

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



October 2022

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CLUB 90

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What it means to
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October 2022

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

Getting in to the Fall Spirit at Club 90



Pumpkin Cookies!!



Fall Greeting Cards



Making Banana Bread



Pumpkin Bead Creation



Baking cookies

October 2022 Monthly Horoscope!

Taurus (April 20 – May 20)

You are at a precipice of making different choices in your relationships. Hopefully, it will bring you closer to your ideal. But first, you must be committed to unlearning all the ways you distance yourself from how you actually want to live.

Gemini (May 21 – June 20)

Taking responsibility can look like saying no to things that may need your specific expertise, but which you have neither the time nor the interest to do. Just because “someone” has to do it, and even if the most capable someone is you, does not mean you have to do it.

Cancer (June 21 – July 22)

If anyone knows the high stakes of sharing your innermost desires, it's definitely you. Peel away layers of shame that keep you hiding and settling.

Leo (July 23 – August 22)

This month ahead propels you to consider creating a sanctuary that receives and nourishes you. A place where you can safely rest and create. A space for quiet and also of connection.

Virgo (August 23 – September 22)

You're invited to critically assess your storytelling and relational tools this month. Is your first impulse to point out what's wrong? Whatever it is, look at how you communicate and figure out the bigger story it tells you about how you see yourself.

Libra (September 23 – October 22)

For both environmental and financial reasons, moving away from acquiring more stuff is on a lot of minds lately. This month, you may become more aware of the tools required to sustain your material stability.

Scorpio (October 23 – November 21)

For a while now, you may have been feeling like a new person living a completely different life compared to last year. Part of allowing yourself the capacity to be present in the changing tides of your life is giving yourself space to process the grief of your losses.

Sagittarius (Nov. 22 – December 21)

This month, more than any other time, is about tending to your neglected, elusive and hard-to-access needs. Your subconscious may process information that takes time to integrate into your conscious reality. Take some time away to reflect and quiet down the noise.

Capricorn (December 22 – January 19)

Making friends, especially as an adult, without the outlets of school or work as places of contact, can be very challenging. However, shared ideals that can manifest as shared activities can facilitate the blossoming of friendships.

Aquarius (January 20 – February 18)

A reflection prompt for you this month is to imagine what it would be like to embark on a new direction. It is easy to get stuck on keeping with an identity, a worldview, or any context or situation simply because you've put so much time into it. However, staying for the sake of time that's passed is one sure way of living with regret.

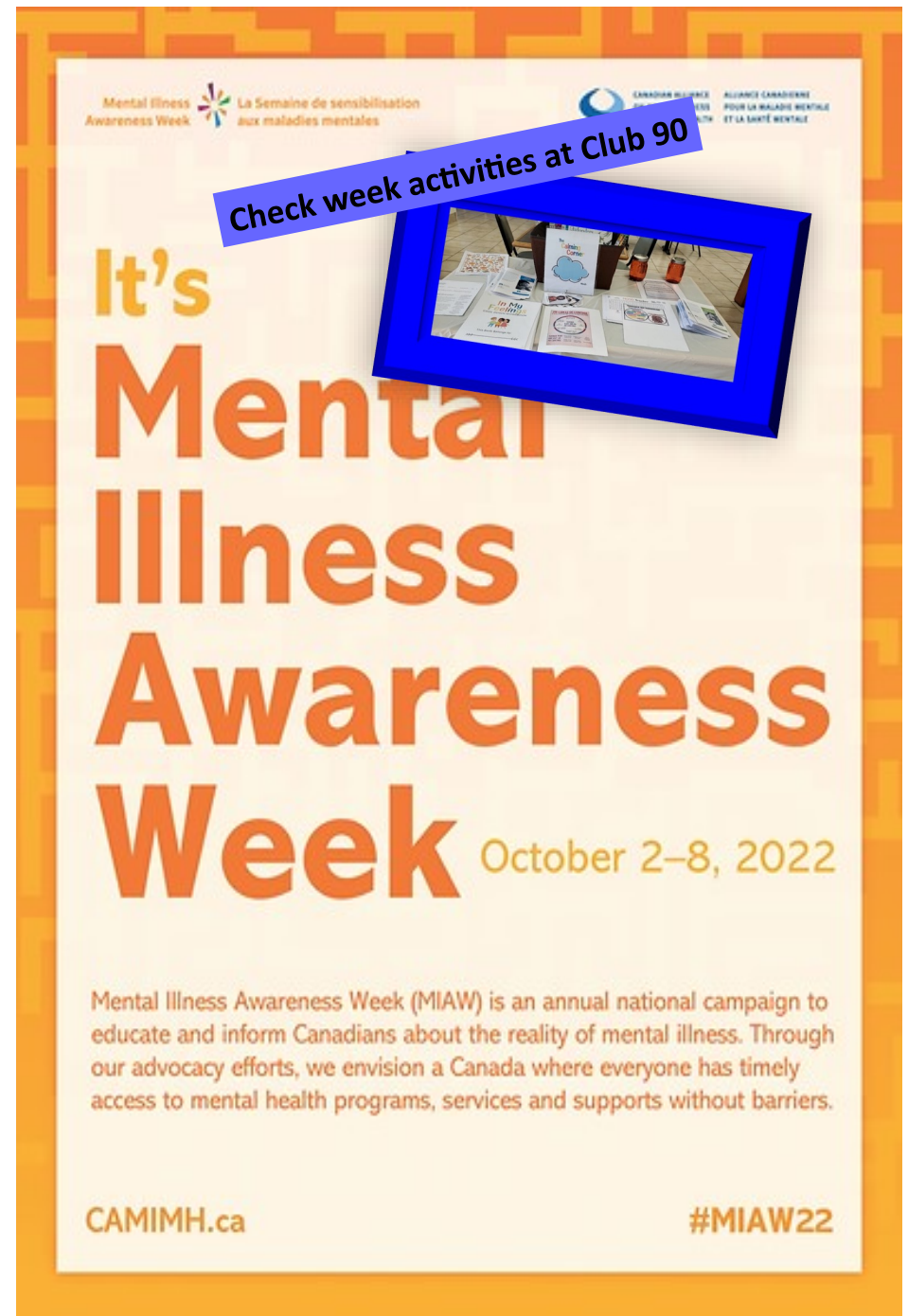
Pisces (February 19 – March 20)

This month ahead is about discerning the beliefs you embody that generate your growth instead of the ones that enable your negative self-concept.

Aries (March 21 – April 19)

This month ahead, give yourself a lot of space for introspection and integrating the changes you're going through.

Mental Illness Awareness Week



Mental Illness Awareness Week La Semaine de sensibilisation aux maladies mentales

Check week activities at Club 90

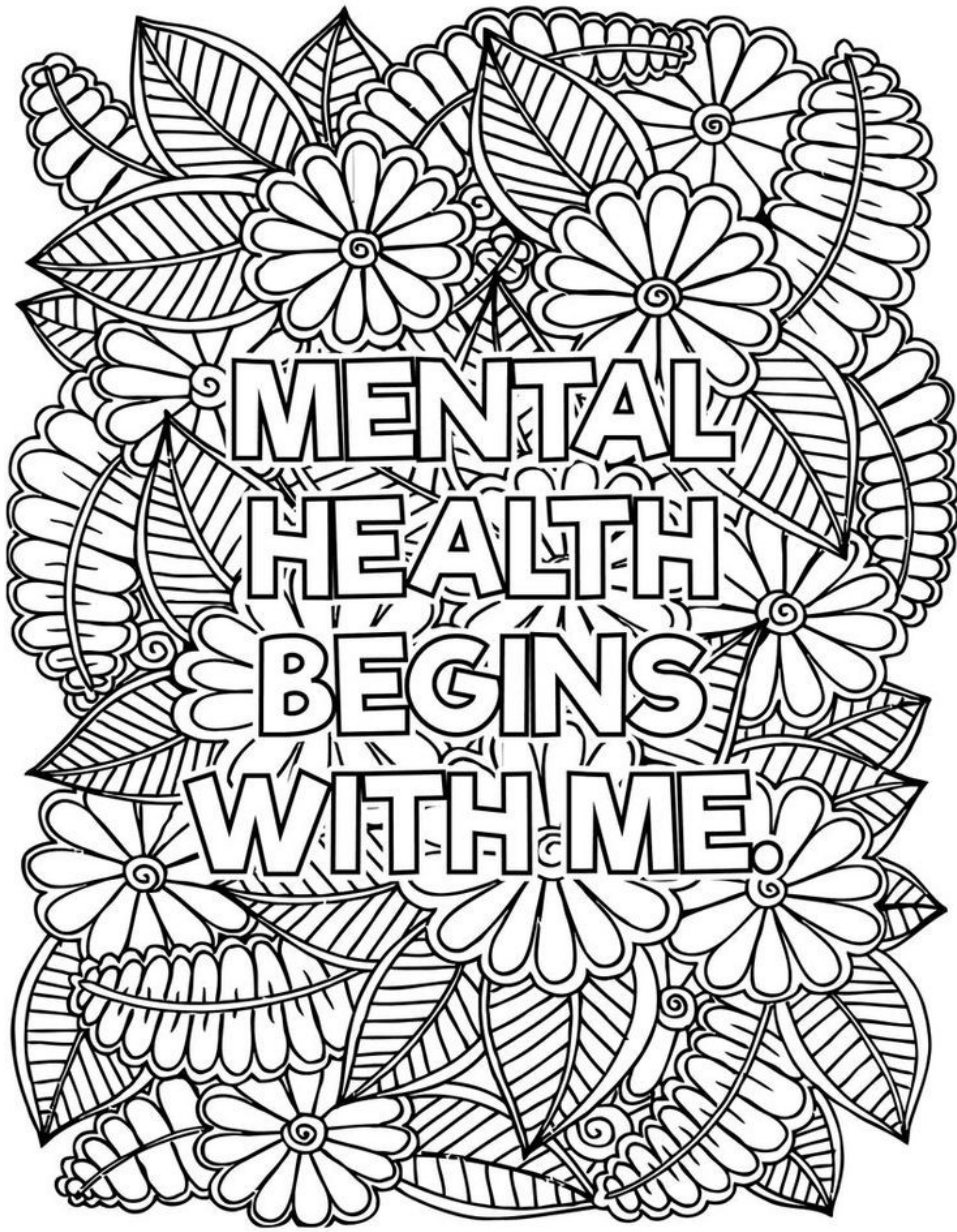
It's Mental Illness Awareness Week

October 2–8, 2022

Mental Illness Awareness Week (MIAW) is an annual national campaign to educate and inform Canadians about the reality of mental illness. Through our advocacy efforts, we envision a Canada where everyone has timely access to mental health programs, services and supports without barriers.

CAMIMH.ca #MIAW22

Artwork by Members of Club 90



Wishing a Happy Birthday to:
Dave A, Derek B, Gary B,
Corrie G, Beverly C and
Rebecca L.

National Day for Truth and Reconciliation

Each year, September 30 marks the National Day for Truth and Reconciliation. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Orange Shirt Day also takes place on September 30th. Orange Shirt Day is an Indigenous-led grass-roots movement to help raise awareness of the impacts residential schools had on individuals, families and the Indigenous community. This movement promotes the concept of "Every Child Matters".

Below Club 90 members creations of Orange Shirts





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**



Where did Thanksgiving come from in North America?

The tradition of Thanksgiving started with the [Pilgrims](#) who settled at Plymouth, Massachusetts. They first held a celebration of their harvest in 1621. The feast was organized by [Governor William Bradford](#) who also invited the local Wampanoag Indians to join in the meal. The first time they called the feast "Thanksgiving" was in 1623, after rain had ended a long drought.

The first national Thanksgiving Day was proclaimed by [President George Washington](#) in 1789. However, it did not become a regular holiday in the United States until 1863 when [Abraham Lincoln](#) declared that the last Thursday in November should be celebrated as Thanksgiving. Since then it has been celebrated every year in the United States. The day was made an official federal holiday and moved to the fourth Thursday of November in 1941 by President Franklin Roosevelt.

Traditional Food

The traditional food for the Thanksgiving meal includes a turkey, cranberry sauce, potatoes, sweet potato casserole, stuffing, vegetables, and pumpkin pie.

Fun Fact!

Canadian Thanksgiving may always fall on the second Monday of October now, but starting in 1921, it was actually [celebrated on November 11](#) (known then as Armistice Day). That was changed in 1931 to allow veterans their own day of recognition.

Thanksgiving means to me:

- | | |
|-------|--|
| C.B: | "I am thankful for everything!" |
| C.T: | "I am Thankful for Food and Togetherness" |
| H.S: | "I am thankful for good times, family, friends, and pumpkin pie!" |
| S.S: | "I am thankful for people in my life who help me do things and support." |
| M.P: | "I am just thankful and for turkey!" |
| D.BE: | "I am thankful for life and have appreciation for Mental Health." |
| V.H: | "I am thankful for family, hope and celebration!" |

From our kitchen

Sweet Potato and apple Sausage Casserole

Ingredients:

- 2 tablespoons red curry paste
- 4 cups chicken or vegetable broth
- 2 15 ounce cans pumpkin puree
- 1 3/4 cup coconut milk
- 1 large red chili pepper
- cilantro for garnish if desired

Directions

1. In a large saucepan over medium heat, cook the curry paste for about one minute or until paste becomes fragrant. Add the broth and the pumpkin and stir.
2. Cook for about 3 minutes or until soup starts to bubble. Add the coconut milk and cook until hot, about 3 minutes.
3. Ladle into bowls and garnish with a drizzle of the reserved coconut milk and sliced red chilis. Garnish with cilantro leaves.



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 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

705-848-2287

 Find us on
Facebook

fb.com/cityelliotlake



Amazing drone shot taken by one of our members.

PHOTOGRAPHY CONTEST

Continuing in October, members can submit pictures they've taken to be included in our Stepping Stones newsletter. Talk to your Mental Health Worker for more details. Send your pictures to mhsupport@nscss.com

**We are
here to help**

**Nous sommes
là pour vous aider**



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

Proud supporter of the Club 90 program



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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



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!



Please join us for fun and games on October 31st from 12-4 p.m.
Prizes for the best costume, the most unique and the most funny.
Perhaps you take home a Gift Bag when joining us for that day?

Why don't you call or come in to reserve a spot?!!
705-848-2879



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

