

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



CLUB 90

FEBRUARY 2023

EDITION 377

*Valentine/Friendship Brunch
At Club 90
February 14 At 1:30 PM*



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



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**



On behalf of NSCSS and Club 90, we want to wish Maggie and Rolly the best of luck on their New Adventures. You will be missed by all!



shutterstock.com • 269356313




Club 90 Café Unit is looking for YOU if you are interested in the kitchen.

Do you have a favorite recipe that you want to share, request, or even cook for your friends at Club 90?

Please contact Tammy at supportmh@nscss.com or (705) 848-2879

Meal Cards
 5 Meals for \$10
 10 Meals for \$20
 20 Meals for \$40

Drink Cards
 10 Drinks for \$5
 20 Drinks \$10

Call Club 90 before 11 am on Tuesdays and Thursdays to find out what the Free Surprise Lunch will be for that day.

Supper's are still served Monday to Friday at 2:30pm and 3:30 pm

Please contact Tammy at supportmh@nscss.com or (705) 848-2879

THANK YOU to our Club 90 Chef's

Victor, Denise, Ivan, Laurent & Heather



COME JOIN US!

VALENTINE/FRIENDSHIP BRUNCH

HERE AT CLUB 90!

TUESDAY FEBRUARY 14TH @ 1:30

ON THE MENU



BREAKFAST SAUSAGES
 HAM AND CHEESE MINI QUICHE
 WAFFLES WITH FRUIT AND WHIP CREAM
 ORANGE JUICE
 HOMEMADE DESSERTS!

**PLEASE RSVP BY CALLING 705-848-2879
 OR SIGN UP AT CLUB 90**

Are your taste buds in need of some excitement??



Maybe its time for you to contact Tammy to become your own personal chef at home!

Your weekly iChef meals come with all the ingredients for you to work your magic in the kitchen, along with instructions.

It's as easy as the step by step instructions that come with your meal...

1. Contact Tammy before 4pm on Thursday's to sign up.
2. Pick up your iChef meal from Club 90 between 2 pm and 4:30 pm on Friday.
3. You decide over the weekend, when is the best time for YOU to become a Chef.
4. Share your iChef journey with your friends and staff. Either at Club 90 or find us on Facebook at **NSCSS/Club 90** and post your iChef experience.



iChef



Here at Club 90!



Happy
Birthday
To You

Birthday Wishes to: Alice, Candice, Peter, Lawrence, Doug, Cathy and Ricky, Sarah, Patricia, Roy and David!

NON EMERGENCY CARE OR MINOR ILLNESSES 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 phone line answered until all appointments filled for day

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

Funding Provided By



In collaboration with



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

ART WORK BY AUBREY FOWLER

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 1-1 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

Serving Sault Ste. Marie and
the Algoma District



•tral Means: relating to a supposed nonphysical realm of existence to which various psychic and paranormal phenomena are ascribed, and in which the physical hu-

As-

Valentine Cards with Lesley!

Thank you so Much!



Free meals in Elliot Lake Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Harvest Kitchen 11am – 1pm	Hope Café 11:30am – 12:30pm	Harvest Kitchen 11am – 1pm	Hope Café 11:30am – 12:30pm	Harvest Kitchen 11am – 1pm
Foodbank 11am – 2pm		Foodbank 11am – 2pm		Foodbank 11am – 2pm
		Beehive 2pm – 4pm		Beehive 2pm – 4pm
Harvest Kitchen is located at 10 Albert Rd Hope Café is located at 6 Charles Walk Foodbank is located at 29 Columbia Walk Beehive is located at 118 Ontario Ave			(705) 848- 2712 (705) 848-5316 (705) 461-3663 (705) 461-3912	


 City of / Ville d'
Elliot Lake
 is proud to support
 Stepping Stones and
 the members of
 Club 90

www.Elliotlake.ca
 705-848-2287



fb.com/cityelliotlake

Call to sign up @ 705-848-2879

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

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

A black and white line drawing of a butterfly and a moth, surrounded by various flowers and leaves. The text "I am Remarkably made" is written in a stylized font across the center. The butterfly is at the top, and the moth is at the bottom. The flowers are scattered around the central text. The leaves are at the bottom right. The text is in a cursive, handwritten style. The overall theme is nature and creation.



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 **"Food Network Kitchen"**



The Food Network Kitchen app is designed especially for use on a tablet, but it does also work on smartphones. The *free* version of this app gives you unlimited access to more than 80,000 trusted recipes from Food Network chefs like Tom Kerridge and Rachel Khoo.

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