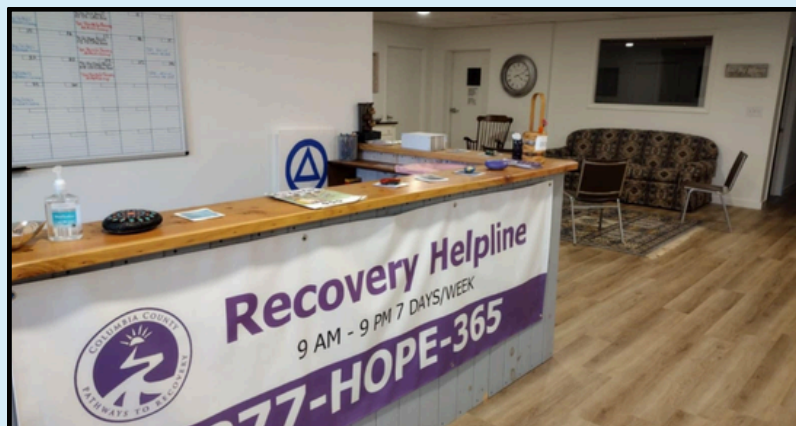


COLUMBIA COUNTY PATHWAYS TO RECOVERY (CCPR) OCTOBER 2025 Newsletter



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:

- [Cameron Whitcomb Addresses Addiction, Suicidal Ideation and 'Accountability'](#)
- [Heroin Addiction Stories and Recovery](#)

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
6 pm – AA Women's Step Meeting
7:30 pm – AA Step and Tradition Meeting

WEDNESDAYS

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

THURSDAYS

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)

FRIDAYS

9 am to 12 pm – Coffee Hour Drop-in

SATURDAYS

7 pm – AA meeting which reads from the book As Bill Sees It

ALSO – MON/TUES/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!

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



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

Each new
season
brings new
possibilities.

CCPR Work From SEPTEMBER

Candlelight Memorial Walk, Sept. 19th



CCPR's Annual Golf Outing



October is

National Substance Abuse Prevention Month

ENGAGE: Evidence-Based Strategies to Prevent Youth Substance Use

Practical tools and strategies to help schools, parents, and communities take action.

Growing up Drug Free:

A Parent's Guide to Substance Use Prevention

Age-appropriate tips and guidance for supporting your child's healthy choices.

Real Allies in Recovery Success Stories

Inspiring journeys of individuals and families overcoming challenges through recovery.



National Awareness Dates

- Mental Illness Awareness Week (early October)
 - World Mental Health Day (Oct 10)
- National Depression & Mental Health Screening Month
- Domestic Violence Awareness Month



☀️ Come see CCPR at the Out of the Darkness Walk! ☀️

We'll be there to connect, share resources, and walk together in support of hope, healing, and awareness. Stop by, say hello, and join us in showing that no one walks alone. 💙



Walk to fight suicide

Columbia-Greene Out of the Darkness Walk

Sunday, October 5th, 2025 at 10:00am

Dutchman's Landing Park, Catskill NY

Register at afsp.org/columbiagreene



American
Foundation
for Suicide
Prevention



National Drug Take-Back Day

CCPR will be at the Tracy Memorial in Chatham, NY on Saturday, October 25th for National Drug Take-Back Day.

Stop by, say hello, and drop off any unwanted medications.

Pick up a free lock box!



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

CCPR RECOVERY COMMUNITY CENTER — DROP-IN HOURS



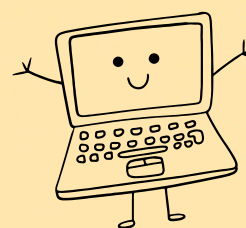
📍 1 TACONIC PLACE, CHATHAM, NY

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

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



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

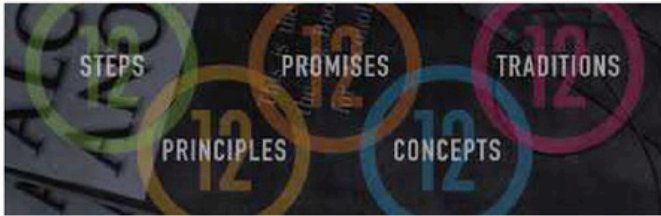


columbiapathwaystorecovery@gmail.com



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 30th
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!

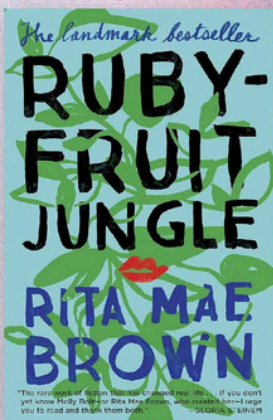
Join us Virtually



SCAN ME

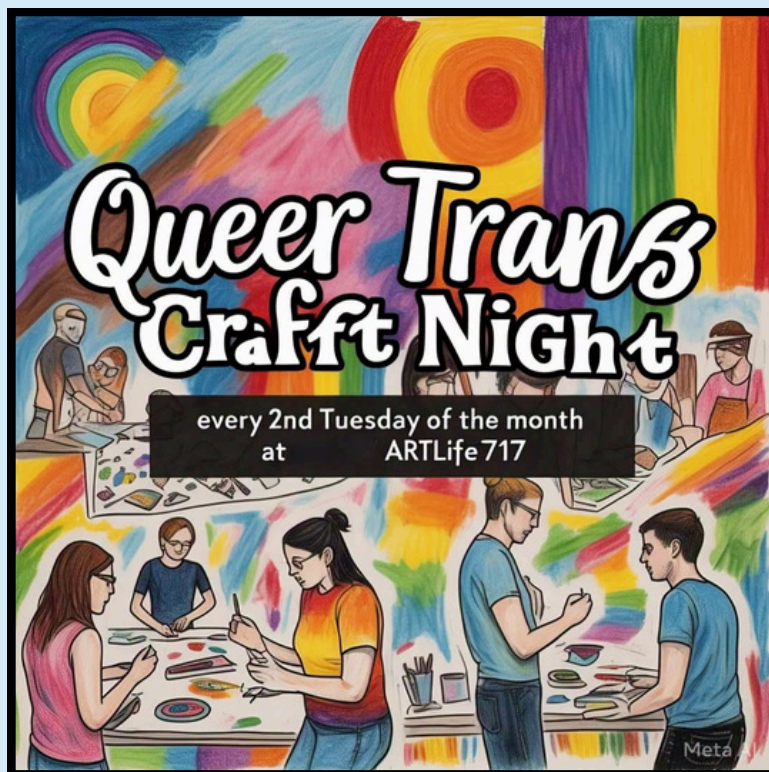
<https://meet.google.com/gkn-hptc-qiz>

~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:

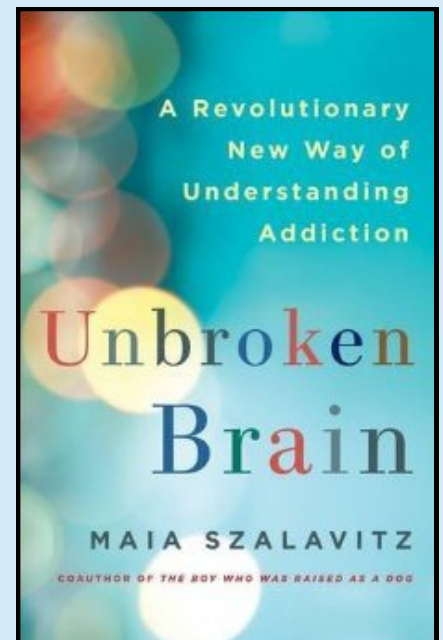
News

- [Chatham Memorial Walk for Addiction Recovery](#)
- [What Comes After Fentanyl? In a 'Period of Hyper-change,' a New Opioid Is Emerging](#)
- [Portland restaurants rally for addiction recovery](#)
- [SAMHSA Awards More Than \\$45 Million in Supplemental Funding to Support Young Adult Sober Housing Services](#)
- [Tracker: Federal Cuts to Overdose Prevention & Addiction Treatment](#)

Book of the Month

 **Unbroken Brain: A Revolutionary New Way of Understanding Addiction**
by Maia Szalavitz

Unbroken Brain by Maia Szalavitz argues that addiction is not a moral failing or simply a disease, but a learning disorder of the brain. The book blends science, personal stories, and social insights to show how addiction develops, how it can be treated, and why compassionate, evidence-based approaches are far more effective than punishment or shame.



Family Support Groups

ITC Website Link

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 cmcfcc.org or contact Jaime Cooper at btitcgroup@gmail.com



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



Mother Cabrini
HEALTH FOUNDATION



You play a role in your family's
mental health. **Be their support.**



Increase Positive Behaviors:

**Rather than focusing solely on
reducing negative behaviors, the
approach emphasizes creating
opportunities for positive
behaviors to grow and flourish.**

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

Empowering Youth to Be Positive Influencers

Key Principles of Positive Youth Development

Protect Your Brain: Pilot Study Released



Together we can empower youth for a better future!

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!

Naloxone Box Locations in Columbia County, NY

[CLICK HERE FOR MAP](#)



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

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 (628-8377)



• [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, 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



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](#)

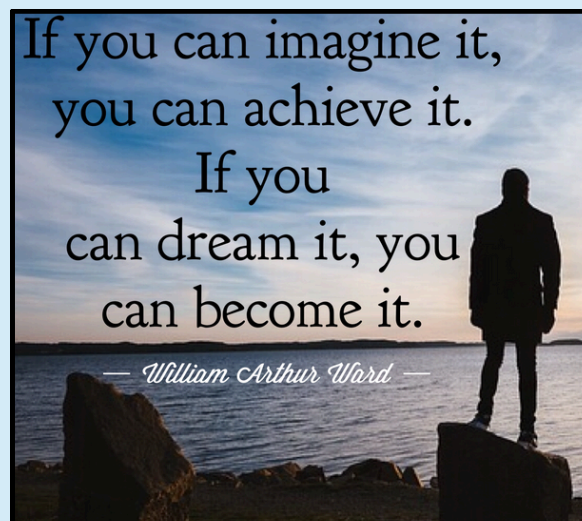
We would like to express our gratitude to all of our donors, contributors and volunteers who have continued to support us. Your generosity and dedication has allowed Columbia County Pathways to Recovery to continue its programs and meetings, offering help and resources to our loved community.

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
Rotary Club of Northern
Columbia

2024 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



Thank you for reading!

COLUMBIA COUNTY
PATHWAYS TO RECOVERY

.(518).966-2775

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