

# COLUMBIA COUNTY PATHWAYS TO RECOVERY (CCPR)

## JANUARY 2026 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.



**Community HOPELINE**  
**877-HOPE-365**  
 Addiction, Mental Health & Community Resources

Here for you everyday of the year 9am -9pm  
 because no one should walk the path alone

### Stories of Impact:

- Recovery goes beyond quitting substance use.
- Stories of Recovery – Liz, Albany, NY
- A Story of Resilience: Meet James

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**

Hardships often prepare ordinary people for an extraordinary destiny.

### Sponsor Highlight of the Month:

## Ascenzio Family Foundation

This month, we celebrate the Ascenzio Family Foundation, the newest foundation to join our efforts in supporting local initiatives.

We also extend our heartfelt thanks for their recent donation to our Wellness Speakers Series, coming this spring to Columbia County Schools.

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

If you would like to make a contribution to our efforts, [please click here](#).

# OUR NEW WEBSITE HAS LAUNCHED!

columbiapathwaystorecovery.org

## Stay Connected

Follow us for updates, holiday hours, and event reminders:  
Facebook & Instagram: @ColumbiaPathwaysToRecovery

## Interested in Volunteering?

Ask staff or visit our website to learn simple ways to support the center this winter.

### CCPR Recovery Community Center

January 2026

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

MON	TUE	WED	THU	FRI	SAT
7:30 PM SMART MEETING	10 AM-1 PM COFFEE HOUR DROP- IN 6 PM AA WOMEN'S STEP MEETING 7:30 PM AA STEP & TRADITION MEETING	6 PM REVELATION WELLNESS EXERCISE CLASS 8 PM THE CHATHAM BEGINNERS AA MEETING	5-7 PM LGBTQ CONNECTION NETWORK 6PM AA MEN'S MEETING 7PM CREATIVE WRITING FOR RECOVERY 7:30 PM YOUNG PEOPLE'S RECOVERY COFFEE HOUR (DEC. 11TH AND 25TH)	9 AM-12 PM COFFEE HOUR DROP- IN 6-8 PM LBGTQ GAME NIGHT (DEC. 5TH AND 19TH)	7-7:45 AM QIGONG (DEC. 13TH) 8 AM REFUGE RECOVERY (DEC. 13TH) 7PM AA MEETING BIG BOOK STUDY GROUP

• 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.



# Thank you for an amazing year!

As the 2026 year begins, we extend our sincere thank you to the individuals, businesses, and volunteers who stood with us and helped shape a meaningful 2025 year.



We are incredibly grateful to everyone who contributed to Columbia County Pathways to Recovery. Your generosity helps provide vital peer support, resources, and connection for individuals and families affected by substance use.

Every donation—big or small—creates real pathways to healing and recovery across our community. Thanks to you, hope is stronger, and recovery is possible for even more people. From all of us, thank you for making a difference!

# New Year, New Beginnings!

If you're seeking help for alcohol or other drug use or mental health support options are available. Taking that first step can lead to health & healing. You're not alone—help is available.

**When the road  
gets bumpy**  
*we'll help find even ground.*

**877-HOPE-365**  
**9am-9pm everyday**

Addiction, Mental Health & Community  
Helpline for Columbia County residents.  
Staffed by people who know how you feel  
and how to help.



**Community  
HOPELINE**

# 2024 New Year! New You! *Wellness Tips*

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- 1. Set realistic, attainable goals.** Focus on short-term, realistic goals to get to long-term objectives. Creating New Year resolutions that are overly ambitious or "big" can lead to disappointment and frustration, which may adversely affect your mental health. Instead, focus on setting small, manageable goals. For instance, rather than aiming to "eliminate stress," consider incorporating daily mindfulness practices or allocating specific weekly time for self-care activities.
- 2. Fitness that fits.** Find a fitness routine that fits your lifestyle and schedule. Let fitness be incorporated into your daily lifestyle by taking the stairs, short walks, or moderate chores. Consider activities with family and friends that revolve around movement, not food.
- 3. Prioritize self-care.** Self-care is not a luxury; it's a necessity for good mental health. Commit to prioritize self-care in your daily and weekly routines. Whether taking a leisurely walk, practicing meditation, indulging in a hobby, or simply allocating time for relaxation, prioritize activities that rejuvenate your mind and spirit.
- 4. Be kind to yourself.** As you embark on a new year filled with aspirations and resolutions, be kind and compassionate to yourself. Accept that setbacks might occur and know it's okay to recalibrate your goals throughout your journey.
- 5. Everyday eating.** Small steps can help you get on the road to maintaining a healthy weight. Watch your portion size by eating off smaller plates and sharing high-calorie foods. Change the way you prepare food by cutting back on added fats, grilling instead of frying, and eating more whole grains. Adjust your eating habits by drinking water before a meal, eating before you get too hungry, and stopping eating when you're full.
- 6. Track your progress.** Reflect on what worked and what didn't, adjusting routines for continued improvement.
- 7. Use the SMART Approach.** Effective goals are specific, measurable, achievable, relevant, and time-bound (SMART). For example, rather than saying, "I want to improve my recovery," try, "I will attend four alumni events this year to strengthen my recovery community."

# School Wellness Speakers Series Announcement

**BACK BY POPULAR DEMAND**

## Getting Candid With Cortney

**Guest Speaker: Cortney Lovell**  
National Public Health Leader • Person in Recovery • Advocate

A circular portrait of Cortney Lovell, a woman with blonde hair, wearing a black floral top, set against a pink circular background.

We are thrilled to announce that, thanks to the generosity of our incredible funders, we will be able to bring our School Wellness Speakers Series to the middle schools of Columbia County!

We would like to extend a special thank you to Ascenzo Family Foundation, Kinderhook Toyota, Stewart's Shops, and Columbia-Greene Addiction Coalition whose contributions make this possible.

Your commitment to our community helps empower students with the tools, resources, and support they need to thrive.

Together, we are creating a healthier, stronger future for our youth!

# News

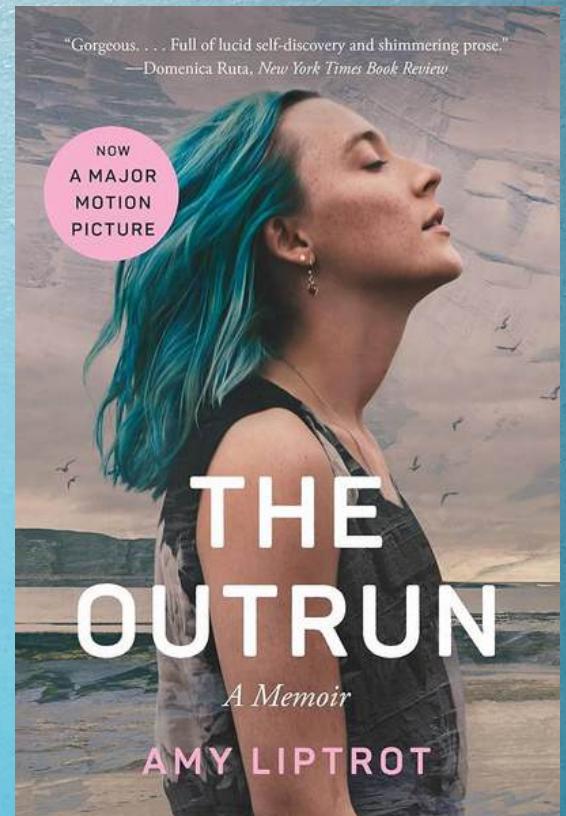


- Crisis Intervention Training aiding overdose decline
- OASAS Shows Significant Progress in 2025, Sets Course for 2026
- Researchers testing molecules that may reduce opioid overdose deaths
- Sustainment of Integrated Care in Addiction Treatment Settings
- Law reauthorizes SUD programs through fiscal 2030

## Book of the Month

### *The Outrun* by Amy Liptrot

The Outrun is a deeply personal memoir by Amy Liptrot about her struggle with alcoholism and her journey into recovery. After a decade of heavy drinking and a chaotic life in London, she returns to her windswept childhood home in the Orkney Islands off northern Scotland following rehab. There, immersed in the wild natural world — from frigid ocean swims to birdwatching and solitary walks — Liptrot gradually rebuilds her life, finding solace, resilience, and hope in the landscape and community around her. The book blends honest reflections on addiction with lyrical nature writing, offering a powerful story of healing, self-discovery, and the possibility of transformation.



# Clear Mind Sticker Design Contest!

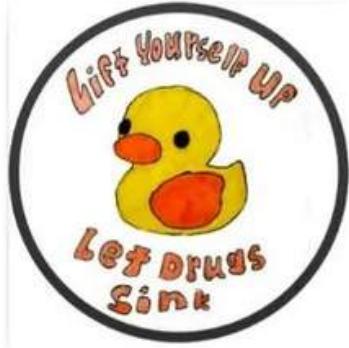
## Greene and Columbia County Youth!

You are invited to submit a substance use prevention image promoting a **substance-free** or **CLEAR MIND** lifestyle

You can focus on **ANY** substance or combination such as Cannabis (edibles, vaping, smoking), Alcohol and Prescription Pills.

**3 winners from 2 age groups (10-13, 14-18) will receive \$75, \$50, and \$25 gift cards AND copies of their sticker!**

### **Winning Designs from 2025:**



**Deadline for Submission:  
JANUARY 30, 2026 at 11:59pm**

**Scan QR code to upload your  
design**



**or mail to:**  
Columbia-Greene Addiction  
Coalition  
PO Box 845  
Hudson, NY 12534  
please include participant's age,  
name and address

**CONTACT:** [Toby@c-gac.org](mailto:Toby@c-gac.org) or 518.303.3665 with QUESTIONS

Clubhouse presents

# YOUNG ADULT NIGHT



## NEW GROUP

### Come Join us!

Young Adult Centered (18-35)  
Community Engagements  
Harm Reduction & Recovery Discussions  
Games  
Skill Building  
Creative Arts

**1st Group**  
**December 10th**  
**5 pm - 6:30 pm**



Join us at MHACG Offices  
713 Union Street, Hudson

Light Refreshments Will Be Provided



# CCPR Meetings and Events

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



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



# REFUGE RECOVERY

Earlybird every 2nd Saturday  
8 AM - 9 AM



Columbia County Pathways to Recovery Center  
1 Taconic Place Chatham, NY 12037

columbiapathwaystorecovery@gmail.com



Refuge Recovery is a Buddhist-inspired, non-theistic approach to addiction recovery. It offers a path to healing that doesn't rely on a higher power, but instead on mindfulness, compassion, and personal responsibility.



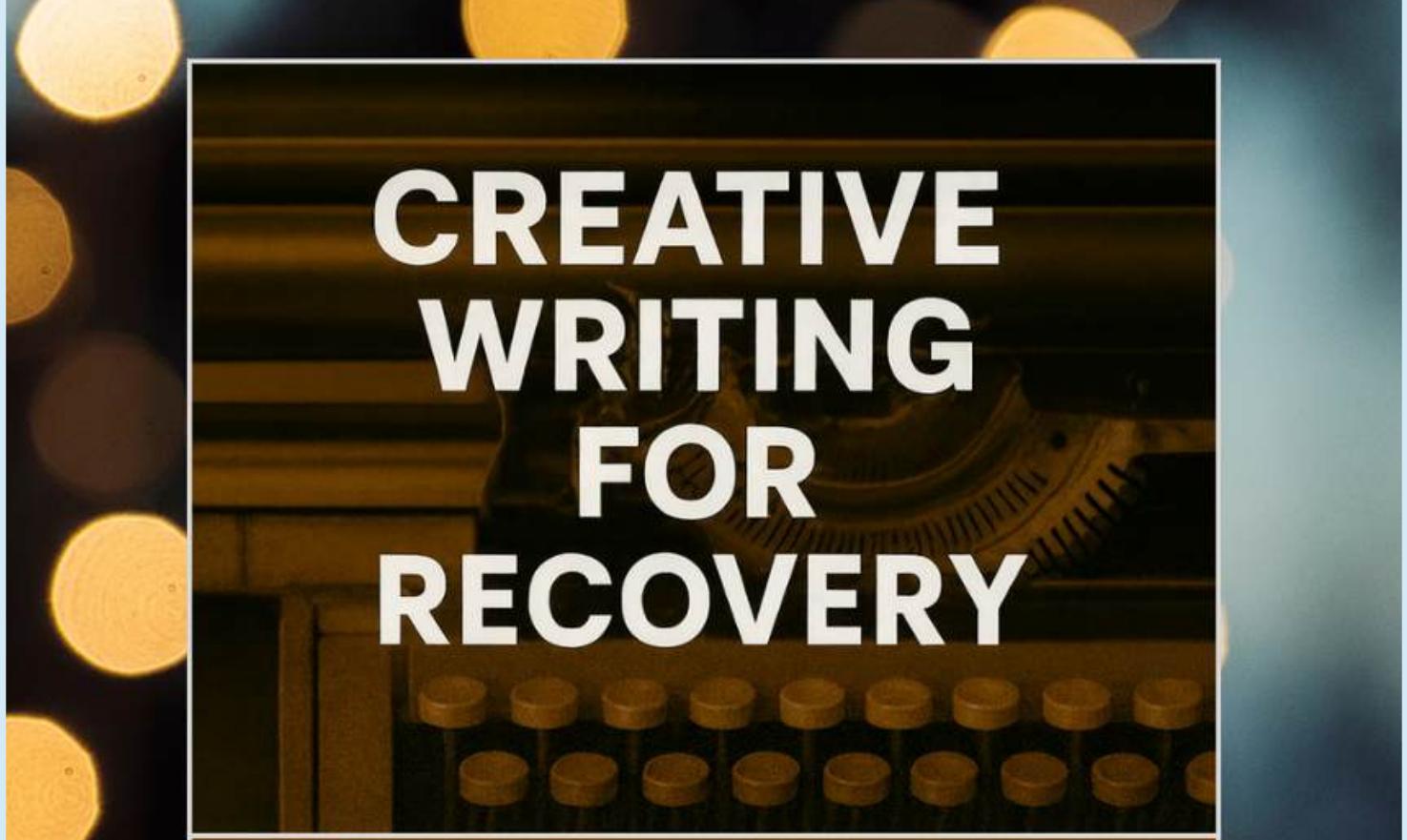
## EARLY BIRD QI GONG PRACTICE WITH BEE

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

# CREATIVE WRITING FOR RECOVERY



**THURSDAY EVENINGS 7:00 PM  
STARTING DECEMBER 4TH**

Open to all looking for a safe place to share experiences, reflections on recovery, and give voice for future hopes through creative writing.

**Location:**

Columbia County Pathways to Recovery  
1 Taconic Place, Chatham, NY 12037

**CONTACT:**

SCOTT FINNEGAN  
[FINNEGANSOTT@YAHOO.COM](mailto:FINNEGANSOTT@YAHOO.COM)



# CCPR RECOVERY COMMUNITY CENTER — DROP-IN HOURS

📍 1 TACONIC PLACE, CHATHAM, NY

Tuesdays

10:00 AM – 1:00 PM

Fridays

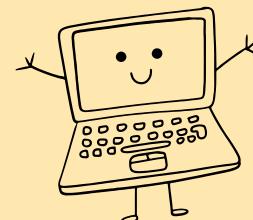
9:00 AM – 12:00 PM



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)

# 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.

**Every Monday  
@ 7:30 PM**

**Smart Recovery  
is a fresh  
approach to  
addiction  
recovery.**

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

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



# Supporting Families Affected by Substance Use

- Do you have a loved one struggling with substance use?
- Feeling overwhelmed, helpless, or unsure what to do next?
- Want healthier ways to communicate – without conflict or fear?

CCPR is now offering One-on-One Family Support  
using **CRAFT** (Community Reinforcement and  
Family Training).

## CRAFT helps families:

- Improve communication
- Reduce conflict
- Encourage positive change
- Take care of yourself, too

## Available:

Monday • Tuesday • Wednesday  
Late afternoons or evenings

**Call Barbara: 518-764-1749**

Confidential • Supportive • Judgment-free

## CCPR Recovery Community Center

1 Taconic Place (Route 66)  
Chatham, NY 12037

518-966-2775

columbiopathwaystorecovery@gmail.com



518-966-2775



columbiopathwaystoreco-  
very@gmail.com



Co-Sponsored by  
Northeast Community  
Action Partnership  
(NECAP)

# 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



# 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

## **GAME NIGHT**

### **Date/Time**

Every other Friday 6-8  
(contact [toby@c-gac.org](mailto:toby@c-gac.org)  
for dates)

### **Location**

CCPR  
#1 Taconic Place  
Chatham  
(entrance in back)

## **COMMUNITY NIGHT**

### **Date/Time**

Every Thursday 5-7

### **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](mailto:TOBY@c-gac.org)**  
for more info, virtual link, or help  
with transportation  
***children are welcome***



**FOLLOW US ON INSTAGRAM @QTCONNECTIONCG**

# SUPPORT SAFE HOLIDAYS



This holiday season, **prevent harm** and **promote joy** at your bar or restaurant.

## GIFTS YOU'LL GET

- Learn Tools for Safe Alcohol Serving
- Overdose Prevention Training
- FREE Narcan, Test Strips & More!
- Community Recognition
- 30 minutes or less!

## GIFTS YOU'LL GIVE

- Prevent Accidents - Drunk Driving deaths rise during the holidays.
- Save Lives - Overdose rates increase during the holidays.
- Promote Joy - More people feel stressed during this season.



**TO SCHEDULE CONTACT**  
**INFO@C-GAC.ORG 518.303.3665**  
**LEARN MORE [WWW.C-GAC.ORG](http://WWW.C-GAC.ORG)**



# 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!

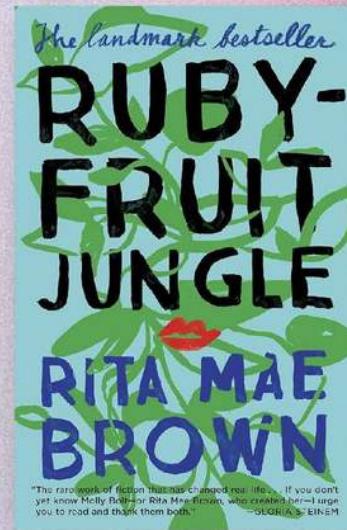
*Join us Virtually*



*SCAN ME*

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

*~Our Very First Read~*

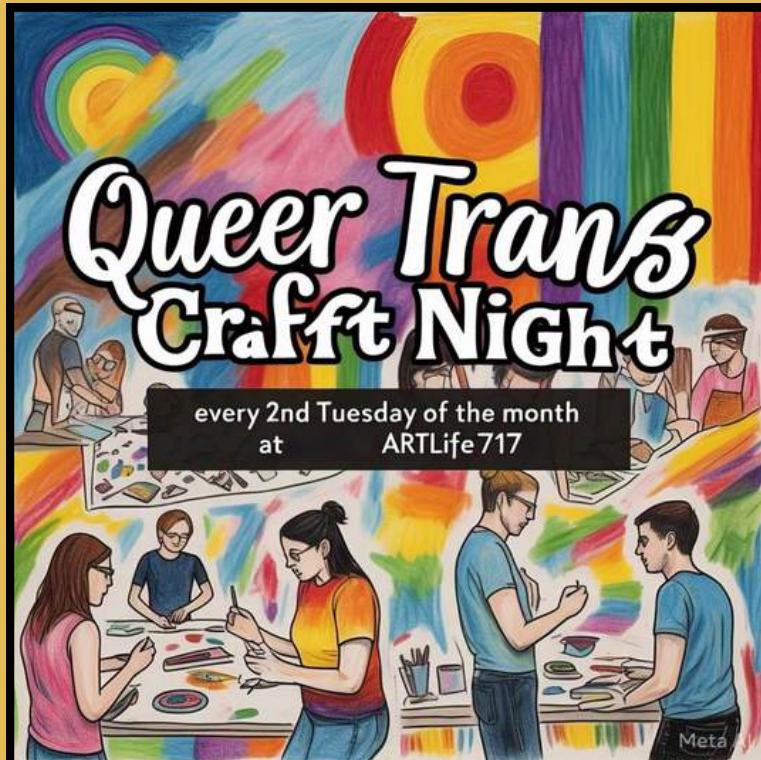


"The retro appeal of fiction has also changed my life... If you don't yet know Melly Roth or Rita Mae Brown, who created her—I urge you to read and thank them both."

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*



**every 2nd Tuesday of the month  
at ARTLife 717**

Meta

# 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 [bitcgroup@gmail.com](mailto:bitcgroup@gmail.com)



SCAN OR CLICK HERE TO  
LEARN MORE AND  
REGISTER!



Mother Cabrini  
HEALTH FOUNDATION

## Why Join ITC?

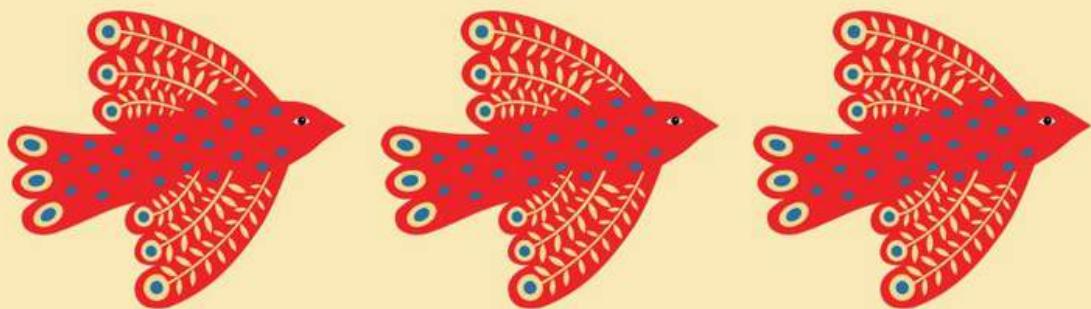
- Learn practical tools for helping without judgment
- Strengthen communication and relationships
- Find support and understanding among peers



**“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

# 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

## 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



## 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  
*Here to Help*

1-518-801-1491

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



**NYCPG**  
New York Council on Problem Gambling

## 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, 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

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

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



Naloxone Box

Locations  
in Columbia  
County, NY

[CLICK HERE  
FOR MAP](#)



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](http://www.NeverUseAlone.com)



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](#)



# Columbia County Food Pantries:

## Food Pantries near Chatham, NY Food Pantries in Hudson, 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

- 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](#)

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  
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County  
Clara Gott Fund  
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## 2025 Individual Donors:

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Thank you for reading!

**RECOVERY ISN'T  
ABOUT  
PERFECTION, IT'S  
ABOUT DIRECTION.**

Columbia County  
Pathways to Recovery

(518) 966-2775

New Website coming soon!

Facebook: CCPR's Main Page

Facebook: Community Outreach Center

CCPR's Instagram:

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