

Community Numbers

NAME OF ORGANIZATION	ADDRESS	PHONE NUMBER
Algoma Family Service	31 Manitoba Rd., Elliot Lake, ON, P5A 2A7	(705) 848-0790 Crisis: (705) 759-3398
Algoma Public Health	302 - 31 Nova Scotia Walk (ELNOS Building)	(705) 848-2314
Alcoholics Anonymous		(705) 461-3150
ADSAB Housing	2 Elizabeth Walk, Elliot Lake, ON, P5A 1Z3	(705) 848-7153 ext: 311
Assaulted Women's helpline		1-866-863-0511
Camillus Centre	9 Oakland Blvd, Elliot Lake, ON P5A 2T1	(705) 848-7182
City of Elliot Lake	45 Hillside Drive North Elliot Lake, ON P5A 1X5	
Club 90	6-10 Paris Dr., Elliot Lake, ON, P5A 2L9	(705) 848-2879
Community living Algoma	255 Hwy 108 N., Elliot Lake, ON, P5A 2T1	(705) 848-2475
Counselling Centre of East Algoma	9 Oakland Blvd., Suite 2 Elliot Lake ON, P5A 2T1	(705)-848-2585 After hours: 1-800-721-0077
Consumer Survivor Initiative (Beehive)	118 Ontario Ave, Elliot Lake, ON P5A 1Y2	(705) 461-3912
East Algoma Mental Health Clinic	31 Nova Scotia Walk, Elliot Lake, ON P5A 1Y9	(705) 848-9131
Elliot Lake Family Health Team	31 Nova Scotia Walk, Elliot Lake, ON P5A 1Y9	(705) 461-8882
Elliot Lake Food Bank	4 Charles Walk, Elliot Lake, ON P5A 2A3	(705) 461-3663
Hospital	70 Spine Rd, Elliot Lake, ON P5A 1X2	(705) 848-7181
Larry's Place - Men's Shelter		(705) 461-9868.
North Shore Legal clinic	31 Nova Scotia Walk Suite 300, Elliot Lake, ON P5A 1Y9	(705) 461-3935
March of dimes		(705) 848-4840
North Channel Literacy Council	10 Paris Dr., Unit 1, Elliot Lake, ON, P5A2L9	(705) 578-3200
Oaks Centre (Detox)	9 Oakland Blvd, Elliot Lake, ON P5A 2T1	(705) 848-2129
ODSP	2 Elizabeth Walk, Elliot Lake ON, P5A 1Z3	(705) 848-7153
Ontario Works	2 Elizabeth Walk, Elliot Lake, ON P5A 1Z3	(705) 848-7153
Supportive Independent Living (SIL)	31 Nova Scotia Walk, 3rd Fl, Elliot Lake, ON, P5A 1Z9	(705) 461-9561
Women's Crisis Centre (Maplegate)		(705) 461-7977 Crisis: (705) 461-9868
St Vincent de Paul Thrift Store	29 Elizabeth Square, Elliot Lake, ON P5A 1Y8	(705) 461-1355
NON-EMERGENCY OPP NUMBER	47 Hillside Drive North, Elliot Lake ON P5A 1X5	(705) 848-6975





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**

**We are
here to help**

**Nous sommes
là pour vous aider**



Michael Mantha MPP
Député Algoma-Manitoulin

705-461-9710



ELLIOT LAKE
Blossoms
Fresh Fruit Arrangements™
& Bistro

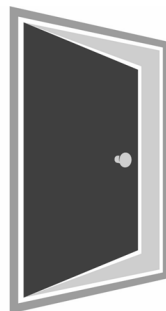
*From soups to
sandwiches, we
have your cravings
covered!
Come check us out
in the HILLSIDE
PLAZA.*



Check out "Elliot Lake Blossoms" on Facebook for our full menu and a look at our amazing edible fruit and vegetable arrangements that we deliver in Elliot Lake and Blind River!

Monday - 10AM to 5PM
Tuesday - 10AM to 5PM
Wednesday - 10AM to 5PM
Thursday - 10AM to 5PM
Friday - 10AM to 5PM
Saturday - 11AM to 4 PM
Sunday - Closed

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:

1 Industrial Park Rd., Suite 210
Blind River, ON P0R 1B0
(705) 848-2585

AFTER HOURS CRISIS NUMBER:
1-800-721-0077

HELLO SUMMER!

The warm weather is here and hopefully to stay and here at the clubhouse we are getting ready to have some fun in the sun!

We are kicking off the month with our Summer Self-Care Challenge! Keep reading the newsletter for the daily challenges.

Speaking of challenges, we are holding a Risk tournament at the Club on June 27 and 28. Make sure to sign up before June 24 to be placed on a team.

We are also collecting money for this summer's camping trip to Camp Thompson. We will be gone from August 13 to 15. The full trip is \$30 for members. If you just want to go for the one day it is \$5. Sign up at the club! Deadline to pay in full is August 1. We will accept down payments starting in June.

We are also getting ready for the to volunteer at the annual Drag Races in July. We will be out at the Elliot Lake Municipal Airport July 19 to 22. If you are interested in helping out, come speak to a mental health worker

As always, keep an eye on the calendar and social media pages for up-to-date announcements

BBQ & open house a success for Mental Health week



The Elliot Lake community came out to #GETLOUD with NSCSS/Club 90 on May 6, as the local clubhouse kicked off Mental Health Week with a BBQ and Open House.

During the afternoon, we had visitors come join us in sharing a meal or to inquire about our services.

The public educator with CCEA, Malin Johnson was on site and welcomed visitors from City Hall, Moose 94.1 FM, the Camillus Centre, Elliot Lake Emergency Food Bank and of course the wonderful people from the Elliot Lake community.

We would like to send a great big shout out to the community for the support we received and continue to get from everyone everyday!

Thank you! And a thank you to Mayor Dan for fielding many questions by Elliot Lake citizens.,

Mayor Dan Marchisella came out to the open house & BBQ to present NSCSS/Club 90 Executive Director Anke Lansky– Johnson with a proclamation to declare May 6 to May 10 Mental Health Week in Elliot Lake.

Zach, who handles information referral manned the BBQ with fellow staff and members for the #GETLOUD



Increase in opioid poisonings in Algoma District

Algoma Public Health (APH) is warning anyone who uses street drugs to take extra precautions at this time as there has been a rise in suspected opioid poisonings. APH is also asking all members of the community to continue their support for residents at risk of opioid poisonings and their loved ones.

“Every week across Algoma we monitor suspected opioid poisonings, confirmed opioid poisonings and EMS responses to opioid poisoning events using 3 separate databases. We consider an alert to be triggered when we see counts above a certain limit that is calculated based on the previous 12 weeks of data,” says Jordan Robson, Epidemiologist at Algoma Public Health.

“For the week of April 29th to May 5th, we observed counts above the upper limit values for all three databases, primarily in Sault Ste. Marie. This means more than 17 suspected opioid poisoning visits to the emergency department, more than 8 confirmed opioid poisoning visits to the emergency department, and more than 7 opioid poisoning related EMS calls”.

Street drugs can be mixed with dangerous substances, like fentanyl, that can cause an opioid poisoning. You may not be able to taste, smell or see it.

An opioid poisoning occurs when a person uses more of a substance, or a combination of substances, than their body can handle. Opioid poisonings can be fatal.

“Opioid poisoning does not discriminate,” says Allison McFarlane, public health nurse at APH and co-chair of the Sault Ste. Marie and Area Drug Strategy Committee, “and neither should we when it comes to getting people the health services and help they need. Anyone who uses drugs should carry naloxone and make sure they always have someone with them when they use. And all of us can help by learning more about the issue and knowing how to connect someone to support services if a friend or loved one reaches out.”

Reaching out for help: Getting a naloxone kit:

- Call 911 if you suspect an overdose.
- Reach out to friends and allies in the community who are ready to help.
- Learn more about this community issue and be ready to connect a loved one to health and social services if they are ready for help.

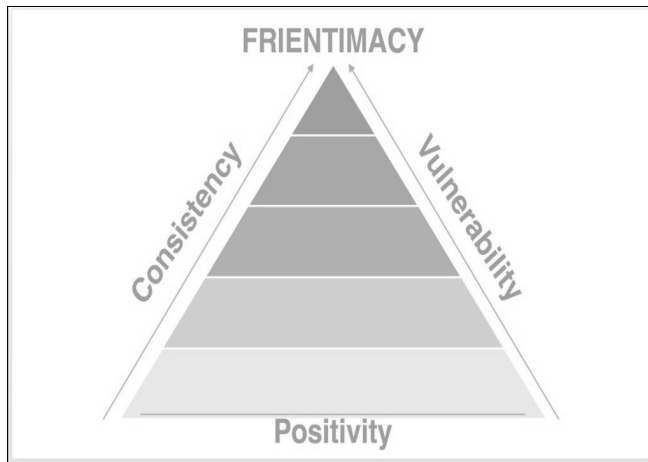
Get a free naloxone kit from Algoma Public Health from 1 to 4 p.m., located on the third floor of the ELNOS building. You can also call the Elliot Lake Public Health office at 705-848-2314.

Stay safe:

- Avoid mixing drugs, including prescribed, over-the-counter and illegal drugs.
- Avoid drinking alcohol while using other drugs.
- If you have not used in a while, start with a lower dose. Your tolerance may be lower.

Do we have fulfilling friendships in our lives?

There are three key traits that give us fulfilling relationships with our friends. Positivity, consistency and vulnerability. While we may like someone (positivity) they may not fill our frientimacy triangle. Showing up and being dependable (consistency) helps us to build up our need. Being able to open up about the good and the bad (vulnerability) creates a strong bond. When we have balance with these three traits, we have meaningful social relations with friends. For more on this, speak to a Mental Health Worker.



CCEA's Malin helps us #GetLoud with ourselves at monthly breakfast 4



Last month, We were joined by Counselling Centre of East Algoma's public educator Malin Johnson for our monthly Consumer/Survivor's Breakfast. The mini workshop was how to "#GetLoud with ourselves." We served up a traditional eggs and bacons breakfast with the help of members and volunteers. Look inside on how to #GetLoud with yourself.

Club 90 gets political with letter writing campaign

During the month of May a 30% budget cut to Legal Aid Ontario's budget could threaten the continuance of our local Elliot Lake and North Shore Community Support Legal Clinic.

We at Club 90 know how important the clinic's service are providing legal support and care for our community members. Twenty members of club 90 sent the MPP of Algoma-Manitoulin Michael Mantha stating that they are opposed to the 30% budget cut.



Eco-Mat @ Paris

Located in the Paris Plaza
at 10 Paris Drive

Free WIFI
available
to our customers

Offering wash & fold services, pay per use machines
and an onsite seamstress

Who we are:

NORTH SHORE COMMUNITY SUPPORT SERVICES, INC. provides community support services and activities to people living with mental health issues.

NORTH SHORE COMMUNITY SUPPORT SERVICES, INC. fournit des services d'assistance communautaires et des activités aux gens vivant avec des questions de santé mentale.

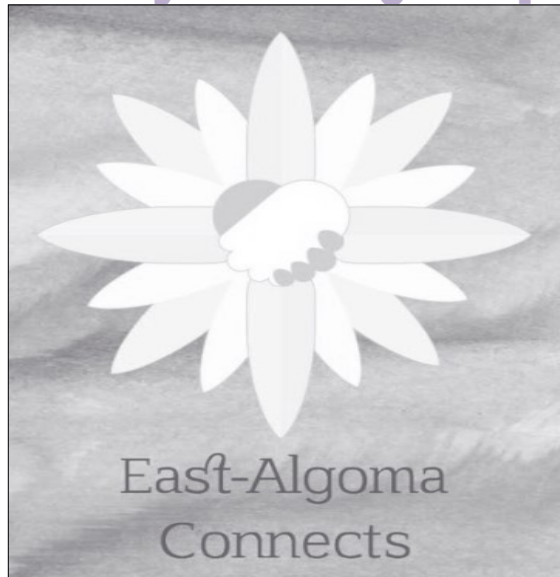


East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



Local resources at your fingertips

Did you know that we have a great resource at our **finger-tips** 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! No need to call anyone and being put on hold or give lengthy explanations over and over. 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 cell-phone! You can also call our information referral line at (705) 848-2109.



Located in the Hillside Plaza

Home of the all day breakfast

Monday:	7:00 AM - 2:00 PM
Tuesday:	7:00 AM - 7:00 PM
Wednesday:	7:00 AM - 7:00 PM
Thursday:	7:00 AM - 7:00 PM
Friday:	7:00 AM - 7:00 PM
Saturday:	7:00 AM - 6:00 PM
Sunday:	8:00 AM - 2:00 PM

Anderson Family Restaurant

Come try one of our omelettes:

Cheese Omelette	
(Canadian sharp cheddar)	\$8.50
Veggie Omelette	
(peppers, tomato, mushroom & onion)	\$ 8.50
Classic Western Omelette	
(diced ham, onions, mushrooms, peppers & cheese).....	\$10.50

let's do lunch

FREE MEMBERS LUNCH AT CLUB 90

Free lunches are on Tuesdays and Thursdays

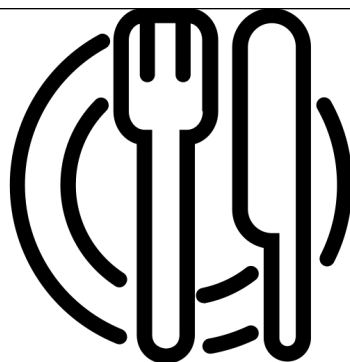
PLEASE EITHER COME IN OR SIGN UP BY 11:00 a.m. FOR EACH LUNCH TO ENSURE THERE IS ENOUGH. THANK YOU

Solutions?! We welcome your solutions and questions!

Anyone can have suggestions, lets come up with Solutions! This is your Club and we want to hear what you feel would be beneficial to maintain or improve Club 90. Submit your questions or ideas to NSCSS Club 90 staff or Email: Supportmh@nscss.com

Club 90 Members Daily Dinner at 4:00pm

Please call in by 1:00 pm for your dinner for \$2.00 reservation:
705-848-2879



All articles reflect the opinions of the authors and are not necessarily shared by all the members of Club 90. Nor are they necessarily reflective of the viewpoints of North Shore Community Support Services, INC. Advertise in our Monthly newsletter at very reasonable rates. For more info. Please free to Contact Us at (705) 848-2879, fax: (705) 848-3752 or email: mhsupport@nscss.com. Mail us at:
Club 90, 10 Paris Dr. Unit 6, Elliot Lake, ON, P5A 2L9
Fax: (705) 848-3752
Editorial: Staff and Members
Distribution: Members

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Check in on your own Mental Health

The Canadian Mental Health Association has found out that when we look at various descriptions of mental health, the overlaps are striking. While feeling well means different things to different people, some things might actually apply to all of us: in order to thrive, we all need a good sense of self, and we all need purpose, contribution, hope, resilience and belonging. CMHA has condensed that knowledge into an informal list that you can use to check your own mental health.

*****This is not a scientific tool, or a way to diagnose yourself. It's just one way to check in with yourself about your mental health.*****

Read each statement, and put a check mark whether you "Agree" or "Disagree" with it.

Your sense of self

- ☐ I feel confident about my own opinions, even if they're different from what other people think or believe.
- ☐ I think people respect me, but I can disagree with others and still feel ok about myself.
- ☐ I feel that I am the expert on my own life.
- ☐ I consider myself to be a good person.
- ☐ I deserve to feel well.

Your purpose and sense of meaning

- ☐ I feel like I'm reaching my potential.
- ☐ I feel I am growing as a person.
- ☐ I challenge myself and my thoughts about the world
- ☐ I have a sense of purpose and meaning in my life.
- ☐ It is a better world with me in it.
- ☐ I am good at things that matter to me.
- ☐ I get something out of the things I do.

Belonging

- ☐ I get along with others, and I feel good about my personal relationships and social interactions.
- ☐ I feel like I am part of something bigger than myself.
- ☐ I feel like I belong.
- ☐ I have people in my life to support me.

Contribution

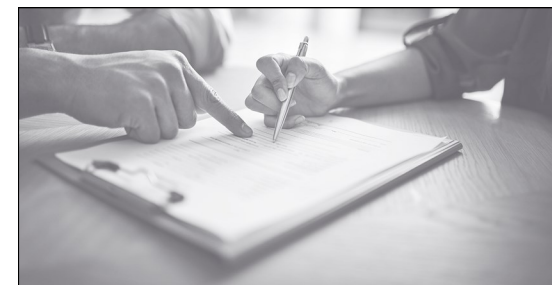
- ☐ What I do matters a lot to others
- ☐ I feel useful and productive
- ☐ I make the world a better place in my own way
- ☐ I am making a difference

Hope and enjoyment

- ☐ I am optimistic about my future.
- ☐ I feel good about myself
- ☐ I like and accept myself.
- ☐ I usually expect good things will happen.
- ☐ I enjoy life.

Resilience

- ☐ Things are hard sometimes, but I think I deal pretty well.
- ☐ I know I can't control everything, but I take action where I can.
- ☐ If you knock me down, I get back up again.



If you have concerns, come speak with a Mental Health Worker here at the club.

Seven ways to practice emotional first aid

Pay attention to emotional pain — recognize it when it happens and work to treat it before it feels all-encompassing. The body evolved the sensation of physical pain to alert us that something is wrong and we need to address it. The same is true for emotional pain. If a rejection, failure or bad mood is not getting better, it means you've sustained a psychological wound and you need to treat it. For example, loneliness can be devastatingly damaging to your psychological and physical health, so when you or your friend or loved one is feeling socially or emotionally isolated, you need to take action.

Redirect your gut reaction when you fail. The nature of psychological wounds makes it easy for one to lead to another. Failure can often drive you to focus on what you can't do instead of focusing on what you can. That can then make you less likely to perform at your best, which will make you even more focused on your shortcomings, and on the cycle goes. To stop this sort of emotional spiral, learn to ignore the post-failure "gut" reaction of feeling helpless and demoralized, and make a list of factors that you can control were you to try again. For instance, think about preparation and planning, and how you might improve each of them. This kind of exercise will reduce feelings of helplessness and improve your chances of future success.

Monitor and protect your self-esteem. When you feel like putting yourself down, take a moment to be compassionate to yourself. Self-esteem is like an emotional immune system that buffers you from emotional pain and strengthens your emotional resilience. As such, it is very important to monitor it and avoid putting yourself down, particularly when you are already hurting. One way to "heal" damaged self-esteem is to practice self-compassion. When you're feeling critical of yourself, do the following exercise: imagine a dear friend is feeling bad about him or herself for similar reasons and write an email expressing compassion and support. Then read the email. Those are the messages you should be giving yourself.

When negative thoughts are taking over, disrupt them with positive distraction. When you replay distressing events in your mind without seeking new insight or trying to solve a problem, you're just brooding, and that, especially when it becomes habitual, can lead to deeper psychological pain. The best way to disrupt unhealthy rumination is to distract yourself by engaging in a task that requires concentration (for example, do a Sudoku, complete a crossword, try to recall the names of the kids in your fifth grade class). Studies show that even two minutes of distraction will reduce the urge to focus on the negative unhealthily. **Continued pg. 12**

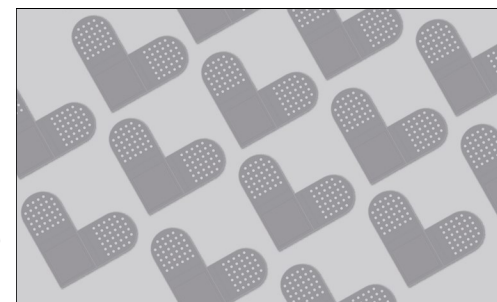
Seven ways to practice emotional first aid 12

Continued from page 7

Find meaning in loss. Loss is a part of life, but it can scar us and keep us from moving forward if we don't treat the emotional wounds it creates. If sufficient time has passed and you're still struggling to move forward after a loss, you need to introduce a new way of thinking about it. Specifically, the most important thing you can do to ease your pain and recover is to find meaning in the loss and derive purpose from it. It might be hard, but think of what you might have gained from the loss (for instance, "I lost my spouse but I've become much closer to my kids"). Consider how you might gain or help others gain a new appreciation for life, or imagine the changes you could make that will help you live a life more aligned with your values and purpose.

Don't let excessive guilt linger. Guilt can be useful. In small doses, it alerts you to take action to mend a problem in your relationship with another person. But excessive guilt is toxic, in that it wastes your emotional and intellectual energies, distracts you from other tasks, and prevents you from enjoying life. One of the best ways to resolve lingering guilt is to offer an effective apology. Yes, you might have tried apologizing previously, but apologies are more complex than we tend to realize. The crucial ingredient that every effective apology requires — and most standard apologies lack — is an "empathy

statement." In other words, your apology should focus less on explaining why you did what you did and more on how your actions (or inactions) impacted the other person. It is much easier to forgive someone when you feel they truly understand. By apologizing (even if for a second time), the other person is much more likely to convey authentic forgiveness and help your guilt dissolve.



Learn what treatments for emotional wounds work for you. Pay attention to yourself and learn how you, personally, deal with common emotional wounds. For instance, do you shrug them off, get really upset but recover quickly, get upset and recover slowly, squelch your feelings, or ...? Use this analysis to help yourself understand which emotional first aid treatments work best for you in various situations (just as you would identify which of the many pain relievers on the shelves works best for you). The same goes for building emotional resilience. Try out various techniques and figure out which are easiest for you to implement and which tend to be most effective for you.

North Shore Community Support Services Inc.

DATE: JUNE 19, 2019

TIME: 3 P.M.

Business to be conducted

includes:

- * Ratification of the Audited Financial Statements for the Fiscal year 2018/2019
- * Board of Directors Positions
- * Appointments of Auditors for 2019/2020
- * Executive Director's Report for 2018/2019

Refreshments will be served

Programs for the day TBA

10 Paris Drive, Unit 6, Elliot Lake ON, P5A 2L9

ANNUAL GENERAL MEETING

NOTICE TO ALL MEMBERS FOR THE NSCSS 2019

JOIN US IN THE SUMMER SELF-CARE CHALLENGE

Who knew self care could be so fun! Join us as we embark on a 31-day "Summer Self Care" Challenge. List below to keep track of your progress! Be sure to join the challenge on June 3 down at the clubhouse! It's time to love ourselves!

Day 1 Make a list of goals for the month	Day 2 Sit outside and meditate	Day 3 Make lemonade or lemon water. Sip slowly + savor	Day 4 Go on a hike or nature walk	Day 5 Spend time in water or sprinklers!
Day 6 Water guns bubbles sidewalk chalk	Day 7 Have a picnic or take your lunch in the park	Day 8 Unplug from technology for the day	Day 9 Intentionally drink 8+ cups of water today	Day 10 Make a fruit salad
Day 11 Go out for ice cream	Day 12 Relax to the sounds of nature	Day 13 Body love! Wear what makes you feel pretty	Day 14 Listen to your favorite summer songs	Day 15 Ask yourself "What do I need today?"
Day 16 Wake up early and watch the sunrise	Day 17 Make your own popsicles	Day 18 Eat watermelon or your fav summer fruit	Day 19 Take a nap in the middle of the day	Day 20 Make plans to visit a Farmer's Market
Day 21 Roast marshmallows/ make smores	Day 22 Have a BBQ	Day 23 Stay inside + read your fav book	Day 24 Try squirt gun painting Get creative!	Day 25 Take tons of pictures today
Day 26 Outside Yoga practice or simple stretches	Day 27 What do you need to walk away from?	Day 28 Do a bit of re-organizing	Day 29 Write something beautiful	Day 30 Go stargazing (Delta Aquarid meteor shower)
Day 31 Revisit your goals from Day 1				

Choices

Decisions.
 What is right?
 What is wrong?
 Who figures the scale?
 Who sings the song?
 Where's the beginning?
 When does it end?
 Time is irrelevant.
 Ours is unreal.
 When the emotions are gathered, it's
 how you feel.
 When the emotion ceases, it's lost for
 all time.
 Don't try to reason or figure the rhyme.
 New paths are needed to forge on in
 life.
 To grow in spirit and body without
 strife.
 Release your past the future to be.
 Don't worry—take time.
 Wait
 and
 see.
 -Submitted by member

Self care a major part of overall care

The benefits of resiliency can allow
 one to turn negative experiences into
 positive experiences. This can build a
 more optimistic perspective and help
 develop capacity in dealing with diffi-
 cult situations that may rise. Eating
 regularly and nutritiously, having
 a good sleep routine, positive self-
 talk/reassurance, exercise, mak-
 ing time for yourself a priority,
 and having support persons easily
 accessible

From our kitchen



Cheesy Taco Pasta

INGREDIENTS

- 1/2 pound large shells pasta
- 1 pound ground beef
- 2 tablespoons taco seasoning (or 1 packet)
- 3/4 cup water
- 1 cup jarred salsa

INSTRUCTIONS

1. Cook the shelled pasta according to the directions on the box and drain.
2. Add the ground beef to the pan and brown well.
3. Drain the fat.
4. Add the taco seasoning and 3/4 cup of water, stir and cook until water is gone.
5. Add the pasta back into the pot with the salsa and cheese.
6. Stir to combine.
7. Serve immediately, preferably with crunchy tortilla chips (optional) on top.



Consider us for:

- ◆ flexible commercial financing for business start-ups and expansions;
- ◆ micro-loan funding for the new entrepreneur or existing small business;
- ◆ business development assistance for business opportunity research and assessment; and,
- ◆ assistance in managing change and growth.

31 Nova Scotia Walk, 3rd Floor, Elliot Lake, P5A 1Y9

phone: 705.848.0229 fax: 705.848.1539
 Toll Free: 1-800-256-7299
 website: www.elnos.com