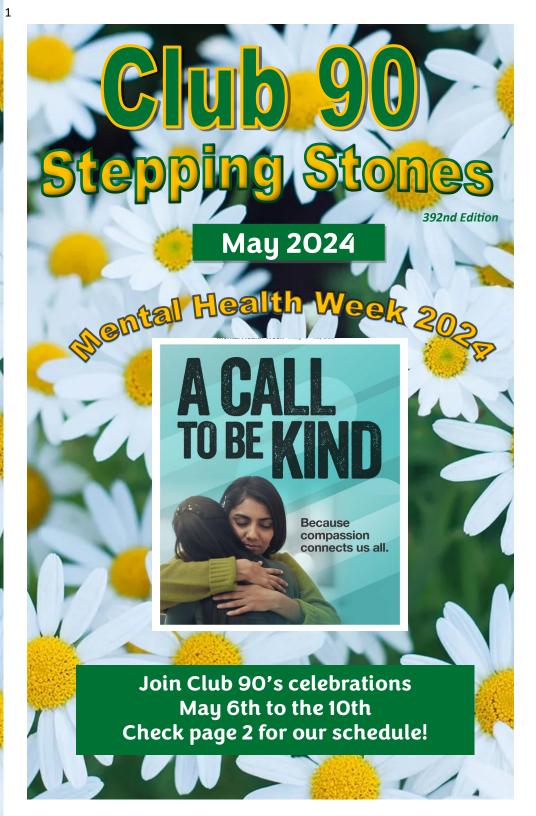
| | Community Resources at Your | <u>Fingertips!</u> | | | | |
|---|--|--------------------|--|--|--|--|
| | Community Supports | Phone Number | | | | |
| | Algoma Family Services | (705) 848 -0709 | | | | |
| | Algoma Public Health (APH) | (705) 848 -2314 | | | | |
| | Psychiatric Case Manager (CMHA) | (705) 849-4115 | | | | |
| L | Alcoholics Anonymous (AA) | (705) 461-3150 | | | | |
| ı | Al Anon Family Group | 1-888-425-2666 | | | | |
| | Beehive | (705) 461-3912 | | | | |
| | Camillus Centre | (705) 848 -7182 | | | | |
| | Centre Victoria pour Femmes | (705) 461-6120 | | | | |
| | City of Elliot Lake | (705) 848-2287 | | | | |
| | Karis Disability Services | (705) 789-1725 | | | | |
| ! | Community Living Algoma (CLA) | (705) 848-2475 | | | | |
| | Counselling Centre of East Algoma | (705) 848-2585 | | | | |
| | East Algoma Mental Health & Addictions | (705) 848-9131 | | | | |
| | Elliot Lake Food Bank | (705) 461-3663 | | | | |
| L | 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 | | | | |
| þ | 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 | (705) 253-2001 | | | | |
| | Salvation Army | (705) 848-2417 | | | | |
| 5 | Suicide Crisis Helpline | 9-8-8 | | | | |
| | Supportive Independent Living | (705) 461-9561 | | | | |
| | After Hours Crisis Support WARM LINE | 1-800-721-0077 | | | | |



Mental Health Week A Call to Be Kind

JOIN us at Club 90!



| | EVENTS | DA AN | | EVENTS | | | |
|--------|--|--|---------------|---|--|--|--|
| 10am | Clean up and Beautify our flower bed. Plant seeds for Mental Health | | 1 | Painting Rocks for our front garden! | Colours of Joy! | | |
| 11am | Be kind to the environment. | Pitch in to cleaning up Paris Drive. | 10am | Come in and design your own "slap" bracelet. | Decorate a gift for someon | | |
| 1pm | Be part of a Chain of Kindness! | What is kindness to you! | 1pm | Goofy Karaoke | The bes <mark>t singing mome</mark> nts of yo <mark>ur life start</mark> here! | | |
| 3:30pm | Spagetti Dinner for all our amazing helpers! | With Ceaser Salad and Garlic Bread Please Call! | 3pm | Build your own pizza P <mark>lease sign</mark> up! | This is your time to be creative | | |
| B | Wednesda | ay May 8 th /2024 | | Thursday | May 9 th /2024 | | |
| 002 | EVENTS | | 7 | EVENTS | | | |
| 10am | Bingo and Board Games | Make a Day of it! Games bring people together! | ** | KIND | NESS. | | |
| 11am | Treat yourself with Breakfast at Club 90 Reserve your spot 705-848-2879 | Come in and enjoy scrambled eggs, waffles and breakfast sausage. | 11am | Kind-tivity with Terri | Brain teasers to inspire kindness. | | |
| 12:00 | Game Console Day | Virtual games like bowling, darts, Mario and car racing | 12-3:30 pm | Fundraising BBQ Open House | Homemade Bake Sale and BBQ | | |
| 1pm | Try Homemade Ice- Cream made right here at Club 90! | Choose your own toppings! | 12pm | Information Tables with community partners! | Meet some kind people! | | |
| 2:00 | Games continue | FUN FUN FUN | s 12nm | | | | |
| 002 | Friday N | /lay 10 th /2024 | | | | | |
| as | EVENTS | | Cele | alth Week together! | | | |
| 11am | Kind-tivity with Terri | Brain teasers to inspire kindness. | | 705-848-2879 | | | |
| 1pm | Tournaments: Bean Bag Toss Pool And Popcorn | Get ready! You got this! Let's flavor it up! | | CLUBS | 90 | | |
| 3:30 | Chicken Clubhouse Sandwiches with Mac and Potato Salad | Please sign up! | 10 | Paris Drive, Elliot La | ake – 705.848.2879 | | |

CMHA Mental Health Week May 6-12, 2024

MentalHealthWeek.ca



#CompassionConnects



Easter Dinner at Club 90.

Members had a blast: Everyone enjoyed a Ham dinner with a little Easter treat to bring home. Members also made beautiful Cupcake



Creative Minds!



Every Thursday here at Club 90 members get together and play board games. Many different games are played but one of the favorites is a board game named *Karak*.

Karak is about the catacombs of Karak. You get to use your creative side to make paths, attacks on monsters with the special powers each character has. The goal of the game is to collect treasure chests to defeat the dragon.

Karak is a fun and easy game to learn. Members came up with their own rewards when the game is won, like chocolate coins or small prizes.

Playing board games is a perfect way to meet new people from our community and create new friendships.

Everyone is welcome to join in!



We are asking all members to please get in touch with a Mental Health Worker to update your files. We are asking for your current address, phone numbers, and emails.

Please call at 705-848-2879 or email mhsupport@nscss.com or even better, come in person and have a cup of java on us.

We are happy to connect with you by mail, email, phone and, of course, face-to-face!



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

NOT SURE WHO TO CALL?





In order to help reduce the number of calls to the emergency line and to help citizens receive help as quickly and efficiently as possible the City of Elliot Lake and the local OPP have teamed up to create this resource with the contact numbers for different emergency services and resources.

City of Elliot Lake Contact Numbers

911 - In Emergencies ONLY

Police: Non urgent reporting: 888-310-1122
 Minor crimes that have no injuries, suspects, or evidence can be reported online at opp.ca/reporting.

-Sudbury Rainbow Crime Stoppers. Tip Hotline: 800-222-8477 www.sudburycrimestoppers.com Tipsters can report information on criminal activity, will remain 100% anonymous, and could be eligible for a cash reward of up to \$2,000

- Fire: Emergency - 911 705-848-3232

- Ambulance: Emergency - 911 Non Emergency: 1-800-461-5100

City By-Law Office: 705-848-2287 ext. 2119
 Property standards, snow removal, animal complaints, etc.

- Canadian Anti-Fraud Centre (CAFC): 1-888-495-8501

- Mental Health/Community Support: Counselling Centre of East Algoma: 705-848-2585 AFTER HOURS Crisis Services Sault Area Hospital: 800-721-0077

- Poison Control Centre: 1-800-268-9017

- Hydro One: 1-800-434-1235

- St. Joseph's General Hospital Elliot Lake: 705-848-7181

For additional resources and information please use the City of Elliot Lake Services / Clubs Directory found on the City Website:

www.elliotlake.ca



Stepping Stones and the members of Club 90

www.Elliotlake.ca 705-848-2287

Find us on Facebook fb.com/cityelliotlake

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





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 growththrough 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?

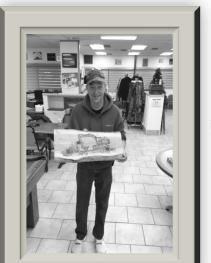
ELNOS can provide business counselling and finance options to help you develop and grow your business. We understand the common problems experienced by growing businesses, but also the unique challenges faced in the region.

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

Awesome Talent! -







Ivan spent 2 weeks at Karis Disability Services here in Elliot lake working on his wood burning plaque. Ivan told us in detail how he made his picture of a transport truck hauling a loader. He said he chose a picture and traced it on the wood, he then used a wood burning tool to carve the picture in the wood. His commitment to this project is evident and he is thrilled with the results. Way to go IVAN!

https://www.algomapublichealth.com/disease-and-illness/infectious-diseases/covid-19/protection-from-covid-19-in-algoma/

Wearing a mask is one way to protect yourself and others.

A mask acts as a barrier. Masks are one of the most effective individual public health measures that we can use to protect ourselves and others from COVID-19. When layered with other <u>preventative measures</u>—such as vaccination, hand washing, physical distancing, and staying home when ill—a well-constructed, well-fitting, and properly worn mask can help prevent you from getting COVID-19 and spreading COVID-19 to others.

A mask can protect others from potential COVID-19 droplets you may spread and prevents you from breathing in infectious respiratory droplets from others. We should all do our part to reduce transmission of COVID-19 within our communities and protect the most vulnerable and our health care system.



| -NOND SLANOII- | | | | | | | | | | | |
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smile

giving

thoughtful

goodness

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support

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friendly

grace

polite

respect

caring

love

compassion

helpful

deeds

Mrs J's Resource Creations®

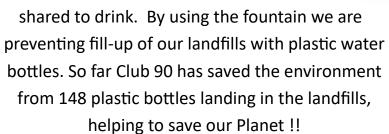


Wishing a Happy Birthday To:

Diane, Glen, Sherry, James, Francine, Bonnie, Maurice and Georgi!

Club 90 helps saving the Planet!

Club 90 has recently installed a Sensory Filtered Water Bottle Fountain delivering fresh and cold drinking water. This fountain provides germ free access to water in comparison to the old drinking fountains that had a spout that people







Members have been hard at work getting things ready for the upcoming Mental Health Week. Baking for our Bake Sale, decorating our club with positive affirmations and getting our Daisy Seeds to pass out. Hope to see you the week of May 6th to May 10th here at Club 90!



ELLIOT LAKE EMERGENCY FOOD BANK

NEW Location: 29 Columbia Walk
OPEN
MONDAY-WEDNESDAY-FRIDAY
10 A.M. TO 12 P.M. & I 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

carol.hughes@parl.gc.ca







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 heath 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:



