

COLUMBIA COUNTY PATHWAYS TO RECOVERY (CCPR)

MAY 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.

Stories of Impact:

This month's impact stories are:

-Upstate woman shares inspiring story of residential addiction recovery treatment

-A Story of Hope: One man's journey to overcoming addiction

ALSO!

Check out Cortney Lovell presenting prevention education to Chatham Middle school

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



**CCPR RECOVERY
COMMUNITY
CENTER**



CALENDAR

MONDAYS

7:30 pm – SMART meeting – all are welcome

TUESDAYS

10 am to 1 pm – Coffee Hour Drop-in

8 pm – AA Women's Step Meeting

7:30 pm – AA Step and Tradition Meeting

WEDNESDAYS

8 pm – Revelation Wellness Exercise class (all fitness levels; co-ed)

THURSDAYS

9 am to 12 pm – Coffee Hour Drop-in

5 pm – 7 pm – LGBTQ Connection Network Support Meeting

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

ALSO – MON/TUE/WED afternoon/eve BY APPOINTMENT – CRAFT (Community Reinforcement and Family Training) one-on-one support mtg

Call Barbara 518-764-1749.

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!

Powered by Columbia County Pathways to Recovery, Inc. (CCPR)
©2025 CCPR. All rights reserved. | 4000 Main Street, Chatham, NY 12019
Phone: 518-466-1770 | 518-466-1771 (Toll-Free) | Email: info@ccpr.org



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](#)

Youth Voices Matter-NY
1529 Western Avenue Albany, NY
Reach out to a Youth Recovery Program Specialist in Your Region!

Website: [Click Here](#)

Greener Pathways Mobile Outreach Columbia & Greene Counties

518-291-4500

Afterhours Hotline:

(518) 822-0090

Website: [Click Here](#)

Alliance offers free HIV testing, mobile needle exchange, and more!



160 Fairview Ave,
Hudson, NY 12534



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

Naloxone Box Locations in Columbia County, NY

[CLICK HERE FOR MAP](#)

MATTERS REQUEST FREE NALOXONE WALL BOXES

NALOXBOXES:

Metal containers with written instructions on either side of the box.

ONEBOXES:

Plastic containers with video instructions that automatically play upon opening.

765-MATTERS (626-8377)



• [Northeast Problem Gambling Resource Center](#)

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

Providing 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](#)

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 SUBSTATION
Route 22 & Route 23, Hilldale
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
2962 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



Working Together to Bring Prevention Education to Columbia



**CCPR has partnered with Columbia-Greene
Addiction Coalition and Columbia-Greene Youth
Clubhouses to present prevention education to
Columbia County Schools.**

So far!

We have visited:

- Hudson High School,
- Ichabod Crane High School and Middle School,
- Taconic Hills High School and Middle School,

Since 2025:

- Hawthorne Valley High School

**-We teach kids how to recognize addiction, how to
use coping skills, and harm reduction tools
alongside data-informed research and speakers
with personal experience.**

Click Here for
'Starting Conversation
with Teens'
Online Resources

Click Here for
Research on Prevention
Education

Prevention Education



NATIONAL
COUNCIL
for Mental
Wellbeing

**CCPR has brought Cortney Lovell to
Chatham Middle School, New Lebanon High School
Hudson Middle School, Hawthorne Valley Middle School
Taconic Hills Middle School, Germantown Middle School**

**NEXT! She is presenting at
Hudson High School**



Getting Candid On Substance Use with Cortney Lovell

Unlock crucial insights and expand awareness with Cortney Lovell, remarkable public health leader, speaker and person in recovery who serves as the Director of Practice Improvement and Consulting at **The National Council for Mental Wellbeing**.

This engaging presentation is appropriately designed for **adolescents aged 12-14** years old, offering them vital knowledge on how substances impact their developing brains, while empowering them to recognize when to seek help and how to help others.



This unique opportunity is **FREE** to school districts through funding from Columbia-Pathways to Recovery and State Senator Michelle Hinchey.

Cortney Lovell has been described as a "remarkable woman" with over 15 years of personal and professional experience in the field of addiction. As Director of Practice Improvement and Consulting at the National Council for Mental Wellbeing, she leads impactful projects to improve public health practices.


CONTACT:
Allison Group
CCPR Outreach Coordinator
518-816-7751




MENTAL HEALTH Awareness MONTH




MAY 2025



Be here
for yourself,
be here for
each other



Wednesdays
April 16, May 7, May 21,
June 4, June 18, July 2



MOUNTAIN TOP LIBRARY

1:30 - 4:30 pm

Contact Bryan Zimmerman
Family Support Navigator
518-502-4379
bryanz@twincountyrecoveryservices.org

Open hours for confidential one-on-one support, groups, resources, referrals and education on your path with someone with substance use disorder.

Mental health is an important aspect of overall well-being, and recovery from mental illness is possible.



MENTAL HEALTH AWARENESS

Mental health awareness is the ongoing effort to reduce the stigma around mental illness and mental health conditions by sharing our personal experiences.

CONNECT WITH OTHERS & BE SOCIABLE		DON'T GIVE UP ON YOUR DREAM
BELIEVE IN YOURSELF	TIPS FOR MANAGING YOUR MENTAL HEALTH	DON'T BE TOO HARD ON YOURSELF
ASK FOR HELP		IT'S OKAY NOT TO BE OKAY

Call CCPR @ 1 518-966-2775
for free Narcan!
Equip yourself and your loved ones with life-saving opioid reversal medication.



venmo



877-HOPE-365
877-4673-365

Please consider donating to our cause. As the only Recovery Community Organization in Columbia County, we hope to continue serving the community through 2025.

BETTER SLEEP & INSOMNIA PRESENTATION

By Thad Harshbarger, Ph.D.

A clinical psychologist, licensed in New York and Massachusetts, in private practice for over 45 years.

Friday, May 16th, 2025 From 5-7 pm



Register Now by emailing
valatiefreelibrary@gmail.com
or stop into the library to sign up!
Seats are limited

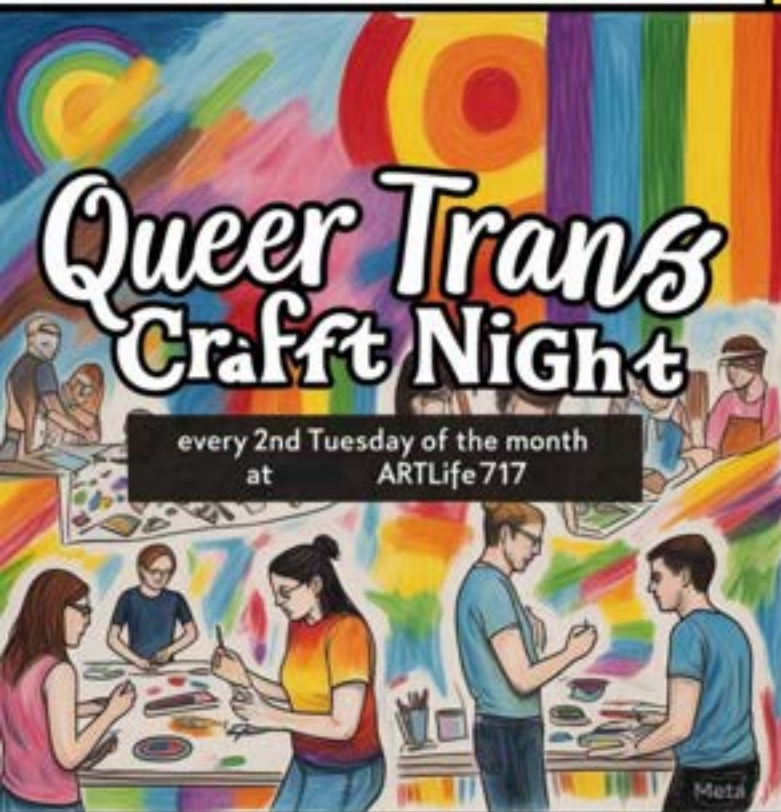


Saturday, June 15th, 2024 from 12:00 PM – 6:00 PM, At Camphill Solaris, 360 Warren Street, Hudson, NY, 12534

Light Refreshments will be available

Join NAMI Columbia County and learn about services offered in our community. Engage and contribute to the evolving landscape of Mental Health and Substance Use Disorder healing, support and understanding.

The Mental Health Awareness and Creative Arts Gallery is hosting a multi-organization event on mental health and substance use disorders to expand public awareness and recovery options for individuals and family members affected by these issues. Local healthcare providers, support services, and others devoted to recovery



THE 4TH ANNUAL

YOUTH VOICES MATTER SUMMIT 2025



MONDAY, JUNE 2, 2025

COLUMBIA-GREENE COMMUNITY COLLEGE
4400 NY-23, HUDSON, NY 12534

We are excited to invite you to the 4th Annual Youth Summit, an engaging and impactful event hosted by Youth Voices Matter, NY. This summit is designed to empower students and provide valuable resources for educators. The event will feature inspiring speakers, interactive workshops, and networking opportunities aimed at fostering youth leadership, community involvement, and advocacy.

This year's event promises to be an excellent opportunity for growth, learning, and collaboration, with a focus on the importance of youth voices in shaping the future.



REGISTRATION: <https://app.dvforms.net/api/dv/9vll7n>

CCPR Meetings

CCPR Community Center DROP IN HOURS

Tuesdays: 10 AM-1 PM

Thursdays: 9am to noon

1 Taconic Place
Chatham, NY

Need help with a resume/job searches? Other recovery support? Come relax, chat, and have a cup of coffee. Or just chill and watch a movie!

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



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-388
9am-9pm / 7 days



- 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



HIKES



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:

FIRST FRIDAY SOBER BAR

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

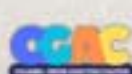
Every Thursday 5-7

Location

CCPR
#1 Taconic Place
Chatham
(entrance in back)

children are welcome

FOR HELP WITH
TRANSPORTATION OR
TO JOIN VIRTUALLY
CONTACT
TOBY@C-GAC.ORG



MOCKTAIL PARTY



JOIN US FOR A SIP AND DRAW WITH THE
CREWS FROM THOMAS COLE AND THE
COLUMBIA-GREENE ADDICTION
COALITION

FRIDAY MAY 2ND

NEWS

-Over \$300 Million in Cuts to Department of Health Programs Across the State for Vital Public Health Programming

-Legal Action Center's Faces of Medicaid

This campaign aims to amplify voices nationwide to show how Medicaid is a lifeline for people dealing with substance use and mental health issues, as well as histories of arrest and conviction.

**Mental
Health
Matters**



Mental Health Tips ...

connect with
nature

eat whole
foods and
hydrate

connect with
others

get active
and move
your body

get enough
sleep (7 - 9
hrs)

find your
purpose, your
'why'

MAY DAY

May 22nd, State Opiate Settlement Work Group

There is a lot of concern around potential cuts to Medicaid and the impact this will have on treatment for substance use and mental health.

Meet at Second Chance Recovery, Albany NY and then head over to the meeting. This will start around 10 AM and wrap up around 2 PM.



What is ITC?

The Invitation to Change Approach (ITC) is a holistic helping framework based in science and kindness, designed for the families and loved ones of people struggling with substance use, as well as the professionals who support them.

Our trainings and materials invite you to reflect on what it means to help, reimagine the role that loved ones can play in the change process, and learn evidence-supported strategies for helping.

Invitation To Change (ITC)

New free drop-in group for residents of New York State is starting next week! It meets on Tuesday evenings, from 6-8:30 pm ET, and starts on February 4th.

The group is drop-in and will run throughout the year, so if you can't make it this week, we hope you will come by for a future meeting! It provides an overview of the ITC in four sessions, and continually cycles through these sessions, with attendees welcome to join at any point.

-Support and strategies for anyone helping a person who uses substance

To get the zoom link and reminders for this and future sessions of the group, register here:

ITC • SUPPORT GROUPS
○ IN NY STATE

New Round Starting: ITC Drop-In Group

A new round of our free ITC drop-in group for families is about to start! Join us next Tuesday, March 4th, as we start from the top of our 4-week ITC curriculum.

The group provides an overview of the ITC in four sessions, and continually cycles through these sessions, with attendees welcome to join at any point. So if you can't make it on March 4th, you can join a later session and know that we will soon loop back around to session 1 for you to cover anything you missed!

This group meets every Tuesday from 6:30 - 8 pm ET.

In this support and skills group, participants will use the Invitation to Change Approach (ITC) to reflect on what it means to help, reimagine the role that loved ones can play in the change process, and learn evidence-supported strategies for helping a loved one struggling with addiction.

REGISTER FOR ITC GROUP HERE

**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
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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 [cmscftc.org](https://www.cmscftc.org) or contact Jaime Cooper at lttcgroup@gmail.com



SCAN OR CLICK HERE TO
LEARN MORE AND
REGISTER!



Mother Cabrini
HEALTH FOUNDATION

ITC Website Link

COLUMBIA-GREENE WORKFORCE Mini CAREER FAIR

- Great Pay
- Benefits
- Full Time
- Part Time

EMPLOYERS

- Logistics
- Healthcare
- Civil Service
- Hospitality
- Transportation
- Finance
- Administration
And More...

MAY 12, 2025
8:30-10:30

Columbia-Greene Community College
PAC Bldg. Room 612

Bring your resume

Need Help? Call 518-697-6510

Columbiagreeneworks.org



9TH ANNUAL SUMMER SMITH 5K ADDICTION AWARENESS MEMORIAL RUN

MAY 3, 2025

GUILDERLAND HIGH SCHOOL
SAME DAY REGISTRATION 8 AM
MEMORY CEREMONY 9 AM
RACE/WALK KICK OFF 10 AM



RUN THE RACE ...STOP THE STIGMA!

Join us while we honor those we have lost to substance use disorder while celebrating the hope of recovery.

SIGN UP AT SUMMERSMITH5K.COM



The Spring Wildflower and Ant Connection

Saturday, May 3rd, 2025

10:00 AM | Meet at Mud Creek

RSVP suggested: 518-851-7120 or email info@claveracklibrary.org

Join us as we walk Mud Creek's trails looking for spring wildflowers and explore why some of these flowers might not exist without the help of the small but mighty ant! This program is suitable for older children and adults.

Mud Creek ELC is located behind 1024
NY- 66, Ghent NY 12075



**CLAVERACK
FREE LIBRARY**

9 Route 9H
PO Box 417, Claverack, New York 12513 | 518-851-7120
<https://claveracklibrary.org>



Adopt-a-Book

Saturday, May 3
10am - 2pm

The Friends of the Chatham Public Library
are holding a book sale to benefit the Library.
They will have gently used items "for sale" by
donation on the Library lawn.
There is something for everyone.



CHATHAM PUBLIC LIBRARY
11 Woodbridge Ave.
Chatham, NY



Rain date: May 10

518-395-3666
chathampubliclibrary.org/chatham412.org

JOIN FRIENDS OF RECOVERY - NY THE ANNUAL RECOVERY GEMS CELEBRATION

.. Our 2025 Recovery Gem Honorees are ..

Assemblymembers :

Phil Steck & Carrie Woerner

In addition, this year we will be honoring
Community "Spotlight" Volunteers, Statewide
"Illuminators" and Youth Sparkle Awardees!

During the evening we will be celebrating
the upcoming retirement for long-time FOR-NY
Director of Education, Theresa Knorr



<https://app.dvforms.net/api/dv/384d4q>

* \$25 Suggested donation *



Quitting smoking or vaping?

FREE

nicotine patches, lozenges, gum*
breath carbon monoxide screening

Tuesday May 20 10am-2pm	Ground Level 411 Main St Catskill, NY	Thursday June 12 10am-2pm
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*Must be 18 years or older using cigarettes, cigars, and/or e-cigarettes
For more information, please contact: projectswisdom2023@gmail.com



**ST PETER'S HEALTH
PARTNERS**
Community Health Programs



**PA Health
Foundation**

GREATER HUDSON PROMISE NEIGHBORHOOD'S

11TH ANNUAL

HUDSON COMMUNITY CLEAN-UP

THURSDAY 12-5PM MAY 22ND
FRONT STREET & WARREN STREET

VOLUNTEER!

SIGN UP NOW
&
RESERVE YOUR
FREE T-SHIRT!



INTERESTED IN
BECOMING A
SPONSOR?



GREATERHUDSONPROMISE.ORG/CLEANUP



**COME MAKE WEARABLE ART
AT THE ANNUAL**

MAD HAT SLAM
MAY 4 - NOON TO 5PM



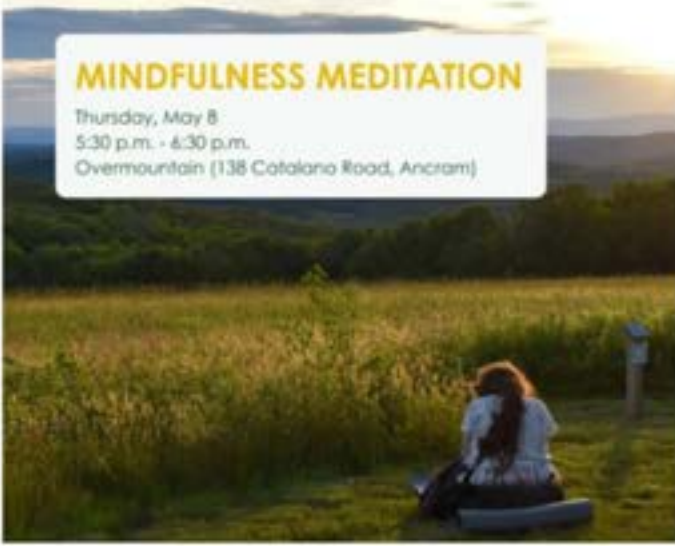
**THE
SPARK
OF
HUDSON**

CREATE

THU
8

MINDFULNESS MEDITATION

Thursday, May 8
5:30 p.m. - 6:30 p.m.
Overmountain (138 Catalano Road, Ancram)



Mindfulness Meditation

Thursday, May 8, 5:30 pm - 6:30 pm

Overmountain Conservation Area 138 Catalano
Road, Ancram, NY

Free

The Hudson Children's Book Festival, established in 2009, is held each year in the historic city of Hudson, NY, and strives to create, nurture, and sustain a culture of literacy in partnership with our community and schools. This free, public event fosters a love of reading as families meet and greet world-class creators of books for children of all ages.

**Our 14th
Annual
Hudson
Children's
Book Festival
set for May
3rd 2025 at
Columbia-
Greene
Community
College!**



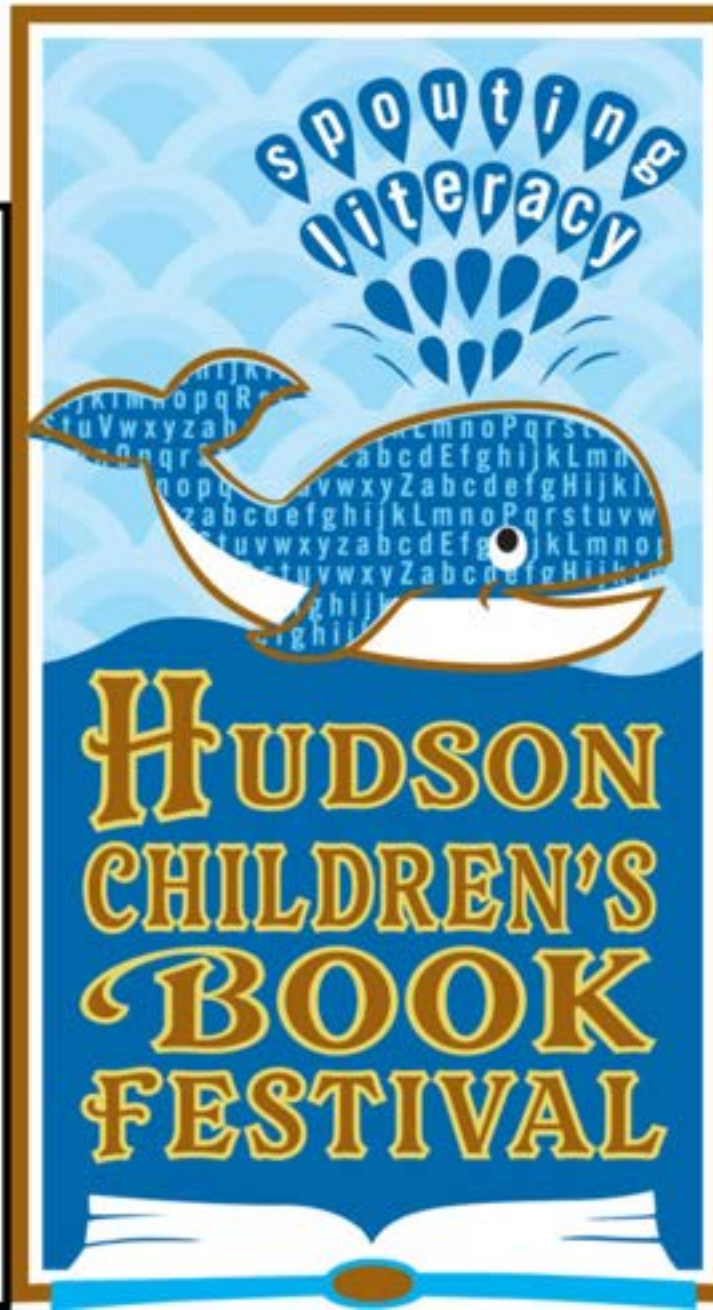
Shadow Puppets
With Sideways Art

Saturday, May 31 from 9:30am-12pm

Ages: 7-10; registration required

*Please note, this is a drop-off only
workshop*

Sideways presents Shadow Puppets, a playful, collaborative workshop exploring the magic of movement, light, and storytelling. Participants create their own shadow puppets and, through a process of collaboration and experimentation, transform silhouettes into the characters of their dreams.



Youth Resources

Local Youth Clubhouses

Mental Health Associations of Columbia-Greene County (MHACG)

Hudson, NY Youth Clubhouse

47 North 5th Street
Hudson, NY 12534



Catskill, NY Youth Clubhouse

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

[Facebook Link](#)

[Website Link](#)

Clubhouse Radio:

Catskill teens share music and stories

[Click Here for Website](#)

Teens are
5X MORE LIKELY
TO DROP OUT
of school due to
ALCOHOL OR
DRUG USE.



OASAS
ny.gov

Talk Early. Talk Often.

OASAS
Every Step
of the Way.

BEST PRACTICES FOR TALKING WITH YOUTH



ADVISE

You're their role model. Talk about risks in a judgment-free way.

SUPPORT

Have open conversations. They're listening to you. Be sure to listen to them.

KNOW

They should know your expectations, and that you've got their backs.

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](#)

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
 Coon Self Storage
 The Ackerman Foundation
 Ghent Reformed Church
 Community Bank NA
 Clara Gott Incentive Fund
 The Greene County Bank
 Northern Columbia Lions Club
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Healing doesn't have to happen in isolation!



Thank you for reading!

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

COLUMBIA COUNTY PATHWAYS
 TO RECOVERY

[\(518\) 966-2775](tel:5189662775)

New Website coming soon!

[Facebook](#): CCPR's Main Page

[Facebook](#): Community Outreach Center

CCPR's [Instagram](#):

Address: #1 Taconic Place, Rt 66

Chatham, NY 12037

Mailing Address: P.O. Box 486, Ghent, NY 12075