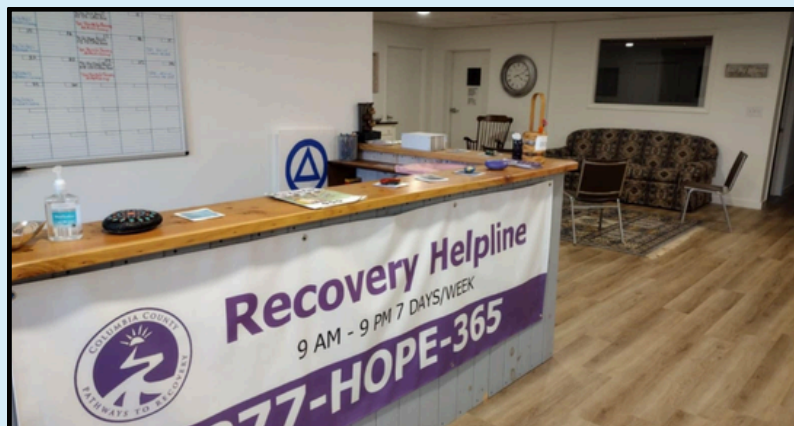


# COLUMBIA COUNTY PATHWAYS TO RECOVERY (CCPR)

## NOVEMBER 2025 Newsletter



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.

**“Addiction is not a choice that anybody makes; it’s not a moral failure. What it actually is: it’s a response to human suffering.”**

- Gabor Maté

### Stories of Impact:

- [My Journey from Addiction to Recovery: How I’m Breaking the Cycle for My Son](#)
- [“I walked through Recovery’s door”: Margaret’s story of fighting drug addiction after prison](#)

In this newsletter you can expect:

Community Updates

Schedule of Meetings and Events

Recovery News

List of Local Food Pantries

Resources and HELP Lines

Harm-reduction and Prevention Education

### Community Partner Spotlight:

## Stewart’s Shops

This month, we’re celebrating Stewart’s Shops for their continued support of local initiatives!

We’d also like to extend our heartfelt thanks for their recent donation to help launch our Wellness Speaker Series, coming this spring to Columbia County schools.

Their ongoing dedication to giving back helps strengthen our community every day.

Interested in becoming a sponsor?  
Contact Gail Day at [treasurer@pathwaystorecovery.org](mailto:treasurer@pathwaystorecovery.org)

**COLUMBIA COUNTY  
HELPLINE!**



Recovery Helpline

**877-HOPE-365  
877-4673-365**

Do you need help with substance use issues?

9 am to 9 pm  
7 Days A Week

Information, Resources and Referrals

# CCPR RECOVERY COMMUNITY CENTER

## NOVEMBER 2025 CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7:30 PM – SMART Meeting</p>	<p>10 AM – 1 PM – COFFEE HOUR DROP-IN</p> <p>6 PM – AA WOMEN'S STEP MEETING</p> <p>7:30 PM – AA STEP &amp; TRADITION MEETING</p>	<p>6 PM – Revelation Wellness Exercise Class</p> <p>8 PM – The Chatham Beginners AA Meeting</p>	<p>5 – 7 PM – LGBTQ Connection Network</p> <p>6 PM – AA Men's Meeting</p> <p>7:30 PM – Young People's Recovery Coffee Hour (Nov. 13th and 28th)</p>	<p>9 AM – 12 PM – Coffee Hour Drop-In</p> <p>6-8 PM – LGBTQ Game Night (Nov. 7th and 21st)</p>	<p>7 PM – AA MEETING (BIG BOOK STUDY GROUP)</p>

**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.



“As the holidays approach, we’re reminded of the power of gratitude and community in recovery. This month, we celebrate stories of hope, highlight upcoming events, and share ways to stay connected through the colder season.”

## Coping Through the Cold

Prepare a “comfort plan” for darker days.  
 Include uplifting music, a trusted contact, a favorite meeting, or a simple walk outside — tools that help when your mood dips.

For information on  
 Seasonal Affective Disorder

👉 [Click Here](#)

♥ PLEASE JOIN US FOR PASTA WITH A PURPOSE ♥

**Dine. Connect. Make a Difference.**

COLUMBIA COUNTY PATHWAYS  
TO RECOVERY (CCPR) PRESENTS

## *Spaghetti Dinner & Music*

### **FUNDRAISER**

It's time to eat pasta with a purpose! Help us raise funds for CCPR Recovery Center located at 1 Taconic Place, Rt. 66, Chatham! Enjoy homemade spaghetti plates available for **DINE-IN or TAKE-OUT**. Come enjoy some live music and dinner. Dinner includes pasta with meat sauce or vegetarian sauce, bread, salad, dessert and a drink. Gluten Free option available.

#### *Dinner Details*

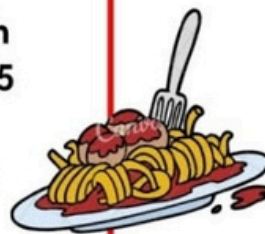


**WHEN: Saturday, November 8, 2025 4 - 7pm**

**WHERE: Ghent Reformed Church  
1039 Cty. Rt. 22. Ghent, NY 12075**

**TICKET COST: ADULTS \$15.00**

**CHILDREN: Under 12 \$10.00**



#### *How to Purchase Tickets*

Dinner tickets are \$15 for adults and \$10 for children and must be purchased by Wednesday November 5, 2025. We cannot guarantee plates for those without a ticket!

**Contact Desiree, the fundraiser coordinator, by email at  
[Columbiapathwaystorecovery@gmail.com](mailto:Columbiapathwaystorecovery@gmail.com) or 518-596-4742**



SCAN TO  
PURCHASE







# GIVING TUESDAY

**This Giving Tuesday, join Columbia County Pathways to Recovery in building hope and supporting recovery in our community.**

**On December 3, your generosity will help us continue providing vital peer support, resources, and connection for individuals and families affected by substance use.**

## Why It Matters



Vital peer  
support



Resources



Connection

## How You Can Help

**Every donation—big or small—helps create pathways to healing and recovery across Columbia County. Together, we can make recovery possible for all.**

**👉 Mark your calendars for December 3, 2025, and be part of this global day of giving!**

**Donate Now**



**PayPal**



**or Venmo**



# CCPR Work From OCTOBER

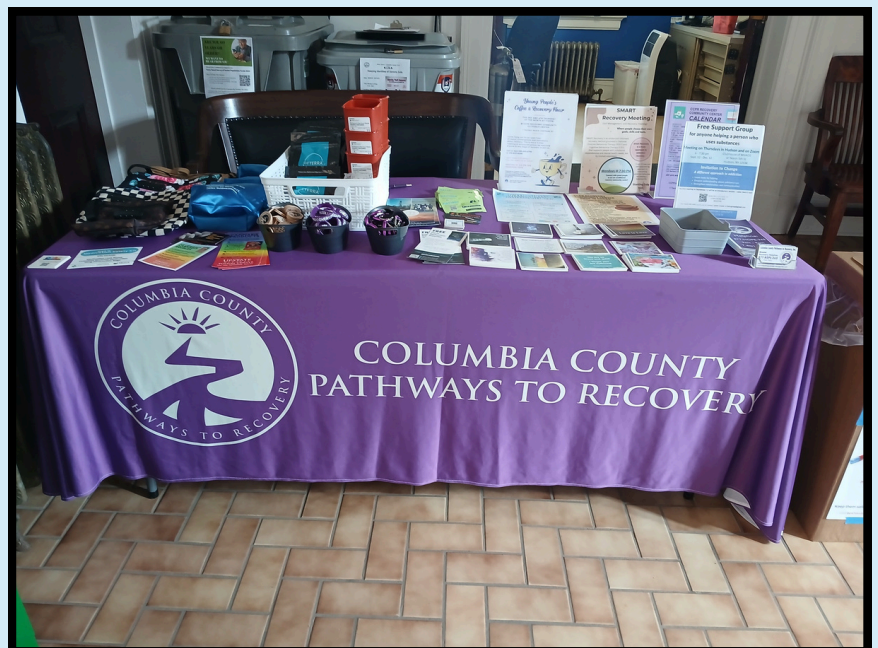
**Out of the Darkness  
Walk: 10/5/25**



**Domestic Violence  
Awareness Day: 10/15/25**



**Drug Take Back Day:  
10/25/25**





# DOCUMENTARY SPOTLIGHT:

## *Disconnected*

### A Film About Addiction & Recovery



### About the Film

Samadhi Founder David McNamara explores America's largest addiction crisis and the paradigm shift reshaping how we help people heal.

The film explores systemic causes, the human stories behind the statistics, and the powerful community-led movement transforming treatment.

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**“Healing begins when we stop seeing addiction as a failure — and start seeing it as a shared struggle.”**



**Watch the Documentary**

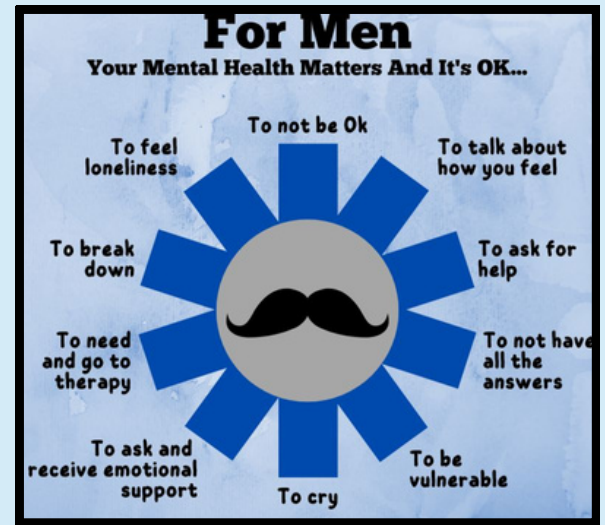
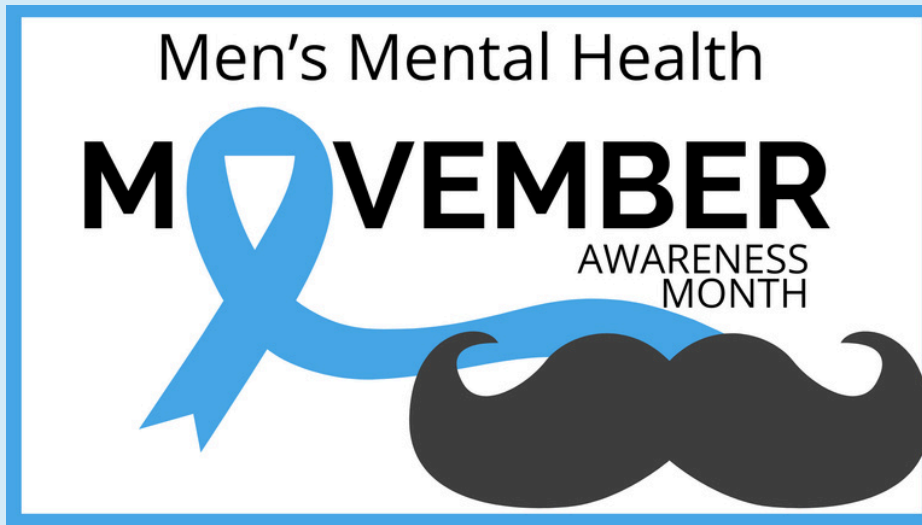


**[Click here to watch the full film on YouTube:](https://www.youtube.com/watch?v=nEyqcFlCJ2k)**

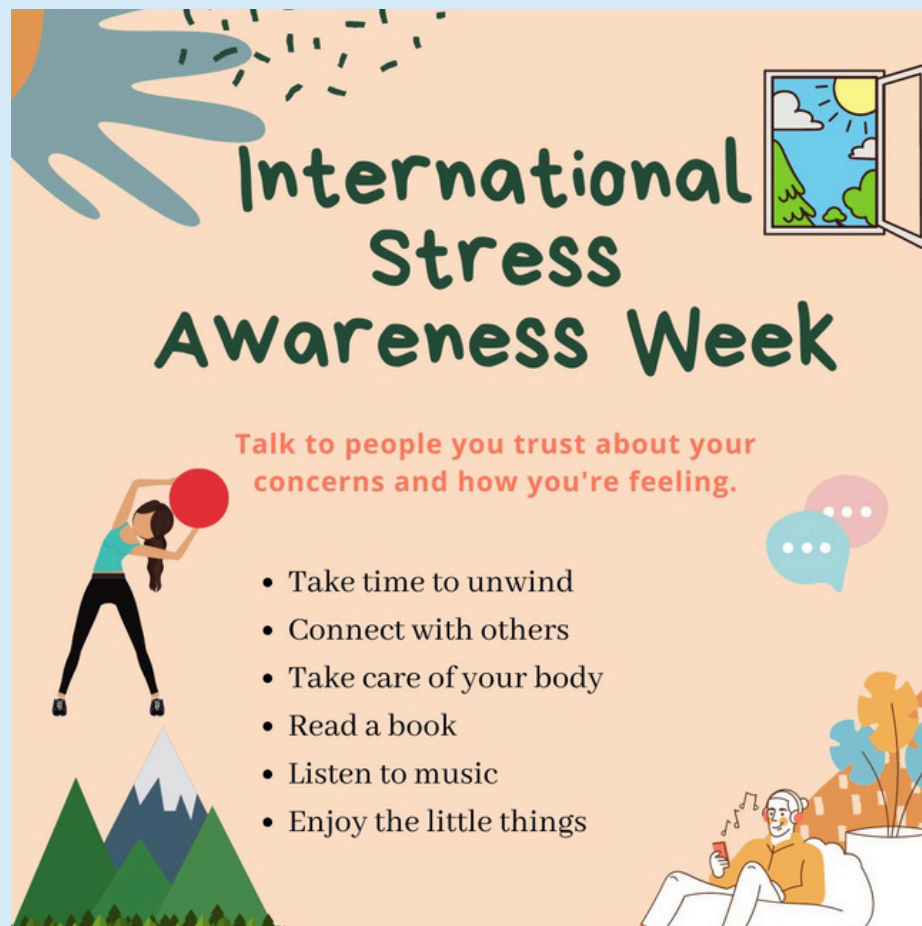
(or paste: <https://www.youtube.com/watch?v=nEyqcFlCJ2k>)



- 🧑🏻♂️ **Movember (Men's Health Awareness Month)**  
**#Movember #MensHealth**



- **International Stress Awareness Week runs**  
**November 3rd-7th 2025**  
**#StressAwarenessWeek**





- **November 22: International Survivors of Suicide Loss Day**

[Click Here For Resources](#)



**International  
Survivors of  
Suicide Loss Day**

**Saturday, November 22nd**

**10:00am - 12:30pm, check-in 9:30am**

**Location: UAlbany CAPS - Uptown Campus  
Health & Counseling Services Building, Dutch Quad**

International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience.

Refreshments will be provided.

**Register here or by  
using the QR code:**

<https://albany-new-york.isosld.afsp.org/>



**American  
Foundation  
for Suicide  
Prevention**

Capital Region  
New York



**International  
Survivors of  
Suicide Loss Day**

**Saturday, November 22nd**

**10:00am - 12:00pm**

**Location: Hudson Valley CC in Troy  
Siek Campus Center, CTR 150**

International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience.

Refreshments will be provided. Co-hosted by the Rensselaer County Suicide Prevention Task Force

**Register here or by using  
the QR code:**

<https://troy-new-york.isosld.afsp.org/>



**American  
Foundation  
for Suicide  
Prevention**

Capital Region  
New York



**RENSELAER  
COUNTY  
SUICIDE  
PREVENTION  
TASK FORCE**

Bringing hope, healing and  
support to communities.

**Virtual option available: [Click Here](#)**

**#SurvivorDay**

**#InternationalSurvivorsOfSuicideLossDay**

**#SuicideLoss**

★ **NEW CLASS AVAILABLE** ★

Join us for Qigong — a relaxing and restorative practice!

DEC  
**13**





**EARLY BIRD QI GONG  
PRACTICE WITH BEE**

**Every Second Saturday  
7 am- 8:45 am \$10**

Curious to learn the ancient practice of Qi Gong? Join in on this class each month to learn and cultivate mind, body & spirit with Qi Gong leader Bee. Enjoy tea and moving meditation practice.

Location: Columbia County Pathways to Recovery at 1 Taconic Pl. Chatham, NY 12037      Contact Bee via email: [recovering.naturehv@gmail.com](mailto:recovering.naturehv@gmail.com)

★ **Also Starting the Same Day:** Rescue Recovery Meeting directly following Qigong!



# THE QUEER & TRANS CONNECTION NETWORK



invites you to

## a THANKSGIVING MELTING POT-LUCK

Join us for a queer sober friendsgiving!  
Bring a dish to share!

5-7 p.m. on Nov 20<sup>th</sup> at CCPR  
(#1 Taconic Place, Chatham)

**AND**

6-8 p.m. on Wed Nov 26<sup>th</sup> at  
the Athens Cultural Center  
(24 2<sup>nd</sup> Street, Athens)

**\*\*we will be hosting our regular meetings  
on Thanksgiving and Christmas Eve\*\***

CONTACT  
[TOBY@C-GAC.ORG](mailto:TOBY@C-GAC.ORG)



ATHENS  
CULTURAL  
CENTER

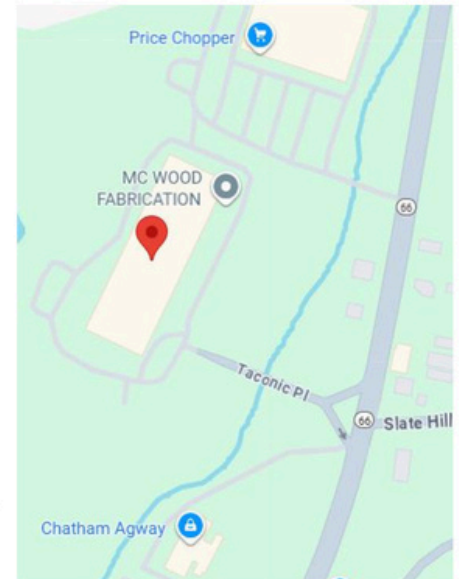


FOLLOW US ON INSTAGRAM @QTCONNECTIONCG



# DISTRICT 17 AA (Columbia County) Thanksgiving Day Mini-Alkathon

- Thursday November 27<sup>th</sup> 3:30 to 9:30PM
- Columbia County Pathways to Recovery Center,  
1 Taconic Place, Chatham NY 12037
- AA Meetings \* Social Hours \* Snacks and  
Treats
- Open Event for Recovering Alcoholics and guests  
*This event does not include a sit-down dinner.*



## Schedule

**3:30 Doors Open.** Parking and entrance are around the back of the building

**4:00 AA Speaker Meeting**

**5:00 Social Hour** – Snacks, Coffee, Water and Soda provided.

**6:00 AA Living Sober Meeting** – Topics from the book Living Sober.

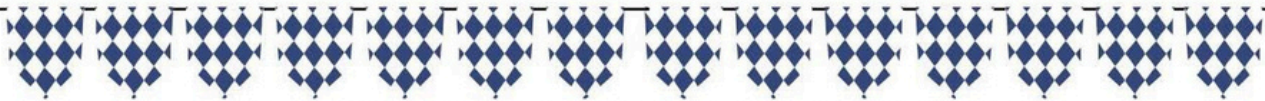
**7:00 Social Hour #2.** Cookies Cakes and beverages.

**8:00 AA Meeting Speaker Jam.** An open forum for people to speak on the topic of their choice! Read your favorite selection of AA literature, speak on your favorite topic, or recite recovery themed poetry!

**9:30 Cleanup time** – any food that is leftover needs to be taken home!

If you wish to bring a snack or dessert to share, please do not bring foods that need to be kept warm or refrigerated. Handheld snacks only.

Volunteers Needed. Greeters, Chairs, Cleanup – contact Eric A: 518.567.3383



NORTHERN COLUMBIA COUNTY ROTARY PRESENTS

# THE "WURST" GERMAN DINNER



## • A FUNDRAISER •

Proceeds will be used to purchase  
specialty equipment for  
Columbia County EMS

**NOVEMBER 15, 2025 • 5PM**

Each dinner includes...

**BratWURST • KnockWURST • Potatoes  
Sauerkraut • Bread • Salads • Desserts  
Soft Drinks**

**+\$5 extra meat • Eat in or take out**

**Cash bar available [featuring local beer, wine & cider]**

**Special diets accommodated with advance reservation**

**\$20 at the door**

**or**

**\$18 with advance reservation**

**Children under 12 (1 meat) -**

**\$13 with reservation, \$15 at door**



**Reserve  
your spot**

**HILLTOP ORCHARD**

**508 CANAAN RD, RICHMOND, MA 01254**

**[1 MILE FROM THE NY/MA LINE]**



**Learn more about us and our mission at  
[NorthernColumbiaCountyRotary.org](http://NorthernColumbiaCountyRotary.org)**





Looking for sober-friendly events or a safe space to connect? Reach out anytime!

# CCPR RECOVERY COMMUNITY CENTER — DROP-IN HOURS



📍 1 TACONIC PLACE, CHATHAM, NY

**Tuesdays**

**10:00 AM – 1:00 PM**

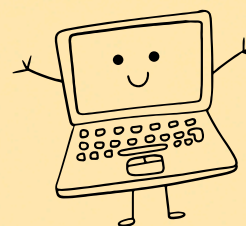
**Fridays**

**9:00 AM – 12:00 PM**

Looking for help with a résumé, job search, or recovery support? Or maybe you just need a quiet place to relax?



- Free coffee & chill vibes
- Friendly conversation
- One-on-one support
- 📺 Chill movie corner
- Free access to computers
- Kids playroom



No pressure. No appointments. Just drop in.

**NEW! FREE PUBLIC TRANSPORTATION  
— STARTING JUNE 10**

**Tuesdays & Fridays | 9:00 AM – 2:00**

● Three loops per day Hudson-Chatham  
[publictransportation.columbiacountyny.com](http://publictransportation.columbiacountyny.com)

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





# ☀️ SUPPORT GROUPS WANTED! ☀️

Bring your meeting to CCPR Recovery Center

💬 We welcome:

- Substance use groups (12-step & non-12-step)
- Mental health & wellness groups
- Family & codependency support
- Gambling & overeating recovery
- Yoga & wellness circles
- ...and more!



What we offer:

- ☀️ Safe, welcoming space
- ☀️ Peer-led, peer-supported community
- ☀️ Sober fun & social activities
- ☀️ Local service connections
- ☀️ Heated, comfortable meeting rooms



1 Taconic Place, Chatham, NY



518-966-2775



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



Start a group. Bring your group.

Let's build community wellness together!





# CCPR Meetings and Events




## QUEER & TRANS CONNECTION NETWORK

COME CONNECT WITH FELLOW MEMBERS OF  
THE QUEER AND TRANS COMMUNITY,  
EXCHANGE RESOURCES AND BUILD RESILIENCY!

**CRAFT NIGHT**

**Date/Time**  
2nd Tuesdays 6-8

**Location**  
ARTLife717 Gallery  
717 Columbia Street  
Hudson

**COMMUNITY NIGHT**

**Date/Time**  
Every Thursday 5-7

**Location**  
CCPR  
#1 Taconic Place  
Chatham  
(entrance in back)

**GAME NIGHT**

**Date/Time**  
Every other Friday 6-8  
(contact toby@c-gac.org for dates)

**Location**  
CCPR  
#1 Taconic Place  
Chatham  
(entrance in back)

**\*\*we are looking to expand into Greene County! get in touch if you want to be involved\*\***

CONTACT TOBY@C-GAC.ORG for more info, virtual link, or help with transportation children are welcome





FOLLOW US ON INSTAGRAM @QTCONNECTIONCG

**NEW GAME NIGHT!**

## Young People's Coffee & Recovery Hour

THE 2ND AND 4TH THURSDAY  
OF THE MONTH AT 7:30PM  
@ CCPR RECOVERY COMMUNITY  
OUTREACH CENTER

1 TACONIC PLACE, CHATHAM, NY

Come hang out for an open hour of casual conversations and discussions about recovery. This is not a 12-step meeting or structured group; we welcome anyone at any stage of recovery to join us.

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

Presented by Columbia County  
Pathways to Recovery, Inc. (CCPR)  
www.columbiapathwaystorecovery.org  
columbiapathwaystorecovery@gmail.com  
518-966-2775



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



## SMART Recovery Meeting

*(Self Management and Recovery Training)*

**Where people choose their own  
goals, skills and tools.**

SMART Recovery is an evidenced-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT), that supports people with substance dependencies and mental health needs, led by trained volunteers.

Smart Recovery  
is a fresh  
approach to  
addiction  
recovery.

**Mondays @ 7:30 PM**

Connect with great people with  
refreshments  
in our air conditioned  
recovery community center!

A non-12 step and self-empowering approach to overcoming addictive behavior and leading a balanced life.

CCPR Recovery Community Outreach Center  
#1 Taconic Place, Chatham, NY 12037



- Do you or someone you know have a loved one struggling with substance misuse?
- Feeling helpless and hopeless?
- Want to learn a better way to communicate with your loved one?

CCPR is now offering One-On-One Support  
with CRAFT family training

Beginning mid-September

Monday/Tuesday/Wednesday  
Late afternoons or evenings

Please call Barbara at 518-764-1749

By appointment only

**Location:** CCPR Recovery Community Center  
1 Taconic Place, Rt. 66  
Chatham, NY 12037



518-966-2775

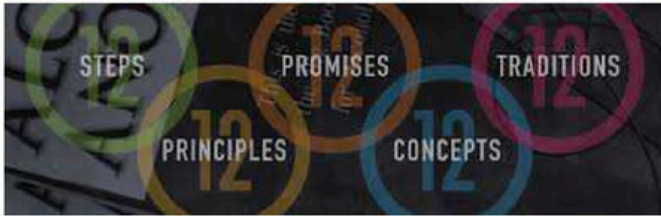


columbiapathwaystorecovery@gmail.com



Co-Sponsored by (NECAP)  
Northeast Community  
Action Partnership

# CCPR Meetings



Tuesdays @ 7:30pm  
Tuesday Traditions &  
Steps  
OPEN MEETING

#### LOCATION

Columbia County Pathways to Recovery  
Community Outreach Center  
#1 Taconic Place, Rte 66, Chatham, NY 12037

Contact Us: 518-966-2775

**SEE YOU AT THE  
AA MEETING**

Thursdays @ 6pm  
Men's Meeting  
Thirsty for Recovery  
CLOSED MEETING

#### LOCATION

Columbia County Pathways to Recovery  
Community Outreach Center  
#1 Taconic Place, Rte 66, Chatham, NY 12037

Contact Us: Frank @ 518-755-0236



Tuesdays @ 6pm  
Step Sisters  
Women's 12 Step Study Group  
OPEN MEETING

#### LOCATION

Columbia County Pathways to Recovery  
Community Outreach Center  
#1 Taconic Place, Rte 66, Chatham, NY 12037

Contact Us: Michele @ 518-929-2014



Saturday @ 7pm  
How It Works  
CLOSED MEETING

#### LOCATION

Columbia County Pathways to Recovery  
Community Outreach Center  
#1 Taconic Place, Rte 66, Chatham, NY 12037

Contact Us: 518-966-2775





# THE QUEER & TRANS CONNECTION NETWORK

proudly presents

## QUEER BOOK CLUB

*All are welcome!!*

*Where: The Chatham Bookstore  
(27 Main St, Chatham)*



*When: Tuesday, September 30<sup>th</sup>  
5:30 – 6:30pm*

Join us for an evening of discussion and community. You're encouraged to read the whole book, but don't let it stop you from joining us if you haven't finished!

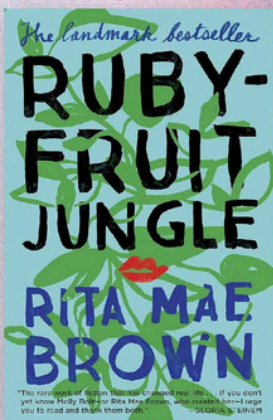
*Join us Virtually*



SCAN ME

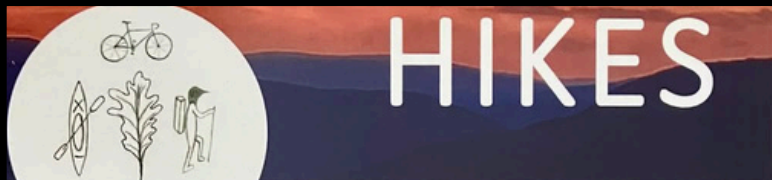
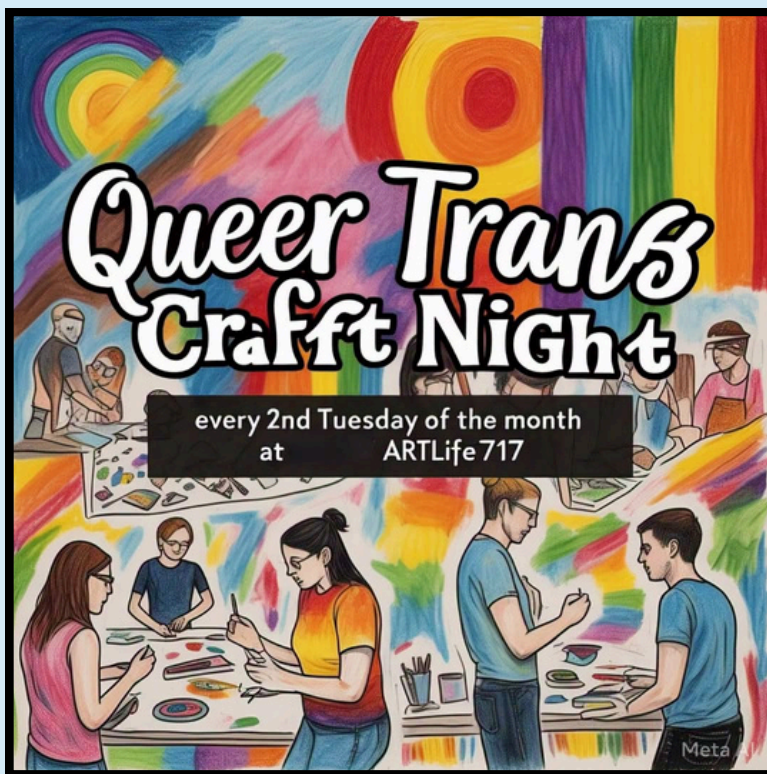
<https://meet.google.com/gkn-hptc-qiz>

*~Our Very First Read~*



Pick up a copy at the Chatham Library or buy it at the Chatham Bookstore – there's a 10% discount for being a book club member.

*For more information contact  
Toby@c-gac.org*



## HIKES

Recovering Nature



MARCH 1 • BIG DAY OUT • DUTCHESS COUNTY HIGHPOINT  
BRACE MOUNTAIN • QUARRY HILL RD MILLERTON 12546 • 3.6 MI/1,509' VG

MARCH 15 • BURGER HILL PRESERVE  
NY-RT 9G RHINEBECK 12572

APRIL 19 • NYQUIST-HARCOURT WILDLIFE SANCTUARY  
133 HUGUENOT ST NEW PALTZ 12561

MAY 17 • 4TH ANNIVERSARY CELEBRATION AT HOWE CAVERNS  
(EMAIL TO RESERVE SPACE)

JUNE 1 • BIG DAY OUT • GREENE COUNTY HIGHPOINT  
HUNTER MOUNTAIN • 6.8MI/1,971' VG

JUNE 21 • ESOPUS MEADOWS PRESERVE (LITTER CLEAN UP ALONG THE  
TRAILS) 255 RIVER RD. ULSTER PARK 12487

JULY 19 • INNAKE NATURE PRESERVE  
9 VAN DAM RD HYDE PARK 12538

AUGUST 15-17 • 2ND ANNUAL CAMPOUT  
907 LIVINGSTON RD ELIZAVILLE 12523 (EMAIL FOR DETAILS)

SEPTEMBER 20 • HEMLOCK RIDGE  
LEWIS LN PLATTEKILL 12589

SEPTEMBER 21 • BIG DAY OUT • COLUMBIA COUNTY HIGHPOINT  
HARVEY MOUNTAIN • 521 E. HILL RD AUSTERLITZ 12017 • 4.3MI/925' VG

OCTOBER 18 • BUTTERCUP FARM AUDUBON SANCTUARY  
STISSING LN STANFORD 12581

NOVEMBER 23 • FIRE TOWER TRADITION • STISSING MOUNTAIN  
499 LAKE RD PINE PLAINS 12567

NOVEMBER 24 • BIG DAY OUT • ULSTER COUNTY HIGHPOINT  
SLIDE MOUNTAIN • 1991 OLIVEREA RD BIG INDIAN 12410 • 5.3MI/1,781' VG

DECEMBER 21 • ISRAEL WHITMAN SANCTUARY  
OLD MILL RD SAUGERTIES 12477

FOR MORE INFORMATION SEND AN EMAIL TO  
RECOVERYHIKENY@GMAIL.COM OR GO TO:



# ITC: Invitation to Change

An empowering approach for families and friends of people struggling with substance use. Learn new ways to support your loved one—and yourself.

## SUPPORT GROUP FOR FAMILIES FACING ADDICTION

SUPPORT AND SKILLS GROUP  
FOR NEW YORK STATE



**Support and Strategies  
for anyone helping  
a person who uses substances**

**FREE Group in Hudson and on Zoom**

Thursdays  
6:00 - 7:30 pm  
Starting Jan 9th 2025

Clubhouse of MHACG  
47 North 5th St  
Hudson, NY 12534

This is an ongoing, drop-in anytime, peer supported, facilitated group - come check it out!

**Invitation to Change**  
*A different approach to addiction*

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

For more about ITC visit [cmcffc.org](http://cmcffc.org) or contact Jaime Cooper at [btitcgroup@gmail.com](mailto:btitcgroup@gmail.com)



SCAN OR [CLICK HERE](#) TO  
LEARN MORE AND  
REGISTER!



Mother Cabrini  
HEALTH FOUNDATION

## Why Join ITC?

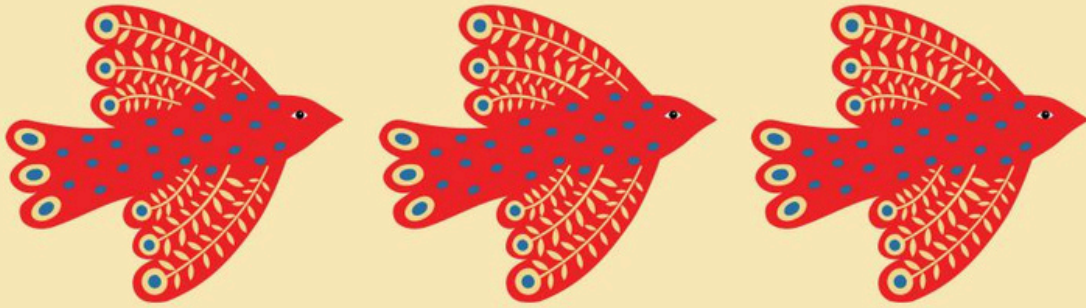
- Learn practical tools for helping without judgment
- Strengthen communication and relationships
- Find support and understanding among peers



**“Change begins the moment we stop asking  
others to be different and start seeing how we  
can show up differently ourselves.”**

**Visit [cmcffc.org](http://cmcffc.org) to learn more**

# AL-ANON MEETING



A 12-STEP SUPPORT PROGRAM FOR

FAMILY AND FRIENDS OF PEOPLE WITH  
ALCOHOL OR SUBSTANCE ABUSE PROBLEMS

THURSDAY MORNINGS FROM 9-10A.M. WEEKLY

129 HUDSON AVE.  
CHATHAM, NY 12037  
ENTER THROUGH THE BACK ENTRANCE

FOR MORE INFORMATION, CALL OR TEXT:  
STEVE M. @310-433-5192





# TEEN Craft Night

Chatham  
public  
**LIBRARY**

WEDNESDAY  
**NOVEMBER  
5TH  
5:30PM**

**Join the Chatham Public Library  
for Craft Night**

**Teens 13 and up are invited to  
hang out and discover new  
skills. We will be upcycling our  
clothes with applique  
techniques.**

**Bring an old t-shirt, sweatshirt  
or pair of pants you want to  
bring new life to.**

**No experience needed!  
Snacks welcome!**



# News


- **Adams proposes bill allowing involuntary addiction treatment in NYC**
- **Teens work to overcome addiction at one of America's largest recovery high schools**
- 
- **New York's top court backs expanding treatment courts**
- **New York State Bar Association Recommends Expanding Treatment for Opioid Addiction**
- **Parents Who Lost Kids to Overdose and Addiction Want Health Solutions, Not Punishment**

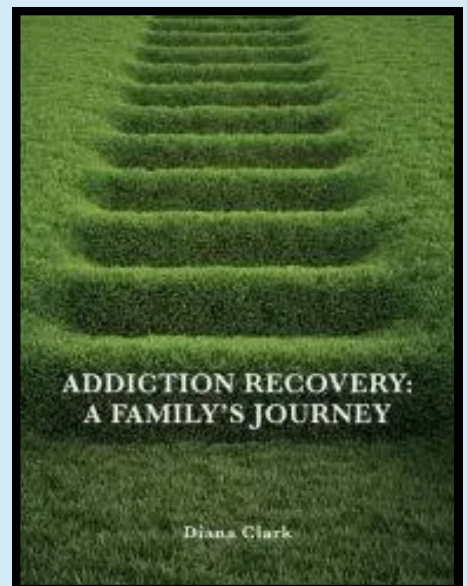
## Book of the Month

### **Book of the Month: Addiction Recovery – A Family's Journey by Diana Clark**

Addiction doesn't just affect one person — it impacts everyone who loves them.

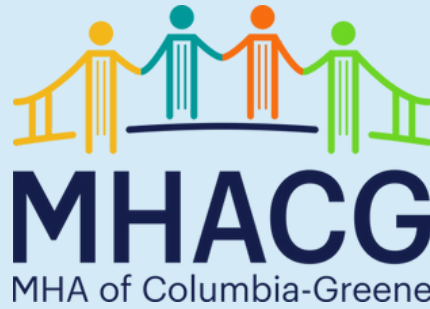
In this compassionate and insightful book, Diana Clark sheds light on what the recovery process truly means for families. She offers guidance, understanding, and hope for those walking alongside a loved one on the path to healing.

 A meaningful read for anyone seeking to better understand the family's role in recovery and the power of shared healing.





# Youth Resources



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

[Facebook](#)

[Website](#)

Catskill, NY Youth  
Clubhouse  
455 Main St  
Catskill, NY 12414  
[\(518\) 491-2432](tel:5184912432)

## MHACG Offers:

Children and Family Treatment & Support Services  
After School & Mentoring  
Health Care Coordination  
Mobile Crisis (MCAT)

AND MORE!

## [Online Youth Resources](#)

### CATCHING IT EARLY

📖 If you're worried about drug or alcohol use, you're not alone. Our online resources offer evidence-based information and practical tools to help you understand, prevent, and respond with care.

[\*\*Learn More\*\*](#)

👨👩👧 **Tools for Kids** is a valuable resource to read with children who are impacted by the disease of addiction. These kids deserve to have a safe, caring adult sit with them, remind them they are not alone, and read this together.

[Click Here](#)

# 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



**No Judgement  
No Shaming  
No Preaching  
JUST LOVE!**

Call if you're going to use when you're alone. An operator will ask for your first name, EXACT location, and the # you're calling from. If you stop responding after using, we will notify EMS of your location, & possible overdose.

**1(877)696-1996**

**www.NeverUseAlone.com**

## Is gambling taking a toll on your financial situation?

Millions of Americans are financially affected by problem gambling every year.

Find out how much money gambling costs you each year at [knowtheodds.org/cost-of-gambling](http://knowtheodds.org/cost-of-gambling)

If you and/or a loved one is impacted by gambling problem, support is available!

PROBLEM GAMBLING

**NORTHEAST**  
RESOURCE CENTER

**1-518-801-1491**

[NortheastPGRC@nyproblemgambling.org](mailto:NortheastPGRC@nyproblemgambling.org)



**160 Fairview Ave, Hudson, NY 12534**

## WHAT WE OFFER

- HIV/STI testing
- PrEP & PEP services
- Housing support
- Syringe exchange

[Click Here to learn more about Alliance](#)

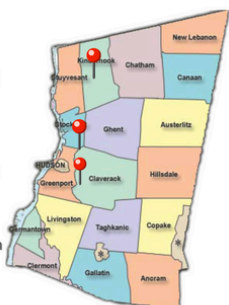
## SHARPS KIOSK LOCATIONS COLUMBIA COUNTY

ACCEPTS USED OR UNWANTED NEEDLES & SYRINGES IN CONTAINERS UP TO 1 QUART ONLY

**HANNAFORD HUDSON**  
32 NY-82, Hudson  
SHARPS ACCEPTED  
KIOSK LOCATED OUTSIDE  
24/7

**HANNAFORD VALATIE**  
2967 US-9, Valatie  
SHARPS ACCEPTED  
KIOSK LOCATED OUTSIDE  
24/7

**HUDSON POLICE DEPT.**  
107 Union Street, Hudson  
SHARPS ACCEPTED  
KIOSK LOCATED INSIDE  
24/7



CONTACT:

COLUMBIA COUNTY PUBLIC HEALTH, 518-828-3358  
FOR FREE SHARPS CONTAINERS!



## MEDICATION DROP BOX LOCATIONS COLUMBIA COUNTY

MEDICATION RETURN ONLY

**CHATHAM POLICE DEPT.**  
77 Main Street, Chatham  
M-F 9-3 or call 518-392-3451

**COLUMBIA COUNTY SHERIFF'S DEPT.**  
Route 22 & Route 23, Hillsdale  
24/7

**COLUMBIA COUNTY SHERIFF'S DEPT.**  
85 Industrial Tract, Hudson  
24/7

**CMH, ER WAITING ROOM**  
71 Prospect Ave, Hudson  
24/7

**CVS HUDSON**  
160 Fairview Ave, Hudson  
8am-10pm

**CVS VALATIE**  
2982 US-9, Valatie  
8am-10pm

**HANNAFORD HUDSON**  
32 NY-82, Hudson  
7am-10pm

**HUDSON POLICE DEPT.**  
107 Union Street, Hudson  
24/7

**HANNAFORD VALATIE**  
2967 US-9, Valatie  
7am-10pm



**Naloxone Box Locations in Columbia County, NY**

[CLICK HERE FOR MAP](#)

325 Columbia Street, Hudson, NY 12534

**NO CREDIT CARD, CASH, OR ID NEEDED**

### How to Access Free Supplies?

Enter:

1. "8377" and "ENTER"
2. The item number you'd like and "ENTER"  
You can select up to 3 items
3. Your home ZIP code and "ENTER"
4. Your 4 digit year of birth and "ENTER"

- ✓ Naloxone (Narcan)
- ✓ Fentanyl Test Strips
- ✓ Xylazine Test Strips

Columbia County CCAC



# 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](mailto: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](mailto: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](#)

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**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.**

## **2025 Grants:**

OASAS—grant through NYS  
SENATOR MICHELE  
HINCHEY; Local Impact  
Initiative grant  
SAMHSA—Community  
Talks

Berkshire Taconic  
Foundation—Fund for  
Columbia County and  
Technology grants

The Ackerman Foundation  
Community Bank NA  
Clara Gott Incentive Fund  
The Bank of Greene County  
Clara Gott Fund  
Ascienzo Family  
Foundation

## **2025 Individual Donors:**

Dr Joseph Lalka and Teresa  
Ribadeneyra  
Donna and Wesley Coon Northlands  
Foundation Wheelock Whitney  
Kneller Insurance  
First Fuel & Heating  
Frank Marshall  
Long Energy Ginsberg's Foods Joseph  
Lalley  
Metz-Wood Insurance  
Framarin family  
Callander's Nursery  
Coon Self Storage  
Ghent Reformed Church  
Northern Columbia Lions Club  
Rotary Club of Northern Columbia  
Columbia County Health and Human  
Services  
Kinderhook Toyota

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Thank you for reading!

**CCPR**  
would also like to extend a  
**BIG THANK YOU**  
to all who supported our  
**annual Golf Outings**  
**and Spaghetti Dinner**  
**fundraisers!**

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