

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

February 2022



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

Our iChef meals this month were a success!
Thank-you Victor for posting pictures.



A MEMO FOR OUR MEMBERS!

Due to Covid, we will be closed to the public until February 15th. We will continue to stay in touch through virtual socials that happen Monday-Friday at 10:30am and 2:30pm. You can also reach us by phone number (705-848-2879) or by email—nscss@nscss.com

Please stay safe by washing your hands and wearing a mask and social distancing of 2 meters!



FEBRUARY 01 to 15, 2022

**Face-to-Face Visit
Pause Extended !**

North Shore Community Support Services / Club 90
offers supports via telephone,
virtually and individual appointments
(9 a.m. to 5 p.m. Monday to Friday).

The Club 90 iChef program (twice a week)
delivering meals to our registered members.

Please connect with your worker
@ Club 90 by calling 705-848-2879 and/or our
Seniors' Mental Health Program @ 705-848-2800

To reassess in 2 weeks

Keep SAFE!

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

Bucatini all'Amatriciana

Ingredients:

- 1 lb. bucatini
- 6 oz. pancetta, cut into 1/2' pieces
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 1/2 tsp. crushed red pepper flakes
- 1 (28-oz.) can crushed tomatoes
- 1 tbsp. butter
- Kosher salt
- Freshly ground black pepper
- Freshly grated Pecorino
- Fresh chopped basil

Directions

1. In a large pot of boiling salted water, cook pasta according to package directions. Reserve ½ cup pasta water, then drain.
2. In another large pot, over medium heat, cook pancetta until crisp, 10 minutes. Use a slotted spoon to remove pancetta from pot and reserve on a paper towel lined plate. Drain all but 2 tablespoons of grease from pot. Add onion to pot and cook until soft, 5 minutes. Add garlic and red pepper flakes and cook until fragrant, 1 minute more. Add crushed tomatoes and butter. Bring to a simmer and let cook for 10 minutes. Season with salt and pepper and more red pepper flakes as desired.
3. Add in cooked pasta, ¼ cup reserved pasta water, and pancetta and toss to

East Algoma Connects

Local resources at your fingertips

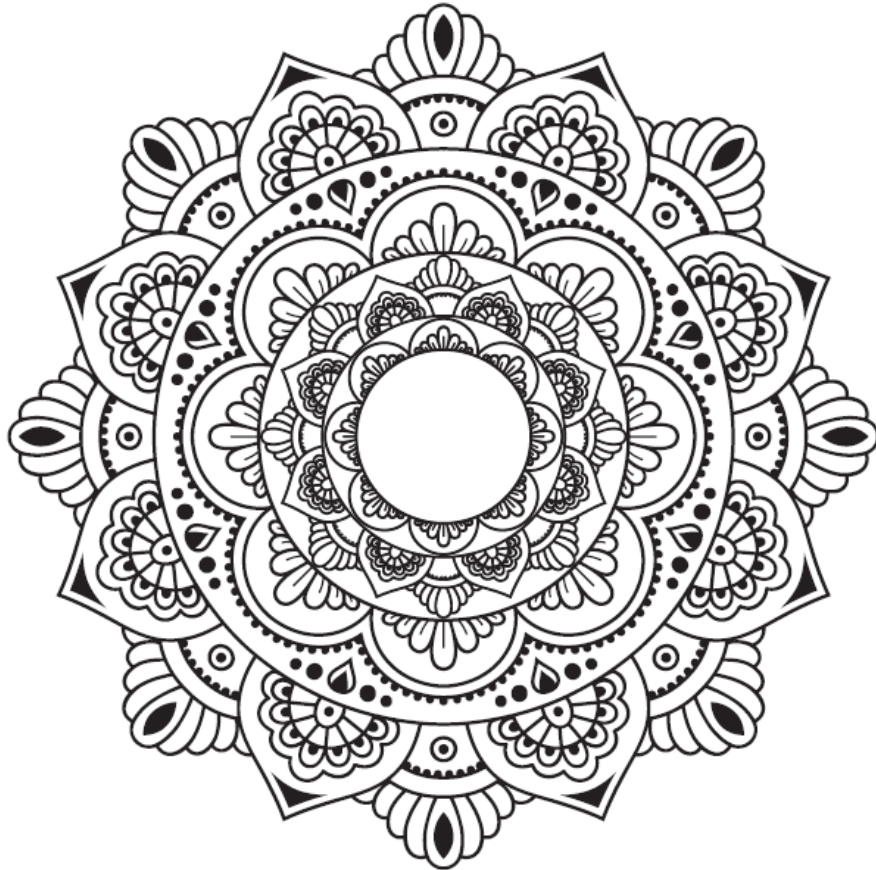
Did you know that we have a great resource at our fingertips that can help you find the services that we offer in Elliot Lake and surrounding communities? Whether you're looking for addictions services, mental health services or more, this info bank will have you pinpoint the service closest to you in 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:



Bell Let's Talk Day Activities



Practice mindfulness with the Bell Let's Talk mandala

Bell Let's Talk has designed a *mandala* that you can print out and colour in. Many mental health professionals recommend colouring as an effective way to practice mindfulness.

Mandala, meaning "sacred circle" in Sanskrit, is a circular art form often containing geometric and repeating designs. Similar to meditation, it focuses your attention on the present moment and away from worries and stress.

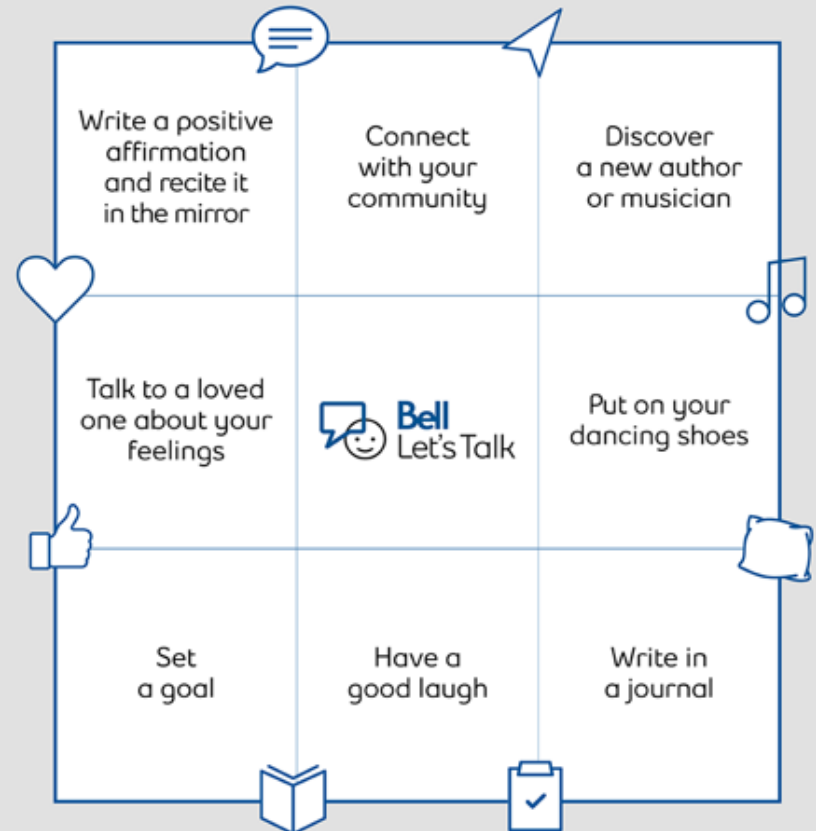
Share your creation on social media using #BellLetsTalk

Join in to help create positive change.



Self-Care Activity

This month, challenge yourself to complete as many self-care activities as you can. For each activity completed, fill in the square.



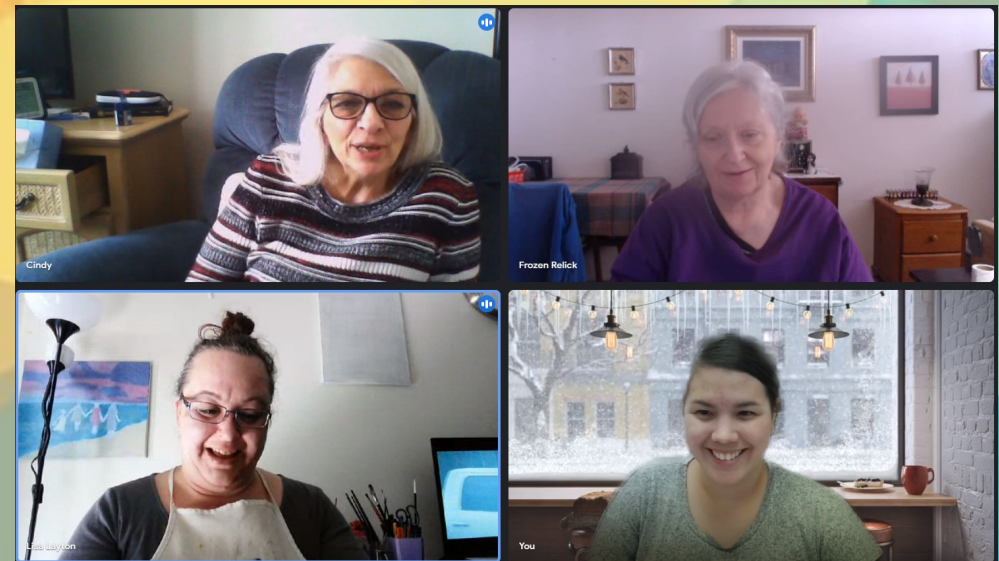
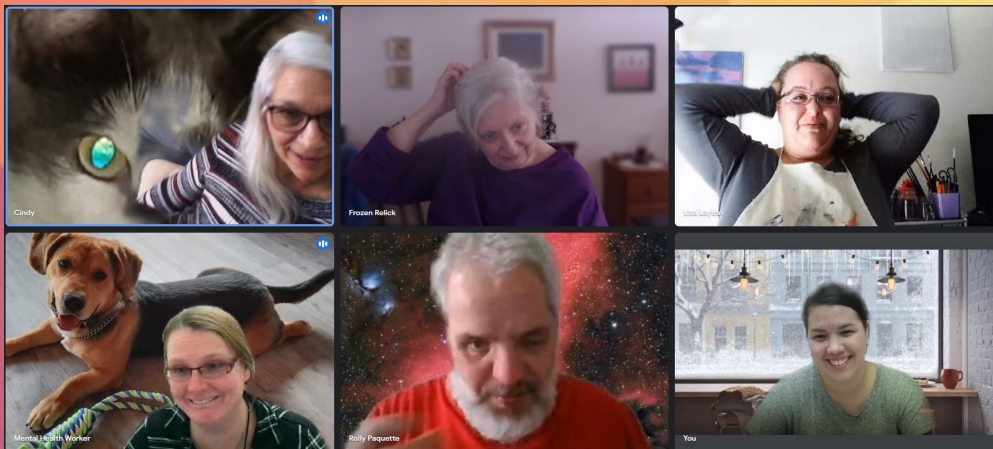
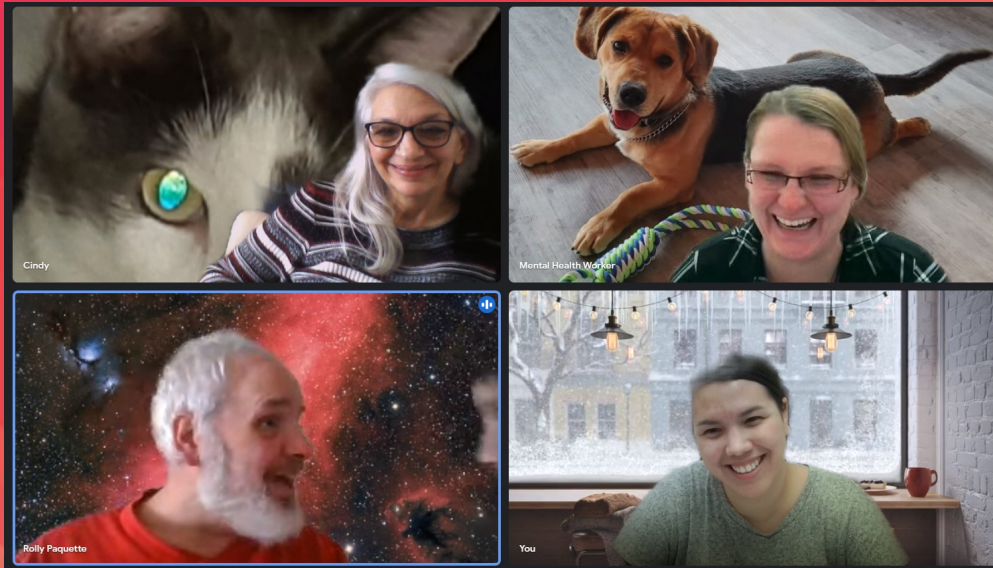
Keep listening.
Keep talking.

Join in with #BellLetsTalk

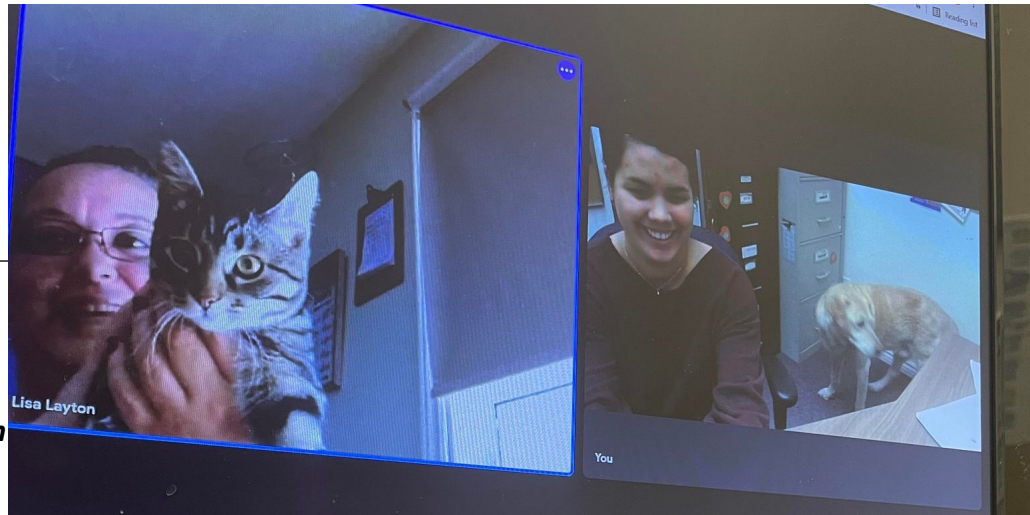
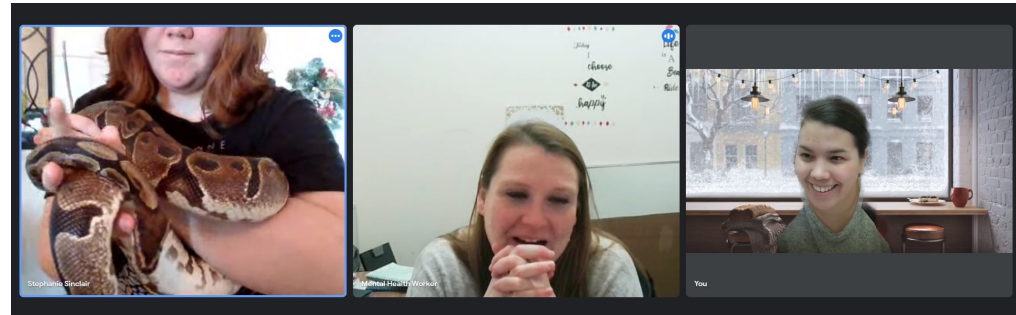
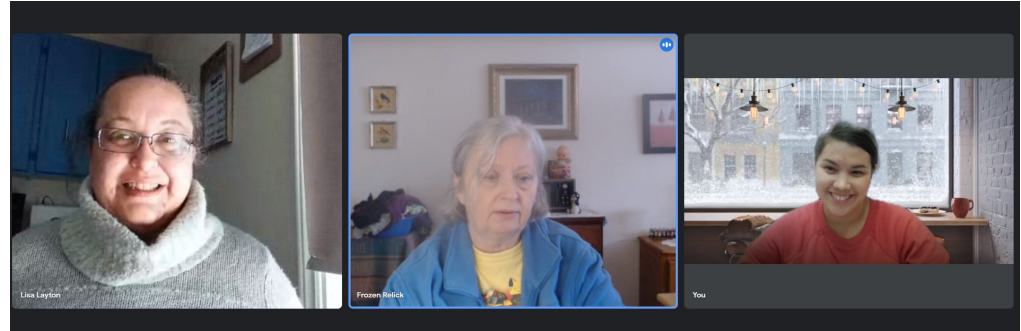
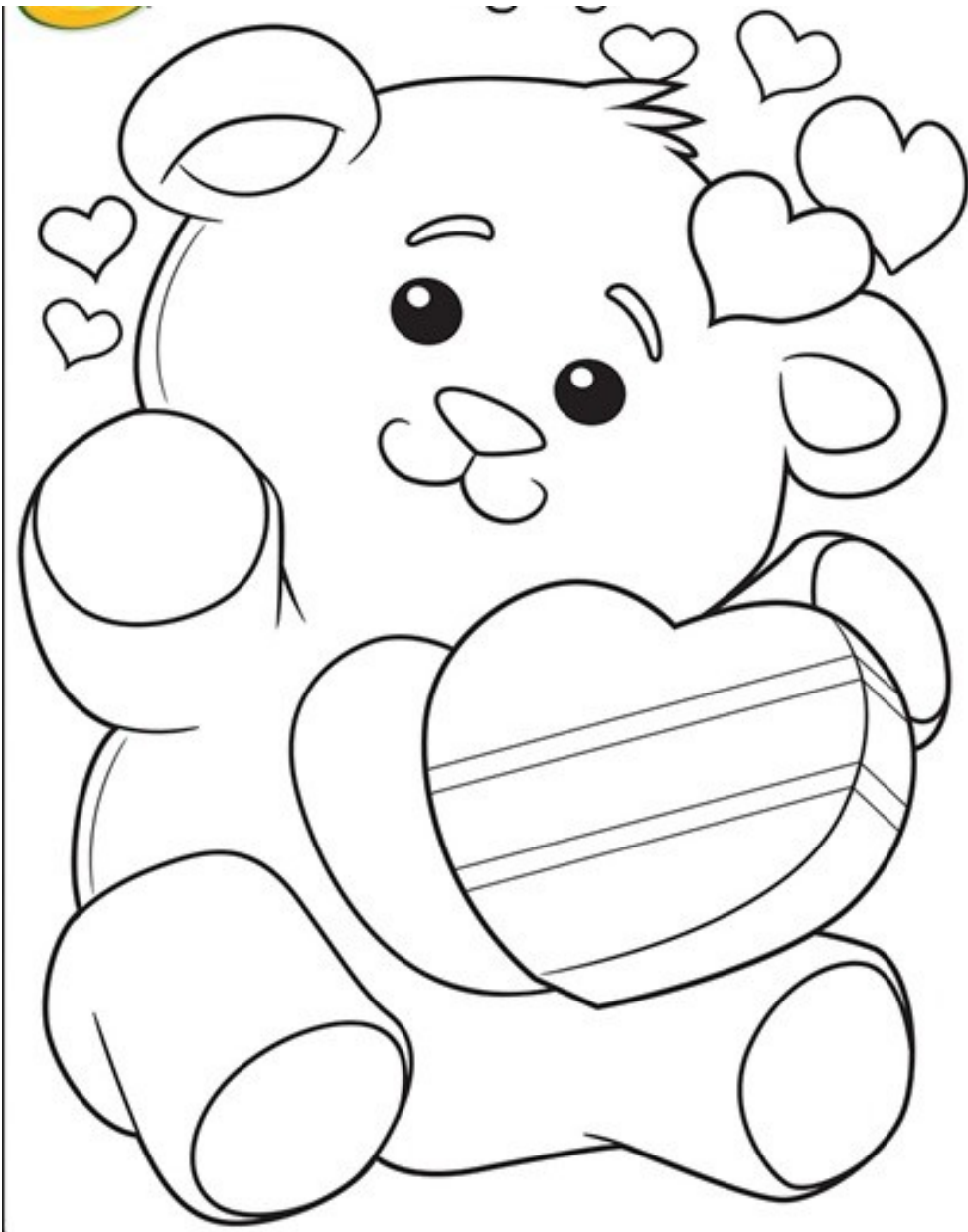


Virtual Fun!

**Come join us every day at 10:30am
and 2:30pm for some friendly con-
versation and online events!**



Although we were closed this month, we still enjoyed each other's company through virtual socials!



Wishing a Happy Birthday to:
Michael, Peter, Lawrence, Doug, James, Cathy, Ricky, Sarah, Trish

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

I am grateful

Use the prompts below to identify what you are most grateful for in your life.
When we write things down, we often feel more clear-headed and insightful.

Write as many answers as you can think of for each prompt.

I AM GRATEFUL FOR MY...

FAMILY BECAUSE...

FRIENDS BECAUSE...

CAREER BECAUSE...

BODY BECAUSE...

PAST BECAUSE...

ABILITIES TO...

ACCESS TO...

LOVE OF...



Club 90 is doing a Food Handler's Course twice a week for the month of February! Every Tuesday and Thursday at 2:30pm we will meet virtually to go through the courses together. To sign up please email supportmh@nscss.com or call 705-848-2879.

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



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

Valentine's Day Word Search



love	candy	caring	hugs
cupid	cards	February	pink
valentine	flowers	red	gifts
heart	kindness	kiss	roses

Time to Talk Day on February 3rd, 2022

Time to Talk Day, February 3rd, draws attention to mental health and the importance of reaching out to others. The day aims to help people open up and be honest about mental health, without the fear and stigma often attached to the topic. It can be daunting to express personal struggles and because of this, many people keep everything bottled up. By opening up, the likelihood of the person suffering seeking help increases, which can be crucial to the healing process. On Time to Talk Day, help raise awareness about mental health and be a part of changing the narrative.

Choose to talk
about mental health this
Time to Talk Day



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



What is Insight Timer-Meditation App?

The number 1 free meditation app. Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more. Music tracks from world-renowned artists. Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness.

Free features:

- Thousands of guided meditations
- Thousands of discussion groups and community features
- Stats and milestones for tracking your progress
- Thousands of music tracks and ambient sounds to calm the mind, focus, sleep better and relax



Insight Timer



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

705-578 -2969

