

Community Resources at Your Fingertips!

Community Supports	Phone Number
Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
Psychiatric Case Manager (CMHA)	(705) 849-4115
Alcoholics Anonymous (AA)	(705) 461 3150
Al Anon Family Group	1-888-425-2666
Algoma District Services Administration Board	(705) 848 7153
Camillus Centre	(705) 848 7182
Centre Victoria pour Femmes	(705) 461-6120
City of Elliot Lake	(705) 848 2287
Community Care Access Centre (CCAC)	(705) 461-9329
Community Living Algoma (CLA)	(705) 848 2475
Counselling Centre of East Algoma (DAYTIME CRISIS)	(705) 848 2585
East Algoma Mental Health (EAMHC)	(705) 848 9131
Elliot Lake Food Bank	(705) 461 3663
Elliot Lake Family Health Team	(705) 461 8882
Hospital	(705) 848 7181
Larry's Place (Men's Shelter)	1-705-989-5600
March of Dimes	(705) 848 4840
Maplegate House for Women	(705) 461 9868
North Shore Legal Clinic	(705) 461 3935
North Shore Literacy Council	(705) 578 3200
Non-Emergency OPP	(705) 848 6975
Oaks Centre (Detox)	(705) 848 2129
ODSP and Ontario Works	(705) 848 7153
Salvation Army	(705) 848 2417
Supportive Independent Living	(705) 461 9561
	
After Hours Crisis Support 1-800-721-0077	
WARM LINE..... 1-866-856-9276	



STEPPING STONES

CLUB 90

Club 90

Wishing

Everyone a

"Hoppy"

Safe & Fun

Easter!

Counselling Centre
of East Algoma



Centre de counseling
d'Algoma Est

Providing professional counselling services in our Elliot Lake
Office and Blind River Offices.

Crisis services are available 365 days a year through our
partnership with Sault Area Hospital's Mobile Crisis Program.

Elliot Lake Office:

9 Oakland Blvd., Suite 2
Elliot Lake, ON P5A 2T1

705.848.2585

Blind River Office:

Available by phone

705.848.2585

AFTER HOURS CRISIS NUMBER

1-800-721-0077

iChef for March was a hit!



International Women's Day



This disclaimer informs readers that the views, thoughts, and opinions expressed in Stepping Stones belong solely to the author, and not necessarily reflect Club 90's and/or North Shore Community Support Services, Inc. opinion.

Stepping Stones, 10 Paris Drive, Unit 6, Elliot Lake, ON, P5A 2L9 Tel: 705-848-2879

From our kitchen

Shrimp & Snow Pea Stir Fry

Ingredients:

- 8 oz. rice linguini noodles
- 8 oz. raw shrimp, peeled and deveined
- Kosher salt
- Freshly ground black pepper
- 1/4 cup plus 1 tbsp. sweet chili sauce, divided
- 8 oz. snow peas, sliced on the diagonal
- 2 tbsp. Canola oil, divided

Directions

1. Bring 3-4 quarts of water to a boil and remove from heat. Place rice linguine noodles in a large metal or glass bowl and cover in hot water for 25 minutes, stirring with a fork frequently to break up any noodle clumps. After about 15 minutes water should be cool enough to pull out and separate any clumped noodles.
2. Rinse shrimp and place on a paper towel lined plate. Pat dry and season with salt and pepper on both sides. Add shrimp and 1 tablespoon sweet chili sauce to a container with a lid. Refrigerate for at least 15 minutes and up to overnight.
3. Drain and rinse noodles and return to the bowl. Gather your ingredients (noodles, shrimp, remaining 1/4 cup sweet chili sauce, and snow peas) in bowls and place on a sheet tray next to the stove.
4. Heat a large skillet or wok over high heat. Add 1 tablespoon oil and swirl in pan to coat. When you see the first wisp of smoke, add shrimp and cook until they begin to turn pink, 1 minute each side. The sugars in the sweet chili sauce should caramelize just a little bit and create tasty bits in the pan.
5. Make space in the middle of the pan, add re-



Gratitude Journal Prompts

1. What was the best thing that happened today?
2. Who makes you feel loved and why?
3. Name something that makes you happy.
4. What is your favorite outdoor activity?
5. Name someone that helps you.
6. Name someone that is nice to you.
7. What is your favorite thing to do on the weekend?
8. Name something that you are grateful to have.
9. What do you like to do with your family and why?
10. Where is your favorite place to go?
11. Name someone that makes you smile.
12. Who is your best friend and why?
13. What do you like most about your school or job?
14. What do you like most about your favorite subject?
15. Who was the last person to give you something?
16. What is the best gift that you have ever received?
17. Name the best thing that has ever happened to you.
18. What is your favorite game or sport and why?
19. Where is your favorite place to play or relax?
20. What do you like most about your family?
21. Name an animal that you feel thankful for.
22. What is your favorite thing to do at home?
23. Name a person that you love and why?
24. What is your favorite hobby and why?
25. Who do you like to spend time with?
26. Name someone that you feel grateful for.
27. What is your favorite food and why?
28. Name an activity that makes your heart sing.
29. Describe something that you like about yourself.
30. Name something that makes you laugh.

10 SELF CARE IDEAS

GO OUTSIDE FOR A WALK

DO SOMETHING CREATIVE

SIMPLY WATCH THE SKY

START A BUCKET LIST

TALK TO AN OLD FRIEND

10 MINUTES OF MEDITATION

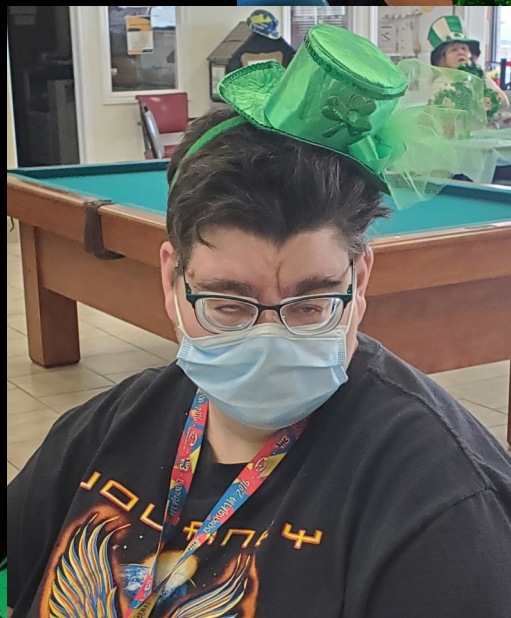
PRACTICE YOGA

TURN OFF THE TV & PLAY SOME MUSIC

COOK A HEALTHY MEAL

READ A CHAPTER OF A BOOK

St. Patty's Day fun!





#landofnod

landofnod.com

Sign up for our Easter Dinner today!

Menu

Easter Dinner

Here at Club 90

April 13th/2022

Seating's at 12pm and 3pm.

Please call in to reserve seating. 705-848-2879

Hors d'oeuvres

Fresh assortment of Vegetables, assorted cheese, crackers, and pickles.

Main course

Glazed Ham with Pineapple, Stuffed Pork Loin with spinach and cream cheese.

Honey Butter Thyme Glazed Carrots, Cheesy Potato Casserole & Dinner Roll.

Dessert

Fresh baked Banana Pudding and Carrot Cake Towers



Wishing a Happy Birthday to:

Glen, Daniel, Pim,

Aubrey, Jasmine,

Donald, Patrick, Shawn



**We are
here to help**

**Nous sommes
là pour vous aider**

Available by phone

Michael Mantha MPP
Député Algoma-Manitoulin
705-461-9710

**Carol
Hughes**

MP/Députée
Algoma-Manitoulin-Kapuskasing

My office can help you:

- Immigration & Citizenship
- Revenue Canada
- Employment Insurance
- Disability Tax Credit
- Seniors, CPP, OAS, GAS
- Passports
- Canada Student Loans
- Service Canada & HRSDC

Available by phone

705-848-8080
1-855-297-4200
carol.hughes@parl.gc.ca

NDP  **NPD**

World Autism Awareness Day is April 2nd!

Every April Autism Speaks celebrates World Autism Month, beginning with the United Nations-sanctioned World Autism Awareness Day on April 2. This year marks the 15th annual World Autism Awareness Day.

Throughout the month, we focus on sharing stories and providing opportunities to increase understanding and acceptance of people with autism, fostering worldwide support. This year, we are committed to creating a world where all people with autism can reach their full potential.

Supporters can participate in World Autism Month by:

- Taking the pledge to create a world where all people with autism can reach their full potential by increasing understanding and acceptance. You'll receive free information, resources and tools to engage and advocate in your community and learn the impact of your support through Autism Speaks.
- Join our 2.8 million social followers and help foster understanding and acceptance by sharing the diverse stories of people on the spectrum or telling your own. Submit your story for our social media pages here.
- Invite your colleagues, classroom and friends to join our Kindness Campaign and encourage acceptance, understanding and inclusion with daily acts of kindness at school, work or in your community. Together, we can create a world where all people with autism can reach their full potential.
- Make a meaningful, lasting impact for people with autism with your gift. It's one of the easiest and best ways to show your support. Donate today!

 **autism speaks**

world autism month

A huge thank-you to the Rotary Club for
donating 15 ten pound bags of potatoes to
Club 90!




City of / Ville d'
Elliot Lake
is proud to support
Stepping Stones and
the members of
Club 90

www.Elliotlake.ca
705-848-2287

 Find us on
Facebook

fb.com/cityelliotlake

705-848-0229/1-800-256-7299



Calm is the #1 app for sleep and meditation. Discover a happier, healthier you through our meditations, Sleep Stories, music and more.

Calm is for anyone, whether you're brand new to meditation or a seasoned expert. It's also for anyone who needs a mental break, a soothing sound, or a peaceful night's rest. Our guided meditations are available in lengths of 3 to 25 minutes, so you can choose the perfect length to fit your schedule.

We offer a new 10-minute Daily Calm every day, Sleep Stories narrated by well-known voices like Matthew McConaughey, a music library with exclusive tracks from top artists like Keith Urban and Disney, short videos with mindful movement and gentle stretching for every body type, Masterclasses taught by world-renowned experts in the field of mindfulness, soundscapes and nature sounds to use during meditation or to help you sleep, breathing exercises to help you relax, and more.

With over 100 million users worldwide, we're having a positive effect on more and more people each day.

Take a moment to prioritize yourself today, and enjoy the app.



ELLIOT LAKE EMERGENCY FOOD BANK

NEW Location: 29 Columbia Walk

OPEN

MONDAY-WEDNESDAY-FRIDAY

10 A.M. TO 12 P.M. & 1 P.M. TO 3 P.M.

WAYS TO DONATE:

- Use Drop boxes at various Stores.
- Drop off your food or monies at the Food Bank.

705-461-3663

PHONE



East Algoma Connects

Local resources at your fingertips

Did you know that we have a great resource at our fingertips that can help you find the services that we offer in Elliot Lake and surrounding communities? Whether you're looking for addictions services, mental health services or more, this info bank will have you pinpoint the service closest to you in an instant! The various petals offer you information on where to get food, go for education, health care and what helplines to access. Visit East Algoma Connects at www.eastalgomaconnects.com or download or app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



Available on:

