

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

March 2022

CLUB 90



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

Our iChef meals this month were a success!

Thank-you Victor for posting pictures.



Club 90 is re-opening to the public on Tuesday, March 1st!

Club 90 is excited to be finally opening our doors back up to the public!

We will be celebrating our re-opening by offering **free dinners** on Mondays, Wednesdays, and Fridays for our members and for the first two weeks of March! We will also have 5 draws for free dinners on Tuesdays and Thursdays!

A friendly reminder that we are still following Covid protocols by continuing to wear our face masks and socially distance.



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

From our kitchen

Fettuccine Alfredo

Ingredients:

- 1 lb. fettuccine noodles
- 1 stick butter
- 1 cup heavy cream
- Salt and pepper, to taste
- 2 cups freshly grated Parmesan cheese

Directions

1. Cook pasta according to package directions.
2. In a saucepan or skillet, warm butter and cream. Season with salt and freshly ground black pepper.
3. Grate Parmesan cheese and place half of it into a large serving bowl. Pour warm butter/cream mixture over the top.
4. Drain pasta and immediately pour it into the bowl.
5. Toss a couple of times, then sprinkle in the other half of the Parmesan.
6. Toss to combine, thinning with pasta water if necessary.
7. Serve immediately as a main course or accompaniment to meat or salad. Delicious!



East Algoma Connects

Local resources at your fingertips

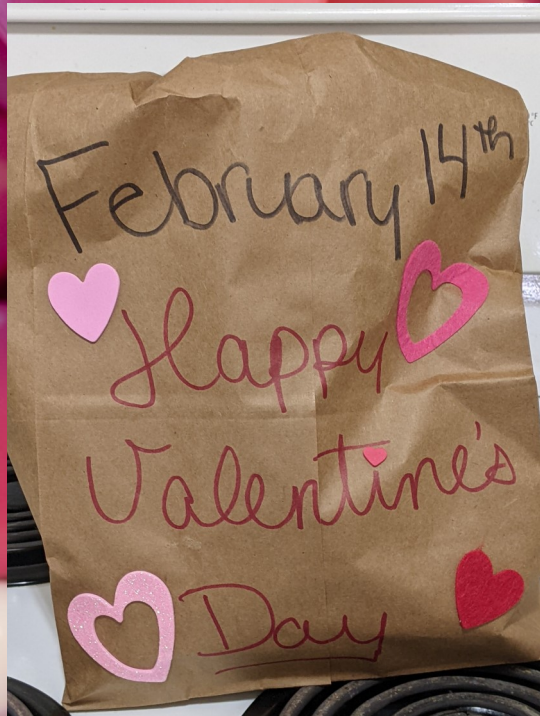
Did you know that we have a great resource at our fingertips that can help you find the services that we offer in Elliot Lake and surrounding communities? Whether you're looking for addictions services, mental health services or more, this info bank will have you pinpoint the service closest to you in 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.



Available on:

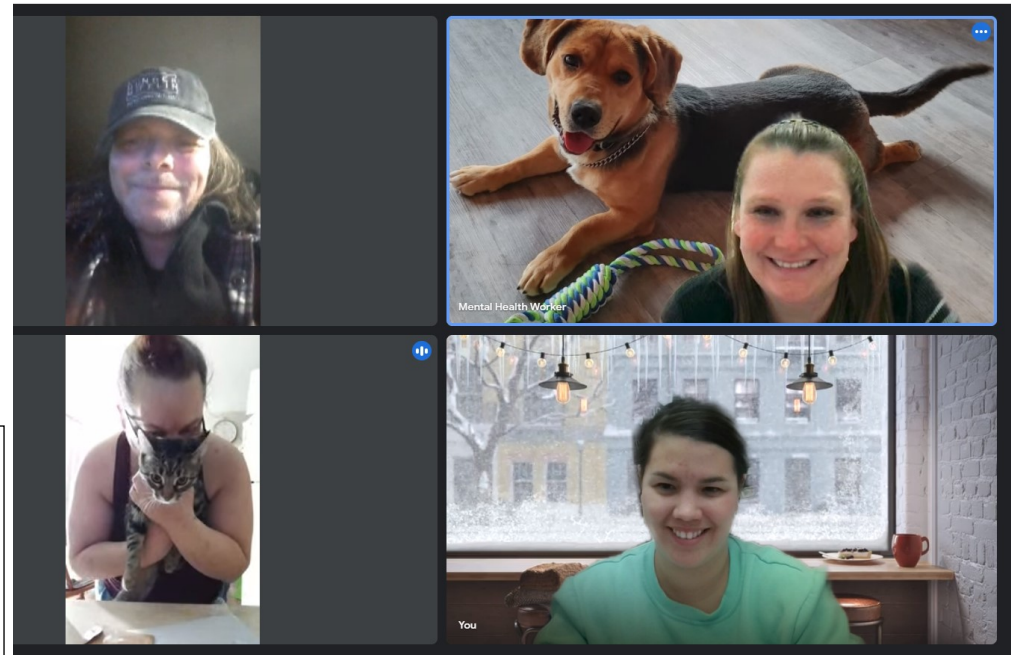


Valentine's Day Dinner!





*So nice to keep in touch through
the lockdown!*



Wishing a Happy Birthday to:

*Frank, Elizabeth, Terry,
Carey, Robert, Bonnie,
Kal & Alicia*

**We are
here to help**

**Nous sommes
là pour vous aider**

Available by phone



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

International Women's Day is March 8th!

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

Marked annually on **March 8th**, International Women's Day (IWD) is one of the most important days of the year to:

- celebrate women's achievements
- raise awareness about women's equality
- lobby for accelerated gender parity
- fundraise for [female-focused charities](#)



Carol Hughes
MP/Députée
Algoma-Manitoulin-Kapuskasing

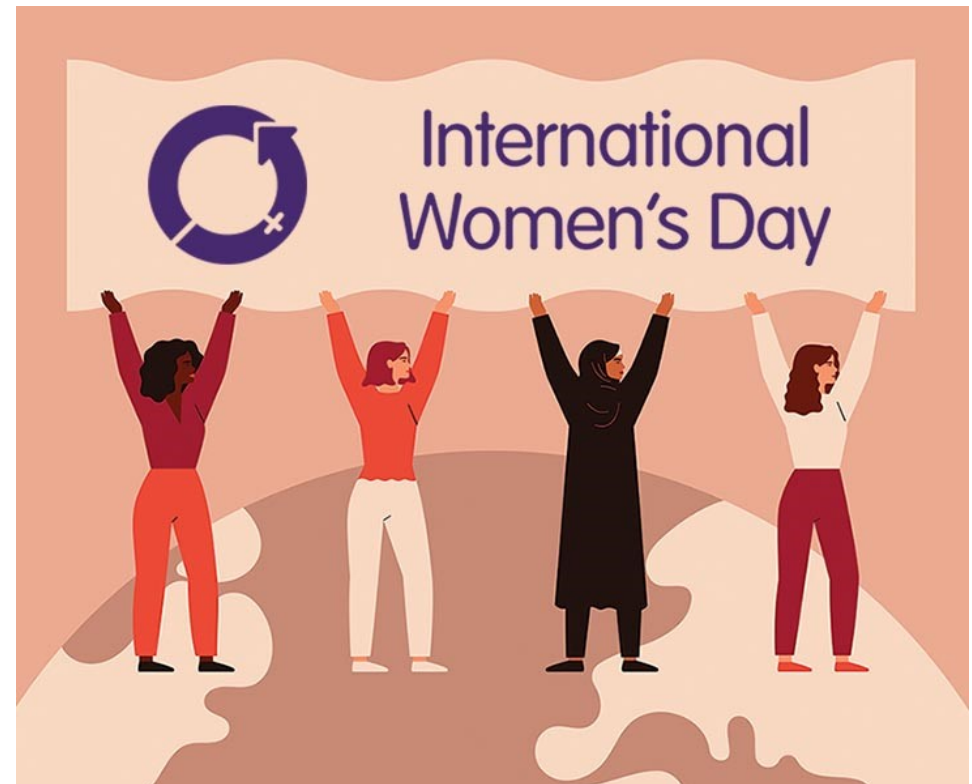
My office can help you:

- 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**





Club 90 is doing a Food Handler's Course twice a week during the month of March! Every Wednesday and Friday at 10:30am we will meet virtually to go through the courses together. To sign up please email supportmh@nscss.com or call 705-848-2879.

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


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



SPRING

Word Search

Search for the twelve Spring themed words below.

Y	L	E	E	V	K	C	Y	E	I	B	T	M	Y	N	N	U	B
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A	X	M	V	U	S	I	S	M	S	R	Z	A	B	F	I	X	N

APRIL

BIRDS

BLOOM

BUNNY

BUTTERFLY

FLOWERS

GARDEN

MAY

RAINBOW

SPRING

SUNSHINE

WARM

Celebrating St. Patrick's Day!

We will be hosting a free dinner to celebrate St. Patrick's Day on March 17th!

Come join us and enjoy some Shepherd's Pie!



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: APP of the month

Daylio Journal

Daylio is a very versatile app, and you can turn it in whatever you need to track. Your fitness goal pal. Your mental health coach. Your food log. Your gratitude diary. Mood tracker. Exercise, meditate, eat, and be grateful. Take care of your mental, emotional, and physical health. Good self-care is a key to improved mood and reduced anxiety.

This is the time for your wellbeing, self-improvement, and self-care. Use Daylio as your daily bullet journal. We build it on three principles:

- 1.) Reach happiness and self-improvement by being mindful of your days.
- 2.) Validate your hunches. How does your new hobby influence your life?
- 3.) Form a new habit in an obstacle-free environment—no learning curve. Daylio is super simple to use, create your first entry in two steps.

For anxiety and stress relief, make sure to include activities that help you to cope with negativity. Everybody can use a mood boost! You can measure their impact on your mood in stats.



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

705-578 -2969

