

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
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

STEPPING STONES

December 2022

Edition 375



CLUB 90

MERRY CHRISTMAS

SEASONS GREETINGS



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.



Toll-Free 1-800-721-0077

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.



SAULT AREA
HOSPITAL
HÔPITAL DE
SAULT-SAINTE-MARIE

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



Algoma Family Services
SERVICES AUX FAMILLES D'ALGOMA



Canadian Mental
Health Association
Sault Ste. Marie



SAULT AREA
HOSPITAL
HÔPITAL DE
SAULT-SAINTE-MARIE



Serving Sault Ste. Marie and
the Algoma District

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 1-1 1/2
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

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 Facebook page.

Contact the Club before 4pm 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.

OPOC Survey:



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 !

EveryMind

OPOC

The Ontario Perception of Care Survey

An evidence-based standardized survey developed by CAMH that asks clients' and caregivers' about their care experiences.



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, Christo-
pher M, Roland P, Craig H,
Charleen M.

Activities at Club 90



Cards With Lesley!

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



ÉQUIPE SANTÉ FAMILIALE
ELLIOT LAKE
FAMILY HEALTH TEAM

NEW SERVICE
Begins October 2022

**Same-Day Nurse
Practitioner Clinic**

- Tuesday, Wednesday, Thursday 9am-4pm
- Non-emergency care for minor illnesses
- Call (705) 461 8882 ext. 2 for appointment
- Walk-in appointments not available
- Dedicated phoneline answered until all appointments filled for day




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**

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?



Please join 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
Elliot Lake Legion**

Funding Provided By



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



YOUR CHOICE WHEN TO ENJOY SUPPER:

Supper will be served at **2:30** p.m.

AND

Again at **3:30** p.m.

Each time at a maximum of 10 people seated individually at a table
Please call by 11 a.m. to reserve your time/spot you prefer.



705-848-2879

10-6 Paris Drive, Elliot Lake, ON, P5A 2L9

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 our 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!

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

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.

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



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

PHONE



**We are
here to help**

**Nous sommes
là pour vous aider**

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