

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
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)	(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

After Hours Crisis Support 1-800-721-0077

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

CLUB 90

STEPPING STONES

370th edition

Summer



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

Pride month

Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan.

The first Pride march in New York City was held on June 28, 1970, on the one-year anniversary of the Stonewall Uprising.

Club 90 is excited to celebrate Pride Month with you for the month of June. We will be doing activities such as rainbow cupcake decorating and an LGBTQ related craft. We also will be creating our own Club 90 Pride Flag!!

One of our members will be teaching a Rainbow bracelet making class as well.

If you are interested in any of these activities please call Club 90 to sign up



June 2022 Monthly Horoscope!

Taurus (April 20 – May 20)

Reflecting on where your life is going could encourage you to loosen the reins and have more fun this month. Instead of seeing disruptions to your daily routine as burdens, treat them as opportunities to be more free-flowing.

Gemini (May 21 – June 20)

Once Mercury — your ruling planet — returns to Gemini on June 13, you'll feel a lot freer, positive, and able to express yourself authentically. However, you may have to evaluate whether you have been carrying unrealistic visions of your future.

Cancer (June 21 – July 22)

Focusing on your physical and mental health will allow you to become a better version of yourself this month. Challenge your negative thought patterns and be more upfront about your needs.

Leo (July 23 – August 22)

Saturn retrograde will prompt you to reflect on whether you are approaching your partnerships maturely and if you're taking on too much work to support others.

Virgo (August 23 – September 22)

Career progression will be at the forefront of your mind this month. Get experimental with new project ideas, and don't hold off from getting out of your comfort zone when you're inspired.

Libra (September 23 – October 22)

Notice when your growing independence and determination to meet your responsibilities are overtaking your relationships, causing you to become too self-focused. Try and ask about others ideas and feeling as well.

Scorpio (October 23 – November 21)

Expect to face changes this month. These will challenge your ability to adapt to the flow of life and overcome your emotional reactions when you're under pressure

Sagittarius (Nov. 22 – December 21)

This month, you'll feel motivated to establish a deeper understanding of how your childhood experiences have shaped who you are today.

Capricorn (December 22 – January 19)

You'll be feeling a lot wiser this month as the full moon in Sagittarius on June 14 sparks mental breakthroughs and a brighter perspective on the challenges you've faced lately.

Aquarius (January 20 – February 18)

Sudden changes in your social circle, or the realization that a dream of yours hasn't unfolded in the ways you imagined, may challenge your sense of inner security. It's time to take action on the things that you can control

Pisces (February 19 – March 20)

Some soul-searching may be in the cards for you this month Give yourself time to celebrate your achievements and rediscover who you are and what you want to focus on next.

Aries (March 21 – April 19)

It's easy to get caught up in other people's drama when you feel responsible for taking care of them. Embrace the social energy of the season without becoming overly invested in gossip that doesn't involve you. Don't wait for a bad mental health day to start taking your well-being practices seriously.



Fathers who have lost their children



Those who have lost their fathers



Those who have chosen not to be fathers

THINKING OF YOU ON
FATHER'S DAY



Those who are socially distancing from their children/ fathers



Those who live apart from their children/ fathers



Those yearning to be fathers



Those with strained father relationships



Those with strained child relationships

www.drivictoriagalbraith.co.uk

Remember to VOTE

June 02, 2022 9 a.m. to 9 p.m.

One of the responsibilities of citizens is voting. The law does not require citizens to vote, but voting is a very important part of any democracy. By voting, citizens are participating in the democratic process. Citizens vote for leaders to represent them and their ideas, and the leaders support the citizens' interests.



Happy Birthday

Wishing a Happy Birthday to:

Kirk, Jim, Charlie,
Cindy, Stephanie, Leif

Activities throughout May



Club 90 BBQ FUN !!!!!!!



CONGRATULATIONS

Congratulations to one of our members, as she was accepted on to the Accessibility Advisory Committee for the City of Elliot Lake. She will be advocating for better accessibility in the City of Elliot Lake.



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.gc.ca

NDP  **NPD**

Celebrate National Indigenous Peoples Day at Club 90 on June 21st—all day!!

Canada's National Indigenous Peoples Day gives us a chance to recognize the many achievements of the country's Indigenous peoples. Let us all celebrate the distinct cultures and unique traditions of these native communities. Three Indigenous peoples groups exist in Canada: the Inuit, First Nations, and Metis. Recent statistics put their population at just under 1.7 million. Festivities celebrating National Indigenous Peoples Day are held all throughout Canada every year on June 21. At Club 90 on June 21st Sasha will be doing a smudging presentation and indigenous craft! If you are interested please call to sign up.



National Indigenous Peoples Day
JUNE 21

#NIPDCanada




From our kitchen

One Pan Nachos with Black Beans

Ingredients:

- Tortilla Chips
- Tomato Salsa
- Grated Cheddar Cheese
- 1 Red Pepper, cored and finely chopped
- 400g can black beans , drained
- 1 avocado diced
- Sour cream to serve

Directions

1. Heat oven to 200C/180C fan/gas 6. Arrange the tortilla chips over two-thirds of the tray, spoon most of the salsa on top and scatter over half of the cheese.
2. Mix the remaining salsa with the red pepper and beans, and tip onto the empty third of the tray. Scatter over the rest of the cheese. Bake for 10-15 mins or until the cheese has melted. Scatter the avocado over the beans and add dollops of the soured cream to serve.



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



Available on:




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

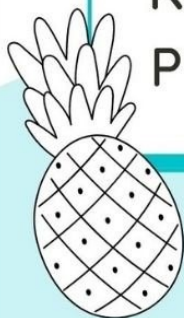
fb.com/cityelliotlake

SUMMER WORD SEARCH

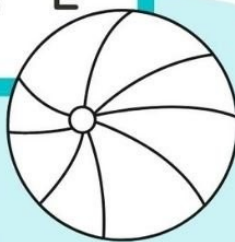
Look for the 15 words listed below.

craftskidslove.com

L	C	S	W	I	M	L	X	S
E	L	C	I	S	P	O	P	A
S	U	N	W	A	N	O	U	A
U	S	B	A	E	I	P	L	H
N	H	T	T	W	C	L	S	O
B	E	N	E	U	E	A	A	T
L	L	W	R	R	D	Y	N	N
O	L	N	B	O	T	S	D	F
C	A	M	B	E	A	C	H	U
K	U	W	A	V	E	S	C	N
P	I	N	E	A	P	P	L	E



beach	play	sun	
fun	pool	sunblock	water
hot	popsicle	swim	waves
pineapple	sand	shell	umbrella



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."

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

31 Nova Scotia Walk, Suite 306

Elliot Lake, ON P5A 1Y9

705-848-0229/1-800-256-7299



Club 90 Tie-dye Fashion à Club 90!!

avant garde Dreamcatcher
creations !!



Club 90: APP of the month



"Calm"

We're the #1 app for Sleep, Meditation and Relaxation, with over 100 million downloads and over 1.5M+ 5-star reviews. We're honored to be an Apple BEST OF 2018 award winner, Apple's App of the Year 2017, Google Play Editor's Choice 2018, and to be named by the Center for Humane Technology as "the world's happiest app".

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.

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

