

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)	1-705-989-5600
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

STEPPING STONES

June 2023

Edition 381

Fun Day

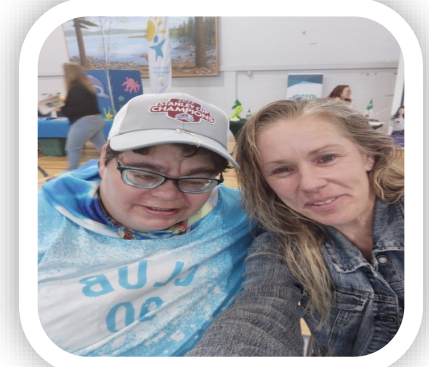
June 9th, 2023, all day.
Community is welcome to
join too! See what Club
90 is all about. Details in-
side this months Stepping
Stones.

CLUB 90



Community Mental Health Event

Thursday May 4th 2023 at Collin's Hall



Often people forget that music is a form of therapy. If you're dealing with a mental health issues, music therapy can help you with communication and expression, help you explore your thoughts and feelings, improve your mood and concentration and develop coping skills. People with chronic pain, music therapy can help decrease your pain, anxiety, fatigue and depression. Remember Club 90 has weekly JAM sessions on Thursdays , all day— participate, why don't you??

On behalf of NSCSS/Club 90, we would like to thank [The Men of Song](#) for sharing their voices and their time with use.

The Showcase at Collin's Hall on May 4th was a huge success. We would like to thank Canadian Tire, Sara's Food Truck, Trading Post, Dan Marchisella, Elliot Lake Foodbank, and T&R Variety for their donations. Also, With the help from our volunteers like Pim, Laurent, Heather, Sherry, Chester, and Lesley, our day was productive and informative. The BBQ proceeds for Club 90 amounted to some 215.00 dollars >>>> Thank you, Elliot Lake <<<<



On Wednesday May 24th, we had two representatives for YesYouCan come into Club 90 to educate us on there services. They are an organization that helps those with Mental and physical barriers that may create issue in finding employment. They can help by Customizing your resume, Interview preparations, Training courses & Devises, On job support, and they will provide over a year support.

They provide services for those who are not on Ontario Works, but on ODSP, those who are 16 years and older, and can help find Full, Part, Casual, or seasonal employment.

Contact Information:

- ◇ <http://yesyoucanemployment.ca/>
- ◇ 705-254-5870



ODSP
Ontario Disability Support Program

Last month, we had two representatives, Sandy and Kelseigh from ODSP came in to answer any questions our members may have about the benefit. They will be coming back on Wednesday June 7th 2023. Begins at 1 PM to 2:30 PM.



ALL EYES ON ME

NEW BLOG

Dyslexia

My journey through school reading everything wrong

AS A CHILD

When I was born, no one in my family knew I was partially deaf in both ears. Everyone assumed that I was just a problem child because I would get frustrated quickly.

After many ear infections, it was determined that I was 60% deaf in my right ear, and 80% deaf in the left.

I had to learn to read later than most because I could phonetically understand the words I was trying to read. I've never heard them before.



TEEN ANGST



When I was in my last year of high school I met a teacher that had and understood my struggle and helped my get the diagnosis of Dyslexia

Once I received glasses and learnt strategies to help excel in my schooling, I graduated with a scholarship to the University of Toronto.



Now...



At 45, I got my life back together and is now taking Addictions and Mental Health. I want to help others with challenges because if I could do it, so can anyone else.

SUMMER IN THE PARK CONCERT SERIES

Entertainment Series. A **free** concert at Westview Park for community members to come out and enjoy some wonderful musical entertainment.

All concerts will be set to play at Westview Park on selected dates:

Sunday June 4th, 2023, at 2 pm - 4 pm

Sunday July 16th, 2023, at 2 pm - 4 pm

Sunday August 13th, 2023, at 2 pm - 4 pm

Sunday September 10th, 2023, 2 pm - 4 pm

Should the weather not be suitable for an outdoor concert, the concert will be moved to Collins Hall for the same date and time.

If you have any questions, please reach out to the Events Coordinator at 705-848-2287 ext. 2139.



What's Happening Around Town

Heritage Hall Breakfast: 171 Spruce Ave. Every Saturday morning from 7am-9:30am. Includes: 2 eggs, bacon, sausage, potatoes, toast orange juice, and coffee. \$8.00 per person.

Community Market At The Ren Centre: Held every Saturday from 10am to 3pm. Baking, Sewing, knitting & more!

Women Alive: The first Tuesday of each month, 7pm at the Legion. Tickets are \$10 each. Available at The Knitting Room. Speakers, music, desserts and get to know other women in town. For more info., please call Pat 705-578-2630

Men of Song: Looking for male voices. If you love to sing, come join at Holy Trinity United Church Wednesdays at 7pm. Call Rick



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

Facts about the Brain



Did you know that...

- ⇒ An adult brain weighs about 3 pounds.
- ⇒ The human brain will grow three times its size in the first year of life. It continues to grow until you're about 18 years old.
- ⇒ It is a myth that humans only use 10 percent of our brain. We actually use all of it. We're even using more than 10 percent when we sleep.
- ⇒ Dreams are believed to be a combination of imagination, psychological factors, and neurological factors. They prove that your brain is working even when you are sleeping.
- ⇒ Information runs between neurons in your brain for everything we see, think, or do. These neurons move information at different speeds. The fastest speed for information to pass between neurons is about 250 mph.
- ⇒ A brain freeze is really a sphenopalatine ganglioneuralgia. It happens when something you eat or drink something that's cold. It chills the blood vessels and arteries in the very back of the throat, including the ones that take blood to your brain. These constrict when they're cold and open back up with they're warm again, causing the pain in your forehead.
- ⇒ Alcohol effects your brain in ways that include blurred vision, slurred speaking, an unsteady walk, and more. These usually disappear once you become sober again. However, if you drink often for long periods of time, there is evidence that alcohol can affect your brain permanently and not reverse once you become sober again. Long term effects include memory issues and some reduced cognitive function.

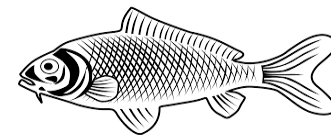
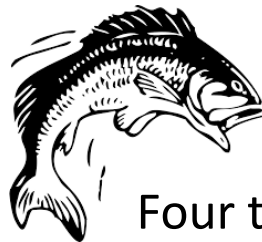
BBQ EVERY FRIDAY

Weather permitting, Club 90 will have a BBQ every Friday between 12 pm and 2 pm for members and the community. For members, you will have to call in before 11 am to sign up. 705-848-2879.

For our Community, please show up between noon and 2 pm to see what we have cooked up for you, or call ahead and we will be happy to tell you our menu.



Go Fish for Free



Four times a year, Canadian Residents can fish in Ontario for Free. This means you do not need to buy a fishing license if you want to fish during:

- Family Fishing Weekend (February 18-20, 2023)
- Mother's Day Weekend (May 13-14, 2023)
- Father's Day Weekend (June 17-18, 2023)
- Family Fishing Week (July 1-9, 2023)



Wishing a Happy Birthday To:

Kirk, Randolph, Jim,
Brenda, Charlie, Laura,
Norman, Cindy, Calvin,
Stephanie, Leif, and Joseph

We are here to help

Nous sommes là pour vous aider

Available by phone



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

How to support the LGBTQ community and how to help.

LGBTQ people face:

- Higher rates of depression, anxiety, obsessive-compulsive and phobic disorders, suicidality, self-harm, and substance use among LGBT people
- Double the risk for post-traumatic stress disorder (PTSD) than heterosexual people

There is also evidence that LGBTQ people are at higher risk for substance use issues than the general population

- Some research suggests that use of alcohol, tobacco and other substances may be 2 to 4 times higher among LGBT people than heterosexual people
- A Toronto-based study found significantly higher rates of smoking among LGBT adults (36%) than other adults (17%)
- American studies report higher rates of alcohol-related problems among lesbian and bisexual women than other women

Promoting positive mental health and wellbeing

Key factors for positive mental health and wellbeing for LGBTQ individuals include:

- Support from family and friends, particularly for youth
- Supportive workplaces and neighborhoods'
- Low levels of internalized homophobia (homophobia adopted by the LGBT person themselves) which can be fostered and supported through identification or community building with other LGBT individuals
- Experiencing positive responses to coming out^{xxii}
- Addressing the social determinants of health



Carol Hughes
 MP/Députée
 Algoma-Manitoulin-Kapuskaing

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**

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.



705-467-3663

PHONE

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.



East-Algoma
Connects

Available on:



City of / Ville d'

Elliot Lake

is proud to support
Stepping Stones and
the members of
Club 90

www.Elliottlake.ca

705-848-2287



fb.com/cityelliottlake

HERITAGE DAYS
STREET DANCE

THE
TREWS

OPENING ACTS - TBD

\$30 ADVANCE
 \$40 AT THE GATE

**CENTENNIAL ARENA
 ELLIOT LAKE, ON**

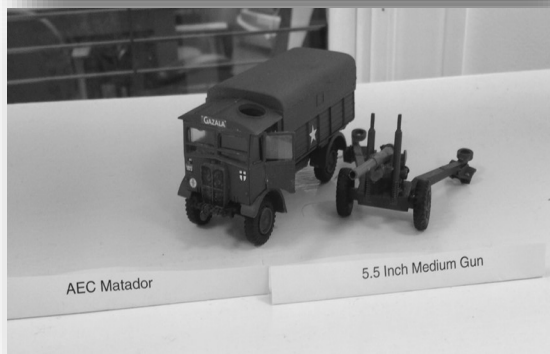
JUNE 30, 2023
 GATES OPEN: 6 PM
 BANDS START: 6:45 PM
 THIS IS A 19+ LICENSED EVENT

ELLIOTLAKE.CA/2023STREETDANCE

Models by J.R.B Gibbons



This month, J.R.B Gibbons has presented us with 5 more hand built models he made. There is literature at Club 90 about each piece. Come in and take a look at the intricate details and information about North African Ground Vehicles.



June Dairy Month



GUERNSEY
 JERSEY
 CHOCOLATE MILK
 STRING CHEESE
 MOZZARELLA
 BULL
 MOO
 CHEESE CURDS
 COWS
 SHERBET
 CHEDDAR CHEESE
 ICE CREAM
 BULK TANK
 HAY
 CALVES
 DAIRY FARM
 BARN
 MALT
 MILKER
 UDDER

Play this puzzle online at : <https://thewordsearch.com/puzzle/1107732/>

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