

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
Club 90	(705) 848 2879
Camillus Centre	(705) 848 7182
Centre Victoria pour Femmes	(705) 461-6120
City of Elliot Lake	(705) 848 2287
Home and Community Care Support Services	(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 (Shelter)	(705) 461 9868
North Shore & Elliot Lake Community Legal Clinic	(705) 461 3935
North Channel Literacy Council	(705) 578 3200
Non-Emergency OPP	(705) 848 6975
Oaks Centre (Detox)	(705) 848 2129
ODSP and Ontario Works (ADSAB)	(705) 848 7153
Salvation Army	(705) 848 2417
Supportive Independent Living (Christian Horizons)	(705) 461 9561

After Hours Crisis Support **1-800-721-0077**

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

STEPPING STONES



CLUB 90

**A VERY
HAPPY AND HEALTHY
NEW YEAR
TO EVERYONE
from your friends of
Club 90 !**

A letter to everyone from a
beloved member who moved
away.

Dear Everyone at Club 90

When I first moved here, I was so bad emotionally and mentally. Being abused all my life, I didn't trust anyone and was sure I would be hurt here to. But instead, I found a safe place with people I could not only feel safe around but a real family. (One that is of love not hate and abuse)

Here I found people who understood me, and I love and want to be in my life. Even after I move! I never thought I would find such a positive place. The staff really tried to get to know me, going out of their way to show they care. I want to thank everyone (both past and present) so much.

I love you all!

Your Friend

December 2021

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

Although we couldn't be together, Christmas Dinner was still a success, staff delivered the dinner to everyone's home!



Thank You !



A MEMO FOR OUR MEMBERS!

Due to Covid, we will be closed to the public until January 17th, 2022. 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 2 meters!

Face-to-Face visits at the **Club 90 Program** and the **Seniors' Mental Health Community Consultation Outreach Program** will be

paused immediately, as of **21st of December 2021 to January 17, 2022**. We, of course, will continue to offer **telephone, virtual and modified services** (9 a.m. to 5 p.m. Monday to Friday) as applicable during this time.

Please DO NOT attend our office for service, unless you have a scheduled in-person appointment.

We as well will be ramping up the **Club 90 iChef program** (twice a week) to provide nourishing meals to our registered members.

Please continue to connect with a Mental Health Worker of Club 90 by calling 705-848-2879 and/or our Nurse of the Seniors' Mental Health Program at 705-848-2800.

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

Classic Shrimp Scampi

Ingredients:

- Kosher salt
- 12 ounces linguine
- 1 1/4 pounds large shrimp, peeled and deveined
- 1/3 cup extra-virgin olive oil
- 5 minced garlic cloves
- 1/4—1/2 teaspoon red pepper flakes
- 1/3 cup dry white wine
- Juice of 1/2 lemon, plus wedges for serving
- 4 tablespoons unsalted butter, cut into pieces
- 1/4 cup finely chopped fresh parsley

Directions

1. Bring a large pot of salted water to a boil. Add the linguine and cook as the label directs. Reserve 1 cup cooking water, then drain.
2. Meanwhile, season the shrimp with salt. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and red pepper flakes and cook until the garlic is just golden, 30 seconds to 1 minute. Add the shrimp and cook, stirring occasionally, until pink and just cooked through, 1 to 2 minutes per side. Remove the shrimp to a plate. Add the wine and lemon juice to the skillet and simmer until slightly reduced, 2 minutes. Return the shrimp and any juices from the plate to the skillet along with the linguine, butter and 1/2 cup of the reserved cooking water. Continue to cook, tossing, until the butter is melted and the shrimp is hot, about 2 minutes, adding more of the reserved cooking water as needed. Season with salt; stir in the parsley. Serve with lemon wedges.

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:





Christmas Activities at Club 90!



Wishing a Happy Birthday to:

Tracy, Deborah, Guy,
Heather, Jo-Saline,
Stephen, Cheryl Lynn,
Chris

Christmas Fun!



**YUMMY
ART!!**

**We are
here to help**

**Nous sommes
là pour vous aider**

Available by phone



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

Christmas Fun!



Available by phone

Carol Hughes
MP/Députée
Algoma-Manitoulin-Kapuskasing

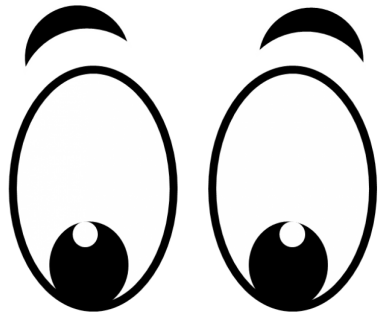
My office can help you:

- Immigration & Citizenship
- Revenue Canada
- Employment Insurance
- Disability Tax Credit
- Seniors, CPP, OAS, GAS
- Passports
- Canada Student Loans
- Service Canada & HRSDC

705-848-8080
1-855-297-4200
carol.hughes@parl.gc.ca

NDP **NPD**





Elliot Lake's Roundabout Exceptional
Puppeteers is looking for volunteers!
Volunteers needed for both on stage
and behind the scenes!!

Please contact Liz at 705-848-4256

Proud supporter of the Club 90 program

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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



R L S E N Y B F Q S A H
 X E R K C M O P D N J I
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BELOW	SKATING
BOOTS	SKI
COAT	SLED
COLD	SLIP
FREEZE	SNOWBALL
ICE	SNOWMAN
ICY	WHITE
SKATES	WINTER



Tree Valley Academy

Bell Let's Talk is here...but what exactly is it?

In September 2010, Bell Let's Talk began a new conversation about Canada's mental health. At that time, most people were not talking about mental illness. But the numbers spoke volumes about the urgent need for action. Millions of Canadians, including leading personalities, engaged in an open discussion about mental illness, offering new ideas and hope for those who struggle, with numbers growing every year.

As a result, institutions and organizations large and small in every region received new funding for access, care and research from Bell Let's Talk and from governments and corporations that have joined the cause.

Building on ten years of increased awareness and acceptance around mental health, Bell Let's Talk is focused on engaging Canadians to take action to create positive change in mental health.

In March 2020, Bell announced the extension of the Bell Let's Talk mental health initiative for a further 5 years and an increase in Bell's total funding commitment for Canadian mental health to at least \$155 million.



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 Headspace?

Get happy. Stress less. Sleep soundly. Headspace is your guide to mindfulness for your everyday life. Learn meditation and mindfulness skills from world-class experts like former monk and Headspace co-founder Andy Puddicombe. Choose from hundreds of guided meditations on everything from managing stress and everyday anxiety to sleep, focus, and mind-body health. Build your practice your way with meditations for every experience level and lifestyle—including short, 3-minute sessions that fit seamlessly into a busy schedule.

To help stay resilient during tough times, Headspace is here for you with the Weathering the storm collection, including meditations for coping with sadness, anger, and adapting to change. You can also release stress and tension through movement with Move Mode—mood-boosting, at-home workouts and 28-day mindful fitness courses, led by expert trainers Olympians Kim Glass and Leon Taylor.



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

