

## 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
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

24/7 Crisis Support ..... 1-800-721-0077

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

# Stepping Stones



## CLUB 90

NOVEMBER 2022

*Lest We Forget*



11/11/1911

EDITION 374

## 24/7 Crisis Support Service

is available to individuals of all age groups by calling **705-759-3398** (Toll-Free 1-800-721-0077).

Therapeutic intervention and service referrals will be provided as necessary.



Toll-Free 1-800-721-0077

## Mobile Crisis Response

Teams of two Crisis Workers who provide support in low-risk situations to individuals in need and who are willing to meet and speak with the team in mutually agreed-upon community locations (ex. a home or a coffee shop). The team will arrive in an unmarked vehicle and in plain clothes.

*NOTE: The Mobile Crisis Response Team is unable to apprehend or bring individuals to the Hospital.*

If interested, individuals are encouraged to call Crisis Services at **705-759-3398** or **1-800-721-0077** to request this service. As this service is based on the individual's needs, a Crisis Worker will determine if this service is available and appropriate.

**Teams are available daily in; Sault Ste. Marie, Wawa, and Elliot Lake from 10:00 AM – 10:00 PM.**



SAULT AREA  
HOSPITAL  
HÔPITAL DE  
SAULT-SAINTE-MARIE

750 Great Northern Road  
Sault Ste. Marie, ON P6B 0A8

# Are you in need of Counselling??



**Virtual  
Walk-In  
Counselling**



## **When?**

Sessions take place on **Tuesday** by Video or Telephone

## **How?**

To make an appointment call CMHA's Access Line at (705) 759-5989 or 1-855-366-1466 on Mondays\* from 9:00 am – 4:00 pm

\*if Monday is a statutory holiday please call for information on booking an appointment



Algoma Family Services  
SERVICES AUX FAMILLES D'ALGOMA



Canadian Mental  
Health Association  
Sault Ste. Marie

## **What can I expect?**

You will be provided with information about the service and meet with a counsellor for a single confidential session. Each session can last 1-1 1/2 hours and will address your concern.

- Please note this is not a crisis or emergency service. If you require immediate assistance, please contact the Crisis Helpline at (705) 759-3398 or 1-800-721-0077 or 911 Emergency Services

Serving Sault Ste. Marie and  
the Algoma District



SAULT AREA  
HOSPITAL  
HÔPITAL DE  
SAULT-SAINTE-MARIE



## **One of our talented Members cooking up a storm!**







RETURNS

Friday November 4th

\*See Meal Calendar for our weekly Friday iChef menu!

\*Contact the Club before 2pm Wednesday to sign up.

\*iChef meals will be ready for pick up Friday between 2pm - 4:30pm

\*\*Contact Tammy to share iChef meal ideas & requests. Or any other iChef information\*\*

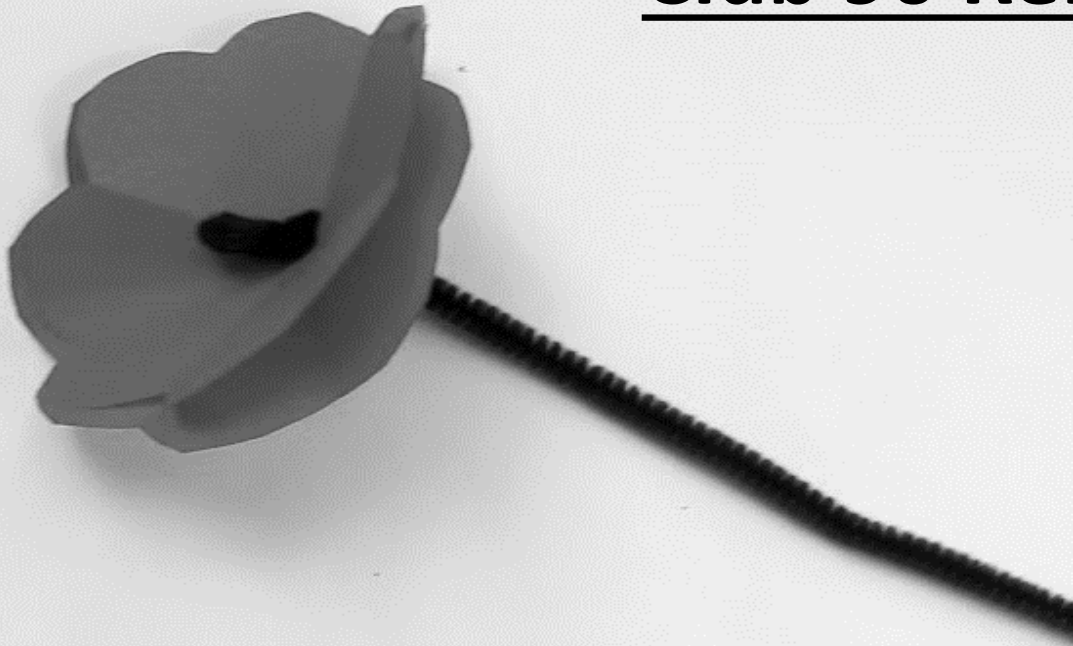
59 Thanksgiving Dinners delivered  
to Club 90 Member's homes  
YUMMMM!!



We can give the gift of an  
outstretched hand of hope,  
a word of kindness,  
a smile of peace.  
We can also give the  
gift of receiving such  
gracious acts of love  
with gratitude.

#GainTheRedEdge

# Club 90 Remembers!



## IN FLANDERS FIELDS

By John McCrea



In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns belows.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

***Please take part in our preparations for  
Remembrance day at Club 90 commencing  
November 01, 2022 and join us at the Club on  
November 11<sup>th</sup> at 10:30 a.m. to remember together!***



## Non Emergency care at your FINGERTIPS!!!!



ÉQUIPE SANTÉ FAMILLE  
ELLIOT LAKE  
FAMILY HEALTH TEAM

**NEW SERVICE**  
Begins October 2022

**Same-Day Nurse  
Practitioner Clinic**

- Tuesday, Wednesday, Thursday 9am-4pm
- Non-emergency care for minor illnesses
- Call (705) 461 8882 ext. 2 for appointment
- Walk-in appointments not available
- Dedicated phone line answered until all appointments filled for day




**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**

## In need of a meal? Elliot Lake Legion is serving !

**STARTS OCTOBER 31st, 2022  
HUNGRY?**



Please join us for a  
**Free or 'Pay what you can' healthy meal!**  
**Dine In and Takeout**  
**Available**  
**Monday • Wednesday • Friday**  
**11am to 1pm**

**Meals Served  
at the**

**Elliot Lake Legion**

Funding Provided By



In collaboration with



For More Information

Please Email : [info.harvestkitchen@gmail.com](mailto:info.harvestkitchen@gmail.com)

## Christmas Gift Exchange for Club 90 Members is on!!

Please call if you want to participate by Dec 2/2022.

Gift max = \$5.00

Make a special gift? Please check the calendar for dates & times



**Our times have changed for indoor seating for meals. Two seating's 2:30 and 3:30. Please sign up before 11am that day.**

**YOUR CHOICE WHEN TO ENJOY SUPPER:**

Supper will be served at **2:30** p.m.

**AND**

Again at **3:30** p.m.



Each time at a maximum of 10 people seated individually at a table  
Please call by 11 a.m. to reserve your time/spot you prefer.



**705-848-2879**

10-6 Paris Drive, Elliot Lake, ON, P5A 2L9

## **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:**



  
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**



Find us on  
**Facebook**

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



7  
*Club 90 Members creating a FLOAT for the Elliot Lake Christmas Parade*

The theme: Nightmare Before Christmas. Let's design and decorate our Club 90 float - starting to plan and doing November 1<sup>st</sup> until Nov 25<sup>th</sup>. Please call Kelly to let her know what days and times you can come in to create the Float. WE NEED YOU!!! 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

We are  
here to help

Nous sommes  
là pour vous aider



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



**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



## Elliot Lake Red Wings Hockey 2022-2023 Season with Club 90!

We are excited to let you know that the owner of the Elliot Lake Red Wings, Paul Noad, has generously donated 4 season passes to Club 90 Members to use.



**THANK YOU SO MUCH!!!!!!**

Members, please call in when you want it to be **YOUR NIGHT AT THE RINK** at one or more of the upcoming games for the 2022-2023 season of the Elliot Lake Red Wings.

Please call Kelly @ 705-848-2879 or drop in to book your pass for a fun night!

# Happy Birthday to YOU!!

Tracy,  
Deborah Z,  
Gut,  
Heather



Stephan,  
Cheryl  
Lynn, Chris,  
Bill



## Club 90: App of the month



### "The Mighty"

The Mighty publish real stories by real people, living with disability, disease and mental illness. They aim to build a safe platform for their community to share their stories, connect with others and raise support for the causes they believe in. Their mental illness section is excellent, and covers a wide range of conditions.

*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*

## 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

