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				
	1-866-856-9276			

STEPPING STONES

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CLUB 90 FEBRUARY 2023

EDITION 377

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



24/7 Crisis Support Service

2

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.

J 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.



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



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!



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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

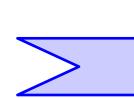


<u>Drink Cards</u> 10 Drinks for \$5 20 Drinks \$10

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'sVictor, Denise, Ivan, Laurent & Heather



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.

 Pick up your iChef meal from Club 90 between 2 pm and 4:30 pm on Friday.
You decide over the weekend, when is the best time for YOU to become a Chef.
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.

5_Chef



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

MAGICOOKING



NON EMERGENCY CARE OR MINOR ILLNESSES AND DON'T HAVE A DOCTOR

5



STARTS OCTOBER 31st, 2022 HUNGRY? Please join us for a Free or 'Pay what you can' HARVEST healthy meal! KITCHEN **Dine In and Takeout** Available Monday · Wednesday · Friday 11am to 1pm **Meals Served** Funding Provided By at the **Elliot Lake Legion** ecclesiastical In collaboration with Elliot Lake MAPLEGATE EGION HOUSEFORWOMEN For More Information Please Email : info.harvestkitchen@gmail.com ART WORK BY AUBREY FOWLER

•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!

6

Thank you so Much!



Free meals in Elliot Lake Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
Harvest	Hope Café 11:30am -	Harvest	Hope Café 11:30am -	Harvest
Kitchen 11am – 1pm	12:30pm	Kitchen 11am – 1pm	12:30pm	Kitchen 11am – 1pm
Foodbank 11am – 2pm		Foodbank 11am - 2pm		Foodbank 11am - 2pm
		Beehive		Beehive
		2pm – 4pm		2pm – 4pm
Harvest Kitchen is located at 10 Albert Rd		(705) 848- 2712		
Hope Café is located at 6 Charles Walk		(705) 848-5316		
Foodbank is located at 29 Columbia Walk		(705) 461-3663		
Beehive is located at 118 Ontario Ave		(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 Find us on Facebook fb.com/cityelliotlake



What is self-care? Self-care is time you gift yourself and to recharge your batteries. Ever feel like you're tired, bord, or lonely? That is the time to focus on yourself. Ever notice how people take better care of their cars? By maintaining the mechanics inside and keeping the body polished on the outside. Well we need to look at ourselves as such. We need fuel, maintenance, and sometimes tender loving care. Lets apply this analogy to self-care.

Come February 2nd 2023 @ 1:30, Club 90's placement student, Melanie, would like to discuss how we can maintain Self-care like a vehicle.

Call to sign up @ 705-848-2879



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: Blind River, Elliot Lake, Serpent River First Nations, Spanish and Township of the North Shore.

How Can We Help You?

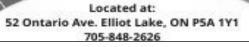
ELNOS can provide business counselling and finance options to help you develop and grow your business. We understand the common problems experienced by growing businesses, but also the unique challenges faced in the region. 7

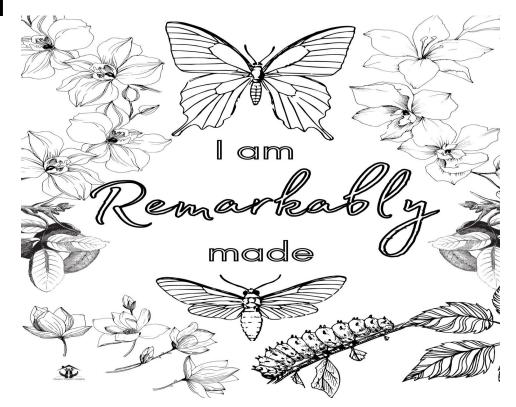
ELNOS can provide various loan and investment options for your business. We can also provide financial and administrative support for various community events.

For more information, visit our website at <u>www.elnos.com</u> 31 Nova Scotia Walk, Suite 306 Elliot Lake, ON P5A 1Y9 705-848-0229/1-800-256-7299 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."







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!!!!!! 8

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!



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

Club 90: App of the month



FOOD RAME

"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