

## Community Resources in your hands

361th edition

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

NSCSS  
  
 Club 90

Stepping Stones  
 September 2021





# You must be screened before you enter

Members **volunteer** their time to screen those entering the clubhouse. They are required to ask the **same** questions every day.

We do this, in case there is exposure and we can report to Algoma Public Health in a timely matter.

We ask that you **PLEASE BE POLITE** to the person who is at the desk screening.

# THANKYOU

## September is Recovery Month

National  
**Recovery**  
Month  
— September —



This month, we are focusing our attention on **Recovery**. Recovery is the “personal process that people with mental illness/addictions go through in gaining control, meaning and purpose in their lives.” (CMHA). There are five elements of recovery:

1. Connectedness and supportive relationships
2. Hope
3. Identity
4. Formation of healthy coping strategies
5. Empowerment and building a secure base.

Recovery Month aims to share positive stories and spread the message that people recover, treatment works and stigma needs to be challenged.

### Other Clubhouse News:

- We will be closed on Sept. 6th for Labour Day.
- The Annual General Meeting will be held virtually on Sept. 23, see inside for more details.
- Throughout the month of September we have a variety of Recovery themed activities scheduled including: Ted Talks, Pet Therapy and more.



### Wishing a Happy Birthday to:

*Deborah, Lynda, Joe, Jamie,  
Alois, Timothy, Scott, Rene,  
Samirah, Caroline, Donna,  
Tyrina, Sharon and Emily*

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**



## An afternoon of music

Members and volunteers came out for an afternoon of live music and singing for the Club 90 Jam Session. These afternoons will be held every second Wednesday throughout the month of September at 2:30 p.m. Come on down to rock out!!



## Homemade Decor

One of our very talented and crafty members made a beautiful hanging decorative piece using a red solo cup, string and beads!

A super fun and inexpensive craft that you can make at home!

We are  
here to help

Nous sommes  
là pour vous aider

Available by phone



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

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

# From our kitchen

## Chicken Ranch Wraps

### Instructions:

### Ingredients:

- 2 cups cooked grilled chicken
- 1/4 cup Hidden Valley Simply Ranch
- 1/2 Cup Mozzarella Cheese
- 4x 8 inch tortillas

1. Lay tortillas on a clean flat surface. Place about 1/2 cup chicken, 1 tablespoon ranch, 2 tablespoons of cheese, fold rightly to form burrito shape.
2. Heat pan for 1-2 minutes, lightly coat with cooking oil. Cook wraps for 1-2 minutes on both sides.

## DONATIONS NEEDED:

The North Shore Community Support Services/Club 90 are seeking donations of TENTS and SLEEPING BAGS

**These items help us to support those who are experiencing homelessness in our community and are in need of emergency shelter.**

If you have any you are willing to donate, please drop them off at our Clubhouse, located at **6-10 Paris Drive** in Elliot Lake. You can call a Mental Health Worker to schedule a drop-off  
**705-848-2879**

[www.nscss.com](http://www.nscss.com) <https://www.facebook.com/nscssclub90>

## 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 or app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



Available on:





## Canine Pet Therapy

Come join the Paw-ty



Where: Club 90

When: September 10th

Time: 1pm-2pm



NATIONAL  
RECOVERY  
MONTH 2021

*Proud supporter of the Club 90 program*

# H&R BLOCK®

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



Find us on  
Facebook

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



# Club 90: APP of the month

## **Clear Fear**

The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions. Anxiety is a natural response to fear, threat and apprehension. However when anxiety is extreme or goes on for a long time, or the response to a threat is disproportionately large and affects a person negatively, it may become an anxiety disorder. Anxiety disorders are the most common form of emotional disorder and respond very well to a form of treatment called Cognitive Behavioural Therapy or CBT.

## 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



**NORTH SHORE COMMUNITY SUPPORT SERVICES, INC.**

**SERVICE DE SOUTIEN COMMUNAUTAIRE DE LA RIVE NORD, INC.**

## NOTICE OF ANNUAL GENERAL MEETING

### NOTICE TO ALL MEMBERS!

North Shore Community Support Services will be holding its Annual General Meeting on:

**Thursday, September 23, 2021**

**04:30 P.M.**

You are invited to attend our virtual **Annual General Meeting** on **Thursday, September 23, 2021**. Please register to attend virtually by emailing Kelly [coordinator@nscss.com](mailto:coordinator@nscss.com)

**Business to be conducted at this meeting includes:**

- I. **Ratification of the Audited Financial Statement for fiscal year 2020/2021**
- II. **Election of Directors to the Board**
- III. **Appointment of Auditors for 2022/2023**
- IV. **Executive Director's Report for 2020-2021**

After registering, you will receive a confirmation email containing information about joining the AGM webinar. Even while physically distanced, we're excited to celebrate with our community our inspiring participants, our dedicated staff, the amazing volunteers and generous donors who work together so that North Shore Community Support Services, Inc. can continue to support people and work towards our organizational vision of

*People are equal and full participants in the community of their choice.*

# Steps to Recovery

Y S S G K G R Z F I W T X K I S L V A H P S X L  
 L E X P K X N A N P L J A I T X G V D A O T T S  
 M C G Q F Y G V G D Q W I X T A U A M S L W N E  
 H I S G N K E E Z W M O R Q B A I R I V D H E R  
 P O K X F N P X R W M O S S C S D A T C Z O M V  
 Q H O W T C M S U A S V U E A J A P T Z T F T I  
 R C J O O R L Z C N H R E O C L N W I K B U T C  
 E M R X A C U O O A R S J A I N C J N O X E I E  
 W Y O A N Y W P D E V Y N O W C E Y G R L W M J  
 O D L D U S S D N E U T Z I P D L U K R O V M H  
 P G E Q P A I D H A R I L H W G U Q Q X C P O O  
 R K S N Q C E B T Y G L X E E E P G V E V Q C Z  
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 H Z U I M W U E A N I M C K W T I C H Q Y N W Z  
 G P O O O C V T G T E U P Y V T E R Z M T G O E  
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 H V N S C T E G V F X J T S Y V T K C O U D T J  
 H O P E U S F O R G I V I N G A W A K E N I N G  
 C D R D S Z G J T H Q R N V E X P E R I E N C E  
 X C E U K P T L F G B B E Z M O B B A B S Q C E  
 E P O H S T W K A Q U O R L O O D U V H B P V B  
 H C H I H Q S O B E R C E Y W C D P Z I G M K F  
 R T V B M I U E X T R G S H A L T S C Q N A X I  
 I C O N F I D E H T G N E R T S Q D C E C I M N

guidance	serenity	commitment	service
inventory	sponsor	higher power	surrender
forgiving	awakening	admitting	humility
strength	experience	halt	share
hope	confide	willingness	counselor
gratitude	consequences	choices	recovery
addiction	sober		

## iChef meals still available via pick-up



iChef meals are still available for our members for \$2.50.

With the clubhouse reopen, members can come down and grab their bags. iChef meals are labelled on the “Meal Calendar”.

Call and sign up if interested.

**WORLD  
SUICIDE  
PREVENTION  
DAY**

10th September

**IT'S OKAY  
TO TALK**



**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

# A day away at Camp Thompson

