

## Community Resources in your hands

354th edition

Community Supports	Phone Number
Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
APH Community Mental Health Program	(705) 848 2314 ext 4002
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 (CCEA)	(705) 848 2585 (DAYTIME CRISIS)
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
CCEA After Hours Crisis Support WARM LINE	1-800-721-0077 1-866-856-9276



# Stepping Stones



# February '21

# Reminder:

It is mandatory that masks/face coverings are worn at all times while at the clubhouse. This also includes when you are sitting at a table\*.

(\*Can be removed for eating only)



**We wear our mask to protect you.  
You wear your mask to protect us**

Michael, Alice, Candice, Peter, Lawrence, Doug, Douglas, James, Crystal, Stacey, Cathy, Ricky, Brenda, Sarah, Trish



Stepping Stones created, published and delivered by members and staff of Club 90

## Stay Connected:

Check out the official North Shore Community Support Services/ Club 90 page to stay up-to-date on what's happening.

<https://www.facebook.com/nscssclub90/>

# GREAT DREAM

Ten keys to happier living

GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

AWARENESS



Live life mindfully

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTIONS



Look for what's good

ACCEPTANCE



Be comfortable with who you are

MEANING



Be part of something bigger

ACTION FOR HAPPINESS

[www.actionforhappiness.org](http://www.actionforhappiness.org)

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**

## Staying positive in times of uncertainty

We spent almost a year adapting to the world around us. We wore our masks, we social distanced, we sanitized, we stayed away from family and friends.

Eventually, businesses started opening their doors. We were able to greet familiar faces and, aside from wearing a mask wherever we went, life went (sort of) back to normal.

But now we are back to where we started 11 months ago. It's okay to feel angry and frustrated by what is happening. Our routines have once again been disrupted. The silver lining is, we have done this before and succeeded. We all have proven time and time again that we are committed, resilient and able to do our part to keep ourselves and one another safe.

As always, I remind you all to be kind to one another as we all handle situations differently. Practice patience when lines are moving slower and respect the boundaries set in place to keep one another safe.

### **What's next for the clubhouse?**

At this time, we do not know the exact date that we will be opening our doors to the public. We continue to touch base with our members on a daily basis and you can call us at 705-848-2879. As for our meals and activity calendars: They are subject to change pending on the opening of the clubhouse. Call ahead to know what's happening.

We recognize that these times are unique to each individual and no one is experiencing the same thoughts and feelings during this second shut down. Know there are people and resources out there to support you.

### **Contact the Crisis Hotline at:**

**705.848.2582 (Daytime)**

**1.800.721.0077 (After Hours)**

**WARM LINE: 1-866-856-9276**

We will continue to keep you all updated as to what is happening here at the clubhouse! If you have social media, you can stay up-to-date by joining our Facebook group at: <https://www.facebook.com/groups/nscss>.





# Club 90: APP of the month

*WhatsUp*



WhatsUp? provides daily tools that promote positive mental health and wellbeing for everyone in your organisation. Secure, confidential and non-judgmental it allows your wellbeing department to instantly support those that need help most.

## App Features:

- My Mood
- Ask a question
- Wellbeing Contacts
- My Thoughts
- Wellbeing 5 steps



## ELLIOT LAKE EMERGENCY FOOD BANK

Location: 4 Charles Walk (Lower Plaza)

OPEN

MONDAY-WEDNESDAY-FRIDAY

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

### WAYS TO DONATE:

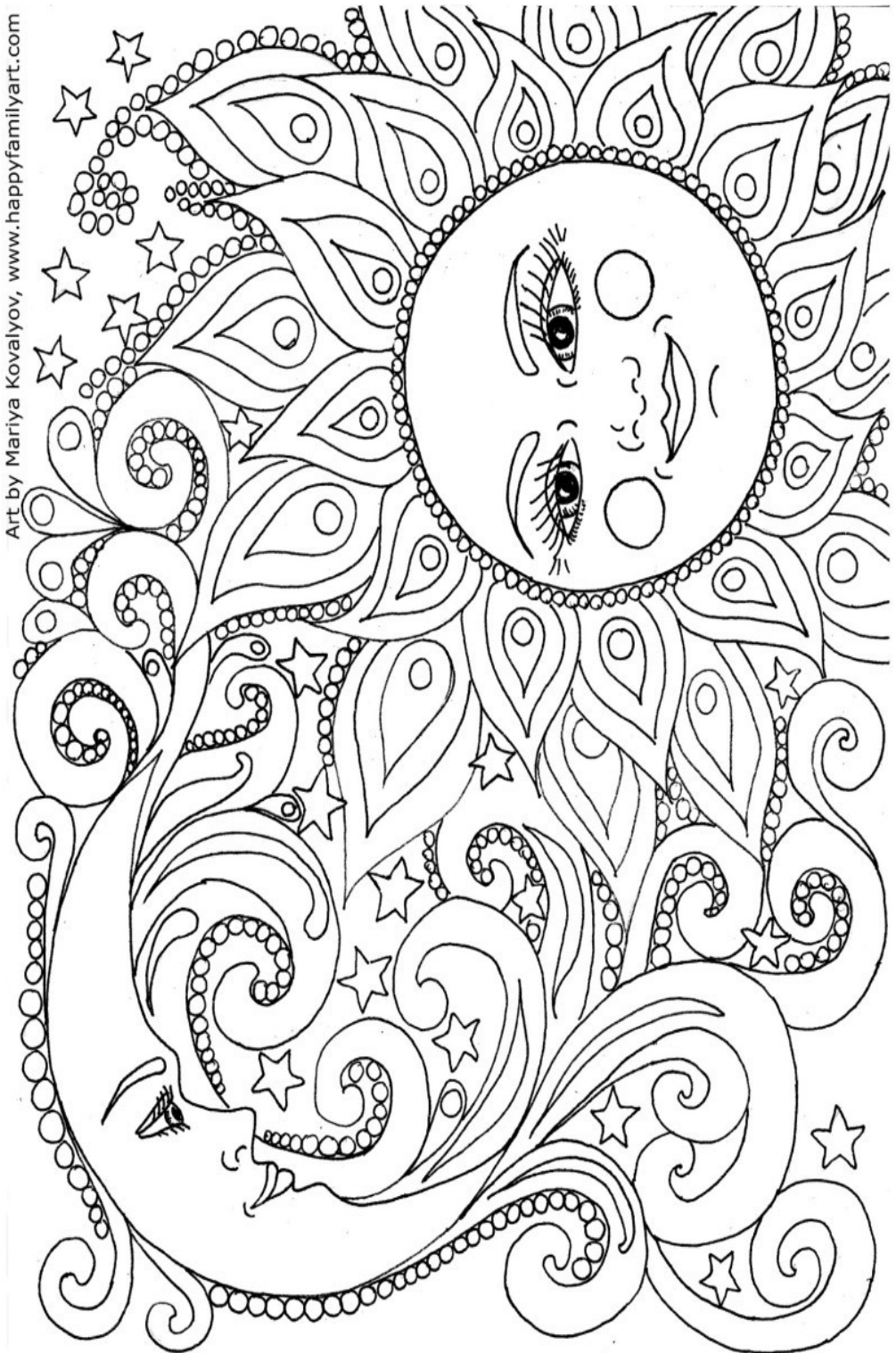
- Use Drop boxes at various Stores.
- Drop off your food or monies at the Food Bank.

**705-461-3663**

PHONE



Art by Mariya Kovalyov, www.happyfamilyart.com







**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**

**We are  
here to help**

**Nous sommes  
là pour vous aider**



**Available by phone**

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

## 5 ways to keep loneliness from becoming depression

- 1 . **Work on increasing your social support.** Given that this was a one-time, correlational study, it's not possible to know whether a lack of contact with other people was the cause or the effect of the maladaptive thoughts involving low self-worth and outright revulsion. Finding ways to alleviate loneliness by developing better social skills could help individuals overcome self-disgust.
- 2 . **Use mindfulness to reduce the tendency to ruminate over your shortcomings.** In mindfulness training, people don't try to push away their depressive thoughts, but instead learn to accept them for what they are and not fall prey to excessive rumination.
- 3 . **Have a little self-compassion.** You might not like the way you look, or even feel good about the things you do, but instead of becoming overwhelmed with disgust, recognize that no one is perfect and that you're allowed to have some flaws.
- 4 . **Try self-affirming messages.** Along with gaining greater acceptance of your-self and your real or imagined flaws, turn your thoughts toward the features of yourself that you like. Give yourself a mental pat on the back when you find that you're not becoming overly self-critical and judging yourself with unrealistic standards.
- 5 . **Practice emotional suppression and reappraisal.** The emotion-focused coping strategies that don't change the situation, but do change the way you feel about it are ideally suited for learning to manage the feelings you have about the qualities you have that you can't change. From your body type to the shape of your nose, whether you're accident-prone or forgetful, you can learn to draw your attention from away from ruminating about these supposed flaws and think about some-thing else. You might even decide that some of your worst "flaws" actually make you quite lovable.

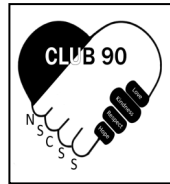
## Who we are:

**NORTH SHORE COMMUNITY SUPPORT SERVICES, INC.** provides community support services and activities to people living with mental health issues.

**NORTH SHORE COMMUNITY SUPPORT SERVICES, INC.** fournit des services d'assistance communautaires et des activités aux gens vivant avec des questions de santé mentale.

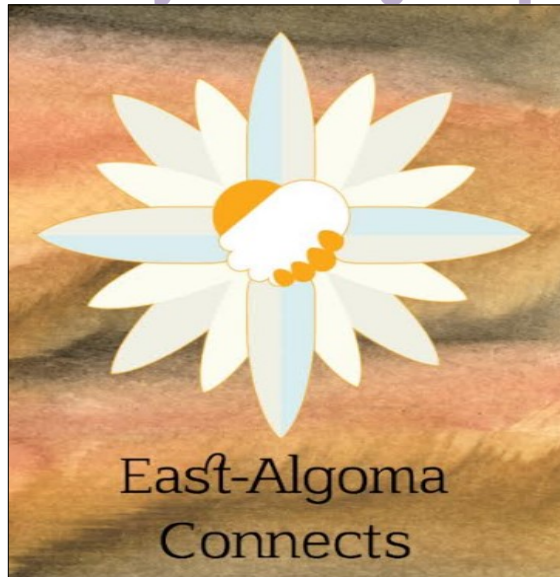


**East-Algoma Connects** is a free app created to help people find Addictions and Mental Health Services with ease.



## 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! No need to call anyone and being put on hold or give lengthy explanations over and over. The various petals offer you information on **where to get food, go for education, health care** and what **help-lines** 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.



## Quick & Easy Recipes:

### Tomato & Rice Soup:

1. Cook rice
2. Heat Tomato Soup
3. Combine soup and Rice
4. Add cheese
5. Pour in bowl and enjoy



### Spaghetti:

1. Cook ground beef
2. Cook Noodles
3. Heat sauce of choice
4. Combine meat & sauce
5. Add on top of cooked noodles and enjoy

### Lazy Grilled Cheese:

1. Toast 2 slices of bread
2. Add cheese of choice
3. Add lunch meat (For fun)
4. Put in microwave for 30 seconds
5. Let cool down and enjoy



### Sloppy Joes:

1. Cook ground beef
2. Stir in 1 can—Manwich sauce
3. Heat to desirable temperature
4. Add on bun and enjoy

### Add a healthy side dish:

1. Bag salad (So many flavours and variety)
2. Canned or Frozen Veggies





## Signs your anxiety may be impacted

1. **Feeling more tired than usual:** One of the most common and confusing side effect of this virus, especially for active people, is loss of energy.
2. **You're not sleeping well:** Insomnia frequently occurs in anxious people. Try and create a bedtime ritual, avoid nighttime screen time and limit your caffeine intake during the afternoon.
3. **You startle easy:** We all get startled from time to time, but if you're more jumpy than usual it's time to take notice. Your body and brain could be on high alert because of anxiety.
4. **Channeling energy into hobbies/activities:** Excessive enthusiasm or extreme productivity might be your coping mechanism, or how your anxiety is present-ing. Make sure you're taking time to rest and confront anything you may be feeling.
5. **Little to no interest in things:** Covid anxiety can appear as apathy. This is because routines that have given us structure and a sense of purpose are now disrupted or gone entirely. The antidote? It's important to use this time to create new routines for ourselves and find new interests.
6. **Intense loneliness:** A remedy to this is not necessarily the most ideal option, but it *can* work: *virtual connection*.
7. **Experiencing reactivation or agitation of other mental health conditions:** Coronavirus-related anxiety might compromise progress that you made on other mental health conditions. Even if you don't have a diagnosed mood disorder or mental illness, those cortisol levels can contribute to mood swings or "feeling like you're on a mood roller coaster."
8. **More headaches/physical issues:** you may see some physical symptoms that may appear to be all over the map. Think headaches, dizziness, heart palpitations, ulcers, insomnia, rashes, hand tremors, general restlessness and gastrointestinal issues. Keep an eye out for these, and use them as a "check engine light" of sorts. They could be a sign you're experiencing major anxiety.
9. **Angry outburst:** This anger may be directed at yourself or at others. You might be overly self-critical about everything you do at work or pick apart your appearance, for example. Or you may find yourself snapping at your partner or getting frustrated with your parents more than usual.
10. **Forgetfulness:** Having trouble staying on top of your to-dos? Forget something you were in the middle of? This is a cognitive symptom of anxiety. Your brain is overloaded with stress and may struggle to manage tasks and mental check-lists that seemed routine before.

## 6 Ways to beat the winter blues

**Maximize exposure to sunlight :** Spend more time outdoors during the day and arrange indoor environments to receive maximum sunlight. Open curtains, sit by a window or bundle up and go for a walk around the block.

**Give yourself something to look forward to:** It doesn't need to be a fancy event. Knowing you're seeing friends on a certain day, or a special activity that is coming up can cause excitement.

**Avoid isolation:** Surround yourself with positive people, family and friends. Try different hobbies or activities to keep the mind active. Come down to Club 90 for daily activities and to see friends!

**Make it a habit:** Exercise relieves stress, builds energy and increases mental and physical well-being; it can be made easier and more consistent by making a habit of taking a daily noon-hour walk or partaking in an activity at a certain time each day. Club 90 offers a yoga and meditation activity twice a month! Check the "What's happening" calendar for the date.

**Listen to music:** Research has shown that music can have helpful impact on mental health. It can be used as a coping strategy or to escape from stress or decompress from a day's work. Crank the tunes on the way home, or try something more formal, such as playing an instrument or going to a concert.

**Talk about it:** It's important to acknowledge that you're experiencing the blues, or any difficulty, in the winter months, and to not ignore it. If you need someone to talk to, come down to Club 90 and speak with a mental health worker or even a friend.



# Mental Health and Disorders

R J Y Y D J B X P R C B K Z Q F W Z B C S I B J  
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 H X K N Z N D T D A S V A Y H N J G V G T B D S  
 M E Z W D R I Y M V S P L Q O M P Z V S T H A C  
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 S T P L E A R N I N G D I S A B I L I T I E S X

Mood Disorders	Eating Disorders	Panic Disorders	Learning Disabilities
Dual Diagnosis	Personality Disorders	Concurrent Disorders	Addictions
Conduct Disorder	Psychosis	Schizophrenia	Attention Deficit Disorder
Bipolar Disorder	Depression	Anxiety	

## Self-Esteem Journal

<b>MON.</b>	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
<b>TUE.</b>	Today I accomplished...	
	I had a positive experience with...	
	Something I did for someone...	
<b>WED.</b>	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
<b>THUR.</b>	I felt proud when...	
	A positive thing I witnessed...	
	Today I accomplished...	
<b>FRI.</b>	Something I did well today...	
	I had a positive experience with (a person, place, or thing)...	
	I was proud of someone when...	
<b>SAT.</b>	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
<b>SUN.</b>	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	