

## Community Resources in your hands

Community Supports	Phone Number
Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
APH Community Mental Health Program	(705) 848 2314 ext 4002
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 (CCEA)	(705) 848 2585 (DAYTIME CRISIS)
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

CCEA After Hours Crisis Support  
WARM LINE

1-800-721-0077  
1-866-856-9276

MAY 2021

357th edition

# Club 90 Stepping Stones



# #GetReal

about how you feel.



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**

## #GetReal—Name it, don't numb it

Raise your hand if you respond “I’m Fine/I’m okay” when someone asks how you are doing. We all have our own reasons as to why we respond this way, but the truth is good mental health isn’t about being happy all the time. Afterall, we are human. We also feel anger, sadness, anxious and so much more.

Now, think when you respond that way, but you in reality you’re the opposite. Does it make you feel better? Does it make that emotion you are feeling lessen or go away? Chances are it doesn’t.




This year’s Mental Health Week is about getting real about what we are feeling and putting a name to it, rather than numbing it. Keeping our negative emotions (anger, sadness etc) inside can actually make it worse for us and cause a negative reaction (like yelling at someone). By naming what we are feeling, we are releasing the pressure build up and may be able to prevent an explosion.

Emotional literacy is being able to recognize what we feel, label them and express them in a healthy manner. When we are able to do this, we then are able to regulate our emotions.

Rather than saying “I ‘m fine/I’m okay” we need to start saying “I am sad. I am angry” and work on constructive ways to express and cope.

By doing this, we can improve not only our mental health but our physical health too. Writing down how we are feeling, and talking to friends, family and/or professionals can help.

It’s time to #GetLoud about how we are feeling. Especially during these unprecedented times. Afterall, it is okay to not be okay.

<p>✉ Get ready to #GetReal</p> <p><b>CMHA Mental Health Week</b></p> <p><b>May 3-9, 2021</b></p> <p>Visit <a href="http://mentalhealthweek.ca">mentalhealthweek.ca</a> for info and tools!</p>	<p><b>HAPPY</b></p>  <p><b>SAD</b></p> 	<p><b>AFRAID</b></p>  <p><b>ANGRY</b></p> 
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# Club 90: APP of the month

## Insight Timer

The motherlode of meditations, Insight Timer offers **70,000 free guided meditations** (some of them by silky-voiced celebs such as Gisele Bündchen and Elizabeth Gilbert), yoga classes, and music tracks to help with sleep, anxiety, and stress. You can also have someone read you a soothing bedtime story, such as *The Wind in the Willows* or *The Life of Buddha*.

**FREE FEATURES:** 75,000+ guided meditations, Select by time for short meditations when on the go, helping you to build a simple daily habit, Thousands of music tracks and ambient sounds to calm the mind, focus, sleep better and relax, Customizable meditation Timer, Follow your favourite teachers, Thousands of discussion groups and more

## 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



Did you know that Maplegate has a free, confidential crisis chat option? Just text **705-461-9868** and a Frontline Worker will promptly assist you



CMHA Mental Health Week  
**May 3-9, 2021**

# I Feel

## Name it, don't numb it.

**#GetReal about how you feel.**

Write it or draw it & share it with us at

<https://www.facebook.com/groups/nscss>

## 7 steps to calm your inner world with words

1. **Check in with yourself:** Take a second and do a quick, silent check-in with yourself. Ask yourself: “what I am feeling right now?” What is the word that best describes it? If you’re feeling anxious, name it, internally. Say to yourself “I feel anxious.” If you’re feeling angry, say that too. Even if you’re simply feeling calm. Say that.
2. **Now get precise:** When you get specific and find the precise word or words to describe the emotion, you will get closer to what you’re actually feeling. Find multiple words – synonyms or nuances – to describe the emotion. This is called “emotional granularity” or “emotional differentiation” and getting “granular” will improve your well-being and reduce unhealthy responses. It will actually make it less likely you’ll resort to using substances to numb out.
3. **Make a note of it:** Write yourself a message about what you’re feeling. It could be a quick note on your phone, on the back of a napkin or on a little yellow sticky. Or you could post it on your social media. (In fact, a recent student demonstrated that even tweeting out your feelings reduces their intensity.) Plus, writing down what you feel can help you clarify what’s going on.
4. **Take it to the next level:** Try writing out a more detailed expression of how you feel. Whether it’s a special, hardbound journal or a ratty old notebook, take it out. Go ahead and dive in with what you’re feeling.
5. **Say it out loud:** Express your emotions by simply naming them out loud. Verbalize the feelings.
6. **Talk it through:** Talk therapy, also called psychotherapy, has long revealed that speaking about our feelings is therapeutic. So, once you’ve verbalized your feelings, don’t stop there. Expressing and describing your feelings to a friend, a loved one or a therapist might give you greater clarity even while it makes you feel good.
7. **Now go full circle:** Check back in with yourself. How are you feeling now? Or better yet, what are you feeling? To calm your inner world, you need to get familiar with it. As the emotion scientists say: you’ve got to feel it to heal it. If your emotions are overwhelming, persistent and/or are interfering with your daily functioning, it’s important to seek mental health support.

## From our kitchen Easy Greek Salad

### Salad Ingredients:

- ☐ 1 pt. halved grape or cherry tomatoes
- ☐ 1 cucumber, sliced in half
- ☐ 1 cup halve kalamata olives
- ☐ 1/2 red onion, thinly sliced
- ☐ 3/4 cup crumbled feta

### For the Dressing:

- ☐ 2 tsp red wine vinegar
- ☐ Juice of 1/2 lemon
- ☐ 1 tsp dried oregano
- ☐ Kosher salt
- ☐ Ground black pepper
- ☐ 1/4 cup extra-virgin olive oil

### DIRECTIONS

1. Make salad: In a large bowl, stir together tomatoes, cucumber, olives, and red onion. Gently fold in feta.
2. In a small bowl, make dressing: Combine vinegar, lemon juice, and oregano and season with salt and pepper. Slowly add olive oil, whisking to combine.
3. Drizzle dressing over salad.

## 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](http://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:



Knowing our happiness triggers  
@mombrain.therapist  
can be just as important as  
knowing our anger triggers...



How Club 90 supported me during the pandemic:

club 90 supported me by phoning me and making sure that I'm doing well. I was also able to come down for one or two appointments. club 90 gave me a volunteer job that I'm very happy with. It gets me out of the house and socializing.



**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**



**We are here to help**

**Nous sommes là pour vous aider**

**Available by phone**

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

## Pandemic i-Chef delivery successful

Unfortunately the club being paused for face-to-face services also meant the shut down of our café unit.

However, we found a way to keep providing affordable meals to our members. Each week, staff safely delivered roughly 34 bags filled with ingredients for our members to make a single-serving home cook meal at home.

This program has helped us continue to provide a healthy meal at low cost (only \$2.50 a bag). Check out our “**Members iChef meals**” album on our Facebook group to see what the chef’s have created!!

*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

## Check in on your mental health

Read each statement and consider 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.
- 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.



Canadian Mental  
Health Association  
Mental health for all

**100** years of  
community





City of / Ville d'  
**Elliot Lake**  
 is proud to support  
 Stepping Stones and  
 the members of  
 Club 90

[www.Elliotlake.ca](http://www.Elliotlake.ca)  
 705-848-2287



[fb.com/cityelliotlake](https://fb.com/cityelliotlake)

## Find the positive in life

N	N	S	G	H	S	M	I	R	A	C	L	E	S
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 BREAKTHROUGH  
 SELF CARE  
 UNCONDITIONAL  
 CHANGE  
 HOPE  
 GROWTH  
 HEALING  
 HEALTH  
 POSITIVITY  
 TRUST  
 POWER  
 GRATITUDE  
 SMILE  
 ACCEPTING  
 MIRACLES  
 GOAL  
 LESSONS  
 RESPECT  
 VISION



**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](http://www.elnos.com)

31 Nova Scotia Walk, Suite 306  
 Elliot Lake, ON P5A 1Y9  
 705-848-0229/1-800-256-7299



## Why saying “I feel bad” can actually make you feel better (An article from CMHA)

Scientists call it “affect labelling” but more simply it means “putting feelings into words.” Understanding how this works might just change the way you respond to your emotions.

When we’re experiencing negative emotions—whether it’s anxiety or anger, stress or sadness, frustration or fear—it can be really tempting to ignore what we’re feeling or push it down. Unpleasant emotions, well, they’re just that: unpleasant. And they’re just plain uncomfortable. We might think that acknowledging our emotions, saying them out loud or writing them down, might make them more intense or last longer. Maybe we’re afraid to get real about how we feel precisely because we believe that verbalizing our feelings will make them more real and give them more power over us, but that’s not true!

The pandemic has been incredibly hard in so many ways. If you’ve lost loved ones, the pain may be unbearable. If you’ve lost your job or your business, you may be feeling hopeless. If you were already vulnerable before the pandemic, chances are you’re suffering more now. Recent research from CMHA and UBC showed that people who already had mental health issues going into the pandemic were some of the worst off. This was also true for Indigenous peoples, as well as people who are young, are LGBTQ2S+ or have a disability. The flood of negative emotions might be overwhelming at times, and it can easily feel that our only option is to push down what we’re really feeling and put on a brave face.

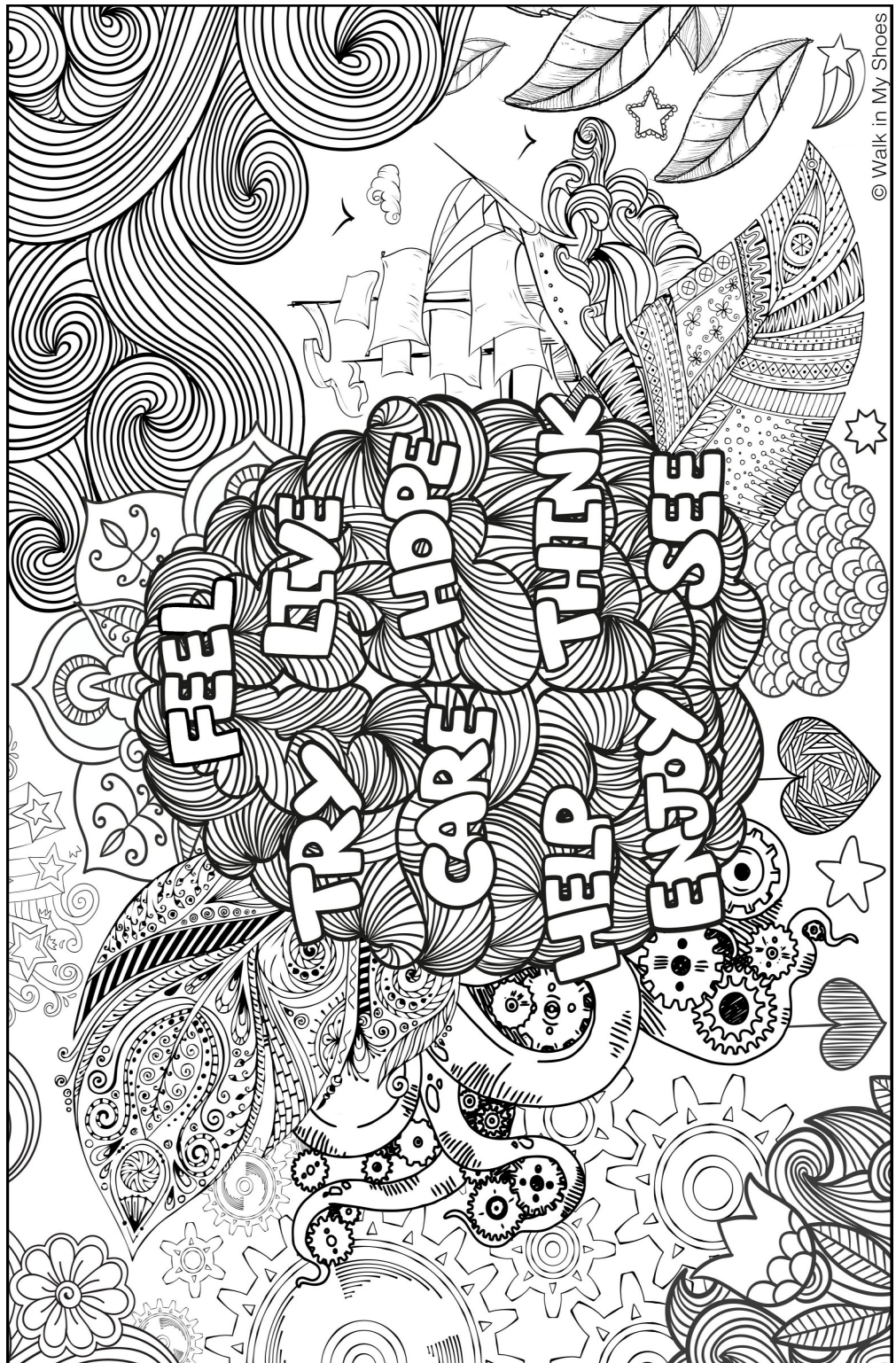
In fact, studies have shown that putting words to feelings is far more helpful than we might have thought. Putting feelings into words can reduce the force of negative emotions. So what feels like hurt can actually help.

It might not seem like saying something as simple as, “I feel bad,” (or anxious or sad or angry) should do much to help you feel better. But neuroscience tells us it will. A neuroimaging study from Lieberman and a team of researchers found that the act of turning your negative emotions into language disrupts and reduces activity in the amygdala, the part of your brain that drives your responses to stress and fear. When you see a yellow light, you hit the brakes. When you put feelings into words, it’s like you are hitting the brakes on your emotional responses.

Another group of scientists found that labelling emotions increases activity in the prefrontal and temporal regions of the brain—regions that are responsible for processing words and encoding their meaning. In other words, having a specific label for what we’re feeling seems to change the activity in our brains. It helps us feel calmer and helps us understand what we’re going through.

A more recent real-world study examined the effects of affect labelling on 74,478 people who use Twitter. They found that tweets about negative emotions were followed by an immediate and rapid reduction in negative feelings.

It is remarkable, really, that just by saying the words ‘I feel bad,’ emotions immediately return to their baseline.



# Keeping busy in May

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 <u>Plan your May</u></p> <p>Plan your goals for the month of May,</p>	<p>4 <u>Beauty that surrounds you</u></p> <p>Go for a walk and take in the beauty around you</p>	<p>5 <u>Pause and Breathe</u></p> <p>Take five minutes to practice meditation</p>	<p>6 <u>Practice self-care</u></p> <p>Make time to do something kind for yourself today</p>	<p>7 <u>Education watch</u></p> <p>Check out CCEA virtual presentation</p>
<p>10 <u>Self Compassion</u></p> <p>Be gentle with yourself when you make a mistake</p>	<p>11 <u>Learn a skill</u></p> <p>Learn something new to share with others</p>	<p>12 <u>Spice of Life</u></p> <p>Take a different route today and see what you notice</p>	<p>13 <u>Form connection</u></p> <p>Reach out to a friend or loved one</p>	<p>14 <u>Education watch</u></p> <p>Check out CCEA virtual presentation</p>
<p>17 <u>Nature break</u></p> <p>Visit one of the many trails we have in town</p>	<p>18 <u>Spread Positivity</u></p> <p>Say positive things to people you meet today</p>	<p>19 <u>Clean-up the clutter</u></p> <p>Organize that drawer or closet you've been putting</p>	<p>20 <u>Music fills us</u></p> <p>Turn on the radio and sing that song! Go on! You can</p>	<p>21 <u>Education watch</u></p> <p>Check out CCEA virtual presentation</p>
<p>24 <u>Screen break</u></p> <p>Try and take some time away from a screen today</p>	<p>25 <u>stretch it out</u></p> <p>Regularly pause and stretch during the day</p>	<p>26 <u>Virtual hangout</u></p> <p>Organize a virtual tea or coffee meeting with friends</p>	<p>27 <u>Put that chef hat on</u></p> <p>Try cooking a meal you've never created before</p>	<p>28 <u>Be Playful</u></p> <p>go outside and let your inner child play</p>
<p>31 <u>Art Attack</u></p> <p>Create something artistic and share it with us online</p>	<p><b>Keeping busy keeps us going! While we are uncertain the exact day we will resume face-to-face, we want to encourage you all to keep active, motivated and busy during these weeks. If you need to speak with a MHW call 705-848-2879</b></p>			