## **Community Resources at Your Fingertips!**

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	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
	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)	(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
	24/7 Crisis Support	1-800-721-0077
	WARM LINE	1-866-856-9276



## **24/7 Crisis Support Service**

is available to individuals of all age groups by calling **705-759-3398** (*Toll-Free* 1-800-721-0077).

Therapeutic intervention and service referrals will be provided as necessary.



## **Mobile Crisis Response**

Teams of two Crisis Workers who provide support in low-risk situations to individuals in need and who are willing to meet and speak with the team in mutually agreed-upon community locations (ex. a home or a coffee shop). The team will arrive in an unmarked vehicle and in plain clothes.

NOTE: The Mobile Crisis Response Team is unable to apprehend or bring individuals to the Hospital.

If interested, individuals are encouraged to call Crisis Services at **705-759-3398** or **1-800-721-0077** to request this service. As this service is based on the individual's needs, a Crisis Worker will determine if this service is available and appropriate.

Teams are available daily in; Sault Ste. Marie, Wawa, and Elliot Lake from 10:00 AM – 10:00 PM.



750 Great Northern Road Sault Ste. Marie, ON P6B 0A8

#### IF YOU ARE IN NEED OR KNOW

ANYONE THAT NEEDS COUNSELLING PLEASE CALL THE NUMBER BELOW.



## Virtual Walk-In Counselling



#### When?

Sessions take place on **Tuesday** by Video or Telephone

#### How?

To make an appointment call CMHA's Access Line at (705) 759-5989 or 1-855-366-1466 on Mondays\* from 9:00 am – 4:00 pm

> \*if Monday is a statutory holiday please call for information on booking an appointment





### What can I expect?

You will be provided with information about the service and meet with a counsellor for a single confidential session. Each session can last 1-11/2 hours and will address your concern.

 Please note this is not a crisis or emergency service. If you require immediate assistance, please contact the Crisis Helpline at (705) 759-3398 or 1-800-721-0077 or 911 Emergency Services

> Serving Sault Ste. Marie and the Algoma District





New addition to Club 90! 2 Beta fish, courtesy of Tammy,
Mental Health Worker! Members love watching them and
taking part in cleaning and feeding the fish!







Looking to put a spark into your meal planning? iChef will expand your taste buds!

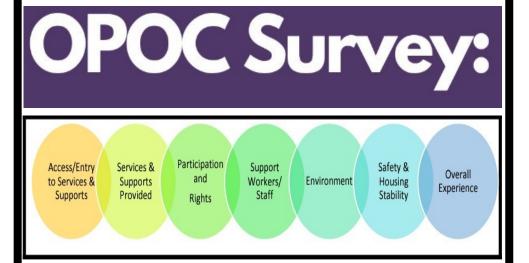
Learn new recipes, learn new cooking skills, create new meal ideas, or learn how to fancy up old favorite recipes. You could even add your own little touch that makes it more amazing!

iChef meals come with an easy-to-follow recipe card, along with all ingredients that are accurately measured out to include enough for a single-serving meal.

Please post your iChef creations on our NSCSS/CLUB 90 Face-book page.

Contact the Club <u>before 4pm</u> on Thursdays to sign up for your weekly Friday iChef meal.

iChef meals will be ready for pick up Friday's between 2pm-4:30pm.



All information collected is to help agencies and programs identify areas of strengths on which to build, and areas for improvement needed.

From December 5th to December 9th come in to complete a 5 minute survey, totally confidential. As a Thank You 2 meals at Club 90 on the house here at Club 90! Please make time with Kelly!







# Secret Santa Party

Gift Exchange, festive music and sing alongs! All Day Event!

#### HOSTED BY CLUB 90

Friday DECEMBER 9TH at
Club 90,
Please call or come in to sign up!
705-848-2879

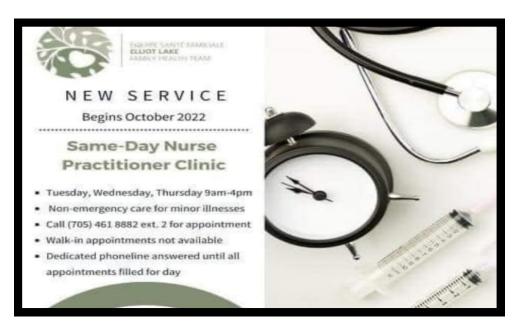


#### Wishing a Happy Birthday to:

Robert B, Nathalie k, James F, Edwin N, Chester B, Christopher M, Roland P, Craig H, Charleen M.



## NON EMERGENCY CARE OR MINOR ILL-NESSES AND DON'T HAVE A DOCTOR





IN NEED OF A MEAL, ELLIOT LAKE LEGION SERVING MEALS MON, WED AND FRIDAYS 11-1PM. SMALL DONATION OR FREE.

## **STARTS OCTOBER 31st, 2022 HUNGRY?**



Funding Provided By

Please ioin us for a Free or 'Pay what you can' healthy meal! Dine In and Takeout Available Monday · Wednesday · Friday

11am to 1pm

**Meals Served** at the

ecclesiastical

**Elliot Lake Legion** 

In collaboration with







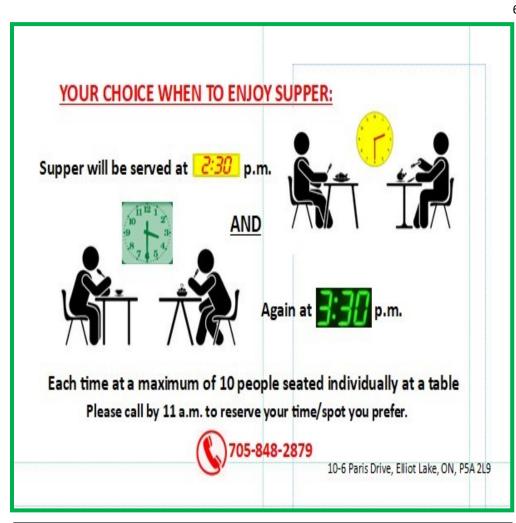
For More Information Please Email: info.harvestkitchen@gmail.com

Come and cook with us? LEARN or TEACH cooking techniques?

Do you have a favorite meal that you enjoy cooking and would be interested in sharing with Club 90?

Would you like to become one of many Club 90 Chefs for a day?

> Please talk to Tammy to get involved! 705-848-2879



## **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 heath 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:





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



Come join us for Christmas Dinner

## **HERE AT CLUB 90**

December 21st 2 Seatings 1:30 & 2:30pm

Menu
Glazed Ham
Pulled Chicken
Cheesy Scalloped Potatoes
Bacon Smothered Brussel Sprouts
Homemade Bread Pudding
Cranberries/Gravy
Assortment of festive Deserts!





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 growththrough new business development, business expansion or diversification, and investment in the region

> ELNOS serves business in our 5 communities: nd River, Elliot Lake, Serpent River Fi

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

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



# Elliot Lake Red Wings Hockey 2022-2023 Season with Club 90!

We are excited to let you know that the owner of the Elliot Lake Red Wings, Paul Noad, has generously donated 4 season passes to Club

90 Members to use.

THANK YOU SO MUCH!!!!!!

Members, please call in when you want it to be **YOUR NIGHT AT THE RINK** at one or more of the upcoming games for the 2022-2023 season of the Elliot Lake Red Wings.

FASON

Please call Kelly @ 705-848-2879 or drop in to book your pass for a fun night!



705-461-9710



# Club 90: App of the month "The Mighty"



The Mighty publish real stories by real people, living with disability, disease and mental illness. They aim to build a safe platform for their community to share their stories, connect with others and raise support for the causes they believe in. Their mental illness section is excellent, and covers a wide range of conditions

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

## 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

HONE

