

### Community Resources at Your Fingertips!

Edition 388

## Club 90

# Stepping Stones

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
Beehive	(705) 461-3912
Camillus Centre	(705) 848 7182
Centre Victoria pour Femmes	(705) 461-6120
City of Elliot Lake	(705) 848 2287
Christian Horizons	(705) 789 1725
Community Living Algoma (CLA)	(705) 848 2475
Counselling Centre of East Algoma	(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)	(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	(705) 253-2001
Salvation Army	(705) 848 2417
Suicide Crisis Helpline	9-8-8
Supportive Independent Living	(705) 461 9561
After Hours Crisis Support .....	.....1-800-721-0077
WARM LINE.....	.....1-866-856-9276



# January 2024



# CHRISTMAS DINNER

On December 28th ,2023, members of Club 90 enjoyed a warm Christmas dinner and treats that were prepared by some of our members. It was good to see everyone socialize and spread the holiday joy with each other. NSCSS/Club 90 would like to thank Elliot Lake Deli for their donation of Roast Beef, and to Scott Horrocks for entertaining us with your vocals.

Club 90 would like to wish Everyone a Merry Christmas and a Happy New Years.



# Ring In The Christmas Spirit



On December 19th, 2023, we had a pre-Christmas celebration at Club 90. We called it "Ring In The Christmas Spirt". Our members were gifted gifts from their Secret Santa, had a meal that was prepared by some of our members, and were entertained by "The Men of Song". We had members singing along to Christmas Carols and played the spoons!



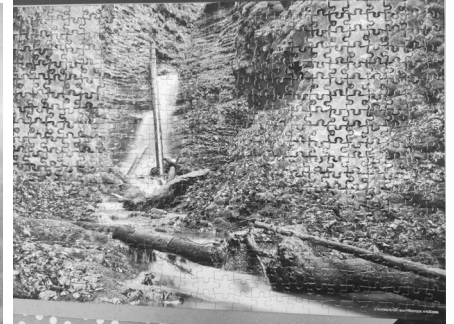


# A week before Christmas and all through the Club...

# fun activities

We had 3 events during the week leading up to Christmas. We had Christmas hampers delivered to Club 90 to make it easier for our member to pick them up. We also had Secret Santa, home made turkey soup, and "Turkey to Go dinners."

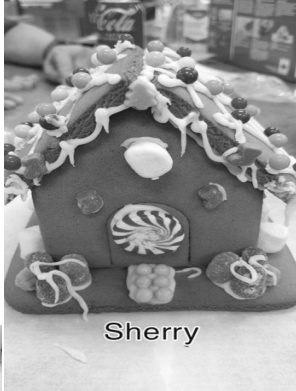
Members played a huge part in preparing for Club 90's Christmas events. We had members preparing Christmas treats, decorating the Club, making ornaments, and even completing a difficult puzzle. Thank you to all the members that were involved. Couldn't have done it with out you!





# Gingerbread Houses

On December 18th, 2023, Members had fun while building their own Gingerbread houses. We all sat together and listened to Christmas music while everyone shared in telling stories about how Christmas was for them as a child as apposed to now. Thank you Canadian Tire for the donation of the houses.



## NOT SURE WHO TO CALL?



In order to help reduce the number of calls to the emergency line and to help citizens receive help as quickly and efficiently as possible the City of Elliot Lake and the local OPP have teamed up to create this resource with the contact numbers for different emergency services and resources.

### City of Elliot Lake Contact Numbers

#### **911 - In Emergencies ONLY**

- **Police:** Non urgent reporting: 888-310-1122  
Minor crimes that have no injuries, suspects, or evidence can be reported online at [opp.ca/reporting](http://opp.ca/reporting).
- **Sudbury Rainbow Crime Stoppers.** Tip Hotline: 800-222-8477 [www.sudburycrimestoppers.com](http://www.sudburycrimestoppers.com)  
Tipsters can report information on criminal activity, will remain 100% anonymous, and could be eligible for a cash reward of up to \$2,000
- **Fire:** Emergency - 911  
705-848-3232
- **Ambulance:** Emergency - 911  
Non Emergency: 1-800-461-5100
- **City By-Law Office:** 705-848-2287 ext. 2119  
Property standards, snow removal, animal complaints, etc.
- **Canadian Anti-Fraud Centre (CAFC):** 1-888-495-8501
- **Mental Health/Community Support: Counselling Centre of East Algoma:** 705-848-2585  
**AFTER HOURS Crisis Services Sault Area Hospital:** 800-721-0077
- **Poison Control Centre:** 1-800-268-9017
- **Hydro One:** 1-800-434-1235
- **St. Joseph's General Hospital Elliot Lake:** 705-848-7181

For additional resources and information please use the City of Elliot Lake Services / Clubs Directory found on the City Website:

[www.elliottlake.ca](http://www.elliottlake.ca)



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

[www.Elliottlake.ca](http://www.Elliottlake.ca)  
 705-848-2287



[fb.com/cityelliottlake](https://fb.com/cityelliottlake)

*Proud supporter of the Club 90 program*



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



**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](http://www.elnos.com)

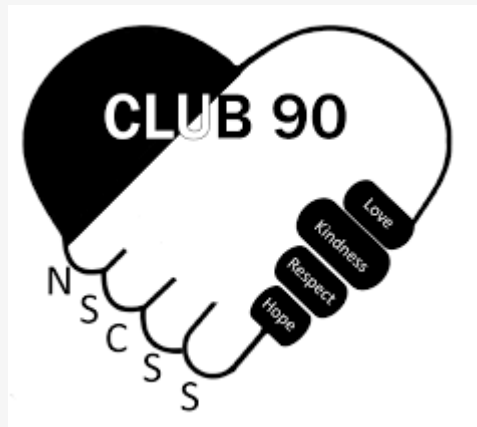
31 Nova Scotia Walk, Suite 306  
 Elliot Lake, ON P5A 1Y9  
 705-848-0229/1-800-256-7299



We are asking all members to please get in touch with the Mental Health Worker to up date your information. We are asking for your current address, phone numbers, and emails.

You can call at 705-848-2879 or email [mhsupport@nscss.com](mailto:mhsupport@nscss.com)

This is to ensure you receive the proper supports and recourses needed.



Thank you,

*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*

# sudoku

			4		9	3		7
7	5							
				8	1	2		
						6	7	
	8						2	
	7	4						
		8	6	9				
							5	9
1		9	5		4			



**Wishing a Happy Birthday To:**

**Laurent, Patricia, David,  
Michael.P, Reiht, Jennalea,  
Sharon, Josh, and CJ.**



We are  
here to help

Nous sommes  
là pour vous aider

Available by phone



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

# 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

# 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.ac.ca

NDP  NPD

## 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 helpines 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.



East-Algoma  
Connects

Available on:



## Why now is the time for a fresh start



While we still face a global pandemic and continue to constantly adjust to the never ending changing restrictions we all have to face on a daily, can cause stress, anxiety, and depression. We tend to focus on ways to keep us occupied, motivated, and trying to find ways to improve ourselves. Here are a few ideas on how to do that.

**New Years Day Resolutions:** The meaning to the word “Resolution” is “To solve” or “The act of analyzing a complex notion into a simpler one”. In otherwards, this is a good time to change the things that haven’t been working in your life. Could be where you live, friends circle, family unit, employment, and even yourself.

**Change your self perception:** Perception is how you see yourself. A mental image of oneself, a concept. You are the only one who has the power to make the necessary improvements in your life. Positive self-perception will give you a fresh sense of self-efficacy and confidence.

**Exercise:** Physical activities are an excellent way to enhance health. No matter your age, gender, or physical activity level, regular exercise can boost your physical and mental health. If you haven't exercised in a while, you may want to try easing back into it with moderate-intensity walking. Also, Physical activities trigger a release of Dopamine and Serotonin which can improve your mood.

