

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
Consumer Service Initiative Elliot Lake	(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
Community Mental Health and Addictions Program E.L	(705) 848 9131
Elliot Lake Emergency Food Bank	(705) 461 3663
Elliot Lake Family Health Team	(705) 461 8882
St. Joseph's General Hospital Elliot Lake	(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
Elliot Lake & North Shore 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	(705) 253-2001
Salvation Army	(705) 848 2417
Suicide Crisis Helpline	9-8-8
Supportive Independent Living	(705) 461 9561
After Hours Crisis Support1-800-721-0077
WARM LINE.....1-866-856-9276

Stepping Stones

Club 90

July 2024

394th Edition

SUMMER
IS TIME FOR WATERMELON
COLD DRINKS
BAREFOOT AND BARBEQUES
POPSICLES PICNICS POOLS
CORN ON THE COB LEMONADE SUNSHINE
READING CAMPFIRES CHERRIES
ROAD SEA SHELLS
TRIPSSMORES FUN

National Indigenous Peoples Day
JUNE 21



A taste of indigenous culture for club 90 members. Drumming, knowledge and food to celebrate National Indigenous People's Day at Westview Park. Thank you to the Indigenous Friendship Centre for hosting the social for all community members.



Indigenous Peoples Day is recognized as a time for reconciliation and healing

Indigenous Peoples Day is seen as a time for reconciliation and healing. It prompts individuals and communities to acknowledge the historical injustices that Indigenous peoples have endured, including forced displacement, cultural assimilation, and systemic discrimination.

The holiday encourages dialogue and understanding between Indigenous and non-Indigenous communities, promoting empathy, respect, and collaboration. It serves as a platform for addressing contemporary issues faced by Indigenous peoples and working towards a more equitable and inclusive society.

It's that time of Year for a Camp Thompson trip!!! **Cost \$5.00**



On July 10th/2024 Club 90 will be at Camp Thompson for the day, for games, great food, crafts and lots of laughter.

Bus leaves here at Club 90 at 11am, so we ask all those that sign up to be here for 10:30am,

Leaving Camp Thompson at 3:45pm just in time for those that take the bus home from Club 90.

Please sign up for Camp Thompson by July 8th/2024. Call or come in to sign up!

705-848-2879

This year Christian Horizon's will be joining us!

Hope to see you all there!!



We are asking all members to please get in touch with a Mental Health Worker to update your files. We are asking for your current address, phone numbers, and emails.

Please call at 705-848-2879 or email mhsupport@nscss.com or even better, come in person and have a cup of java on us.

We are happy to connect with you by mail, email, phone and, of course, face-to-face!

STAY IN TOUCH!!



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



Wishing a Happy Birthday To:

**Victor, Valerie, Scott, Barbara, Lynn,
Daniel, Alexis, Shyan and Sarah**

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.
- **Sudbury Rainbow Crime Stoppers.** Tip Hotline: 800-222-8477 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



Awesome Talent!



Ivan shares his awards and metals of his time spent with Special Olympics over the years. His most recent achievement is receiving a plaque for men's high single score of 280 with the Elliot Lake Bowlers.

In 2004, Ivan went Prince Edward Island to compete in the snowshoe competition for the Special Olympics, a

Proud supporter of the Club 90 program

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

Heather has a passion for the arts. A craft she enjoys to do is 3D art. Heather purchases these crafts from Dollarama and takes her time assembling them. This cool shark will be the latest of her work and will have you taking a second look.

Shark week begins July 7th on the Discovery Channel for those of you who are fascinated by these amazing creatures.



Welcome Back Sasha!

Hi there!

My name is Sasha and I'm excited to be back at Club 90! I used to work here about 2 years ago and I am now back to complete my volunteer hours for my Police Foundations program. I am passionate about helping others and I am grateful for Club 90 welcoming me back so I can help make a positive difference in our community.



I am born and raised in Elliot Lake which has led me to love being outdoors. I have many hobbies including walking my dog, knitting, crocheting, doing puzzles, gaming, Indigenous beadwork, and jogging.

I am looking forward to seeing some familiar faces and catching up with our amazing members! I am also excited to meet and get to know the new members here!



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**

What is Club 90?

Club 90 is a Psychosocial Rehabilitation Program for adults with mental illness in Elliot Lake and the surrounding area. Through support and sharing, members and staff provide a place to belong, a warm place, where members can achieve new levels of esteem and confidence in an atmosphere of stability and challenge. Everyone has something to offer.

Club 90 offers

Club 90 provides a safe, non-judgmental and supportive environment where people can come socialize, participate in recreational activities and develop new skills, hobbies and friendships.

What to Expect



We support adults living with a mental illness who are seeking a community of understanding with like-minded people who may share the same experiences.

- * A sense of belonging as staff, volunteers and members greet you when you arrive.
- * Exploring your goals and creating ways to make them happen.
- * Participating in activities with peers.
- * Check-ins with staff to see how you are doing.
- * Learn skills to increase your independence such as budgeting, organization, cooking, time management, light maintenance.
- * Give your brain and body a workout with physical and mental exercises.
- * Indulge in daily activities and meals.
- * Obtain skills in the clerical, maintenance and kitchen units.
- * Give back to your community through volunteer initiatives.
- Work on furthering education and career

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



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

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

211: Examples of the types and numbers of these programs available in Ontario to help you

211's Information and Referral Specialists are experts on community and social services. We can help you find 56,000 programs and services in Ontario. Dial 211 or search www.211ontario.ca.



24/7 - Free
Confidential
Live answer



HEALTH RELATED SERVICES



NEW PARENTS
699 PRENATAL CARE
445 POST NATAL CARE
426 EARLY CHILDHOOD FAMILY CENTRES
237 BREAST FEEDING
200 BEST START



1000+

2717 COMMUNITY HEALTH CENTRES
2036 YOUTH MENTAL HEALTH SERVICES
1292 AIDS
1058 ADDICTION

500-999

626 CANCER
607 COMMUNITY MENTAL HEALTH CLINICS
551 WALK IN CLINICS

0-499

412 HIV
359 BREAST CANCER
265 COMMUNITY MENTAL HEALTH URGENT CARE
237 HOSPICE AND PALLIATIVE CARE
197 ARTHRITIS
187 WITHDRAWAL PROGRAMS
167 CCAC
82 OSTEOPOROSIS



5210 MENTAL HEALTH

AGING POPULATION

932 RETIREMENT HOMES
695 ELDER ABUSE
683 ADULT RESPIRE CARE
468 ALZHEIMERS
464 ADULT DAY CARE
197 HOSPICE AND PALLIATIVE CARE
93 GERIATRIC PSYCHIATRY



SERVICES SERVING SPECIAL POPULATIONS

9530 PROVIDING SERVICE IN FRENCH

500-999

858 FIRST NATIONS
847 ABORIGINAL
794 DEVELOPMENTAL DISABILITIES
714 FRANCOPHONE
635 SETTLEMENT SERVICES
601 REFUGEE

0-499

439 PHYSICAL DISABILITIES
405 INUIT
359 AUTISM
61 HOME LIBRARY SERVICES



NEWCOMERS TO CANADA

1136 INTERPRETATION
1123 MULTICULTURAL POPULATIONS
1049 NEWCOMERS
538 ENGLISH AS A SECOND LANGUAGE CLASSES
475 TRANSLATION
239 LANGUAGE INSTRUCTIONS FOR NEWCOMERS TO CANADA (LINC)
39 NEWCOMER SERVICES



SERVICES FOR THOSE AT RISK

1000+

3112 REHABILITATION
2802 SUPPORT GROUPS
2388 SELF HELP
1526 FINANCIAL ASSISTANCE
1326 EMPLOYMENT COUNSELLING
1292 AIDS
1168 ALCOHOL
1060 CAREER COUNSELLING
1058 ADDICTION
1038 ASSAULT

500-999

794 DEVELOPMENTAL DISABILITIES
688 ONTARIO WORKS
677 FOOD BANKS
646 CANCER
635 SETTLEMENT SERVICES
601 REFUGEE

0-499

442 EMERGENCY SERVICES
439 PHYSICAL DISABILITIES
428 MEALS ON WHEELS
412 HIV
368 GAMBLING
359 AUTISM
359 BREAST CANCER
343 CRISIS LINES
287 CONGREGATE MEALS/ NUTRITION SITES
265 COMMUNITY MENTAL HEALTH SERVICES
246 RED CROSS
207 COMMUNITY HEALTH CARE
196 ARTHRITIS
167 UTILITY ASSISTANCE
82 OSTEOPOROSIS
72 FOOD VOUCHERS
65 HOUSING ASSISTANCE



SHELTERS

HOMELESS SHELTERS

192



WOMEN'S

172



MEN'S

155



FAMILY

14



211 helps people find the right community and social services. Free. Confidential. Live answer 24/7 Dial 211 www.211ontario.ca

Warning Signs Of Mental Illness

Major mental illnesses such as schizophrenia or bipolar disorder rarely appear "out of the blue." Most often family, friends, teachers or individuals themselves begin to recognize small changes or a feeling that "something is not quite right" about their thinking, feelings or behavior before an illness appears in its full-blown form.

Learning about developing symptoms, or early warning signs, and taking action can help to ensure prompt treatment. Early intervention **CAN** help reduce the severity of an illness and interruptions in quality of life and functions. It may even be possible to delay or prevent a major mental illness altogether.

If several of the following are occurring, it may be useful to follow up with a mental health professional.

- **Sleep or appetite changes** — Dramatic sleep and appetite changes or decline in personal care.
- **Mood changes** — Rapid or dramatic shifts in emotions or depressed feelings, greater irritability.
- **Withdrawal** — Recent social withdrawal and loss of interest in activities previously enjoyed.
- **Drop in functioning** — An unusual drop in functioning, at school, work or social activities, such as quitting sports, failing in school or difficulty performing familiar tasks.
- **Problems thinking** — Problems with concentration, memory or logical thought and speech that are hard to explain.
- **Increased sensitivity** — Heightened sensitivity to sights, sounds, smells or touch; avoidance of over-stimulating situations.
- **Apathy** — Loss of initiative or desire to participate in any activity.
- **Feeling disconnected** — A vague feeling of being disconnected from oneself or one's surroundings, a sense of unreality.
- **Illogical thinking** — Unusual or exaggerated beliefs about personal powers to understand meanings or influence events; illogical or "magical" thinking typical of childhood in an adult.
- **Nervousness** — Fear or suspiciousness of others or a strong nervous feeling.
- **Unusual behavior** — Odd, uncharacteristic, peculiar behavior.

Changes in school or work — Increased absenteeism, worsening performance, difficulties in relationships with peers and co-workers.

One or two of these symptoms alone can't predict a mental illness but may indicate a need for further evaluation. If a person is experiencing several at one time and the symptoms are causing serious problems in the ability to study, work or relate to others, he/she should be seen by a physician or mental health professional. People with suicidal thoughts or intent, or thoughts of harming others, need immediate attention.



Michael Mantha

MPP, Algoma-Manitoulin

Working for
Northern Ontario

Travaille pour
le nord de
l'Ontario



michaelmantha.com | 1-800-831-1899

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.eastalgomacconnects.com or download our app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



Available on:

