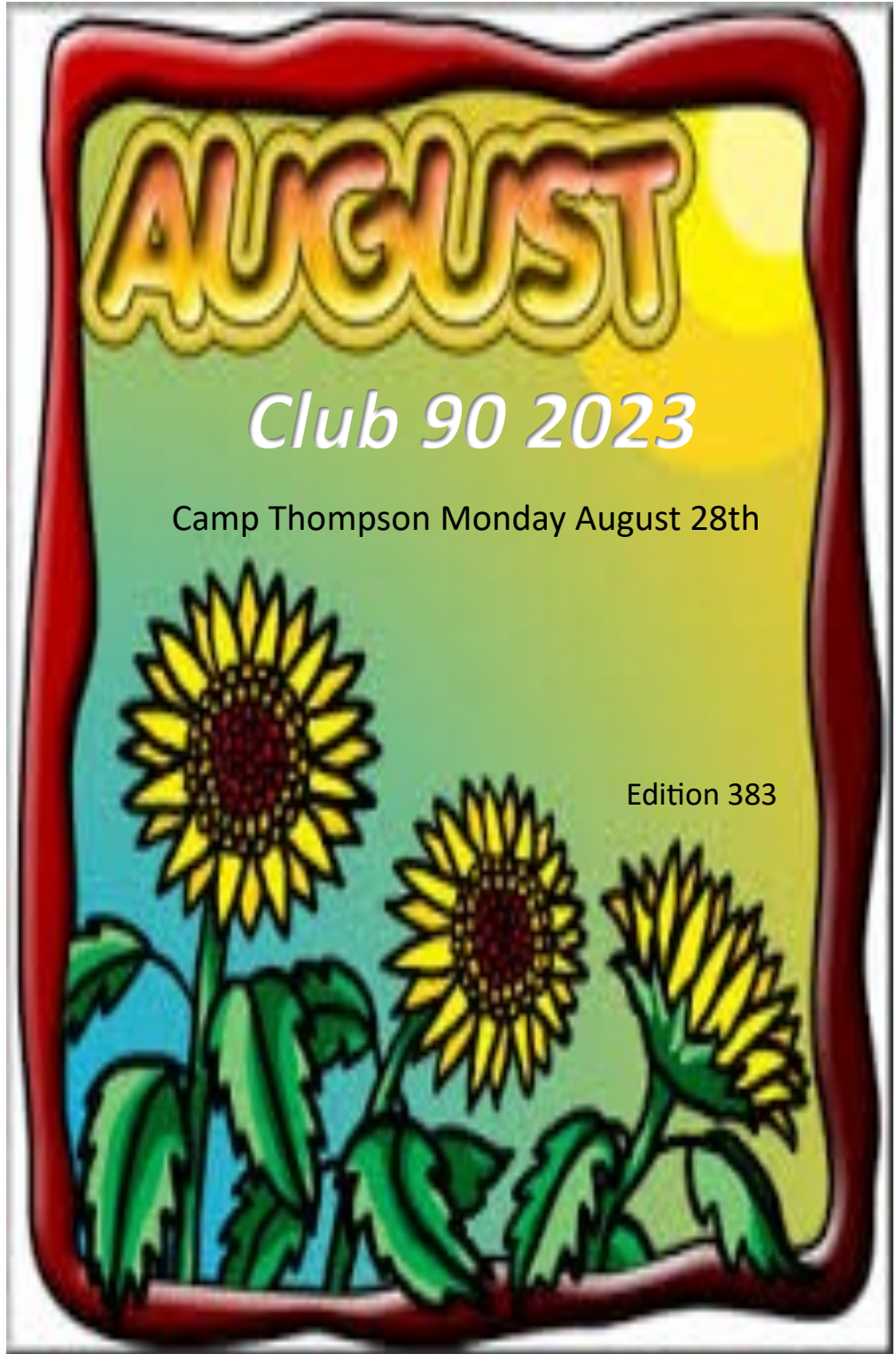


# Community Resources at Your Fingertips!

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



# Camp Thompson

# Funday



July 14th, we had another successful Funday at Club 90. We had a BBQ, games, and "Soak the Worker" for activities. As well, entertained by Thor and company, where some of the members joined in with Spoon playing.



Our members enjoyed a day at Camp Thompson on July 19th. Transportation was donated by AJ Bus Lines. Adventure North provided boat tours of Dunlop Lake, members enjoyed crafts, card making, and games. For our meal, we had ribs that were donated by the Meats and Deli in Elliot Lake, corn on the cob, pasta salad, and for dessert, ambrosia salad.

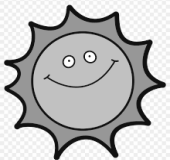
We would like to thank everyone who helped out and volunteered. We couldn't have done it without you!



# Beach Day



On July 25th, some of the members and Staff went to Spruce Beach and spent the afternoon swimming, eating a healthy lunch, and socializing as we sat in the sun.



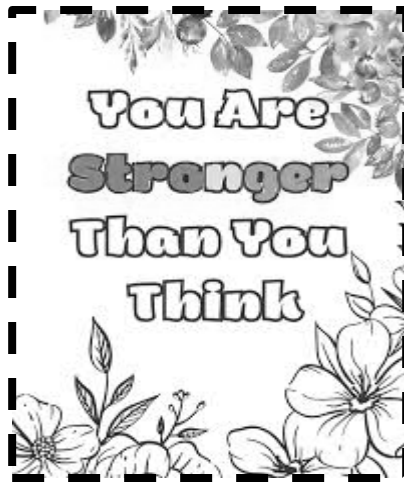
Rene & Sheila from YesYouCan Consulting came to Club 90 to answer question and give details on how they can help those with barriers find employment. Barriers were explained as the following, someone who is physically handicap, someone who has a Mental Illness such as Bipolar, Anxiety, and Depression to name a few.



Rene & and another co worker will be coming back in September for another presentation. It will be advertised in our next months Stepping Stones and on our Activity calendar. I encourage all members to attend to ask questions and participate. Sign up sheets will be at the Club, or you can call in and we will be happy to write your name down.



Vision boards let you visualize your success. By regularly looking at your vision board, you immerse yourself in a visual representation of what you want or hope to achieve. This helps create a positive and powerful image in your mind, making it easier to believe in your ability to achieve your goals.

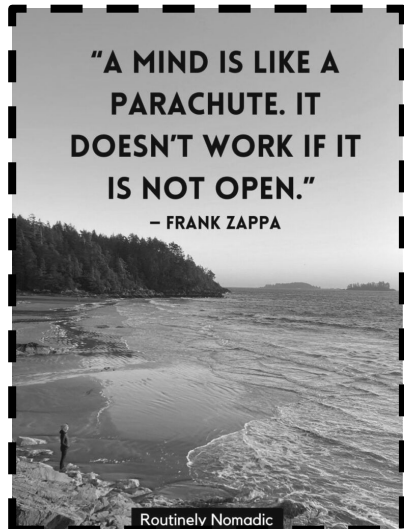


“Excellence is not being the best; it is doing your best.”

one small positive thought in the morning can change your whole day

positive vibes / lauratreyvey.com

Sometimes when things are falling apart they may actually be falling into place.



Routinely Nomadic



# Camp Thompson

**Monday August 28th, 2023** We will be going to Camp Thompson!! We will be leaving Club 90 at 10am sharp, and the bus leaves Camp Thompson at 3:45pm sharp. There is a **\$5.00 fee** that will have to be paid before Friday August 4th, 2023.

Please call or come in to sign up. 705-848-2879

We will be having:

- BBQ
- Pontoon boat ride
- Games
- Swimming
- lots of laughter, and more...



Hope to see you

there!!



# Summer In The Park Concert Series

Entertainment Series. A **Free** concert at Westview Park for the community members to come out and enjoy some wonderful musical entertainment.

All concerts will be set to play at Westview park on selected dates:

Sunday June 4th, 2023, at 2pm to 4pm

Sunday July 16th, 2023, at 2pm to 4pm

Sunday August 13th, 2023, at 2pm to 4 pm

Sunday September 10th, 2023, 2pm to 4pm

Should the weather not be suitable for an outdoor concert, the concert will be moved to Collins Hall for the same date and time.

If you have any questions, please reach out to the Events Coordinator at 705-848-2287 EX: 2139



*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*

## Ice Cream Flavors

C	A	S	A	H	O	K	E	Y	P	O	K	E	Y
O	T	E	T	N	U	T	A	E	E	I	C	S	T
T	B	C	C	R	T	C	O	O	C	A	N	K	A
T	U	O	H	A	A	U	E	T	A	R	S	C	Y
O	N	O	O	E	T	W	A	A	N	U	L	A	C
N	E	K	C	T	U	O	B	T	C	I	N	R	V
C	O	I	O	N	E	O	T	E	A	T	L	T	A
A	P	E	L	E	A	R	O	T	R	Y	R	E	N
N	O	D	A	E	C	E	R	A	C	R	O	S	I
D	L	O	T	R	E	E	S	E	S	T	Y	O	L
Y	I	U	E	G	G	F	U	D	G	E	W	O	L
U	T	G	S	I	A	N	A	N	A	B	E	H	A
E	A	H	T	U	N	O	C	O	C	I	A	O	N
L	N	N	N	T	D	A	O	R	Y	K	C	O	R

COCONUT  
 STRAWBERRY  
 VANILLA  
 FUDGE  
 ROCKY ROAD  
 COOKIE DOUGH  
 NEOPOLITAN  
 COTTON CANDY  
 HOKEY POKEY  
 CHOCOLATE  
 MOOSE TRACKS  
 GREEN TEA  
 TIGER TAIL  
 PECAN  
 REESE'S  
 BANANA

Play this puzzle online at : <https://thewordsearch.com/puzzle/416/>

# BBQ EVERY FRIDAYS

Weather permitting, Club 90 will have a BBQ every Friday between 12 pm and 2 pm for members and the community. For members, you will have to call in before 11 am to sign up. 705-848-2879.

Hamburgers, Hot Dogs and all the fixings



# Depression

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

More than just a bout of the blues, depression isn't a weakness and you can't simply "snap out" of it. Depression may require long-term treatment. But don't get discouraged. Most people with depression feel better with medication, psychotherapy or both.

## Symptoms

- Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day and may include:
- Feelings of sadness, tearfulness, emptiness or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation or restlessness
- Slowed thinking, speaking or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide
- Unexplained physical problems, such as back pain or headaches



Wishing a Happy Birthday To:

*Denise, Charles, Richard, Maggie, and Sandy*

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.ac.ca

NDP  NPD

activity

July was filled with fun activities. We had puzzle building, Bingo, gaming with the Nintendo Switch, Baking, Dragon Dancing, and much more.....



# 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.



# 705-467-3663

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](http://www.eastalgomaconnects.com) or download or app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



East-Algoma  
Connects

Available on:



City of / Ville d'

# Elliot Lake

is proud to support  
Stepping Stones and  
the members of  
Club 90

[www.Elliottlake.ca](http://www.Elliottlake.ca)

# 705-848-2287



[fb.com/cityelliottlake](https://fb.com/cityelliottlake)



# What's happening in our community

- **Elliot Lake Outdoor Farmer's & Crafter's Market:**  
Located at George's Restaurant parking lot Every Saturday and Sunday from 9am to 2pm, until October 8th 2023
- **Heritage Hall Breakfast:** 171 Spruce Ave. Every Saturday morning from 7am to 9:30am. Includes 2 eggs, bacon, sausage, potatoes, toast, orange juice, and coffee. \$10.00 per person.
- **Karaoke Fun Night!** At the renaissance Centre. Every Thursday at 7pm to 11pm. Entrance fee \$2.00.
- **Community Vendors Market:** Moose Lodge from 10am to 2pm August 6th & 27th, September 3rd & 24th, October 1st & 29th, November 5th & 26th, and December 3rd & 17th. Vendors welcome. Info: 226-289-8563
- **CLUB 90 Community BBQ/Funday:** We welcome the community to stop by at 6-10 Paris Plaza and purchase a hotdogs and/or hamburgers. Friday August 11th and 25th from noon to 2pm. Come support and learn what our Club 90 is all about.

Proud supporter of the Club 90 program

## H&R BLOCK®

"With almost 1,000 locations across the country, you don't have to travel far to find expert tax service. Our offices have been redesigned for safe filing with plexiglass dividers, hand sanitizer, social distancing, and mask requirements of staff and clients."



Located at:  
52 Ontario Ave. Elliot Lake, ON P5A 1Y1  
705-848-2626



## ELNOS

*Your Partner in Business*

New Business? Looking to Expand Operations? Need support for a Community Event? Let ELNOS partner with you!

### Who we are?

ELNOS is a not-for-profit organization created as a result of the mine closures in the early 90s to stimulate economic growth through new business development, business expansion or diversification, and investment in the region.

ELNOS serves business in our 5 communities:  
Blind River, Elliot Lake, Serpent River First Nations, Spanish and Township of the North Shore.

### How Can We Help You?

ELNOS can provide business counselling and finance options to help you develop and grow your business. We understand the common problems experienced by growing businesses, but also the unique challenges faced in the region.

ELNOS can provide various loan and investment options for your business. We can also provide financial and administrative support for various community events.

For more information, visit our website at

[www.elnos.com](http://www.elnos.com)

31 Nova Scotia Walk, Suite 306  
Elliot Lake, ON P5A 1Y9  
705-848-0229/1-800-256-7299