

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
Counselling Centre of East Algoma (DAYTIME CRISIS)	(705) 848 2585
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

After Hours Crisis Support **1-800-721-0077**

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

Stepping Stones

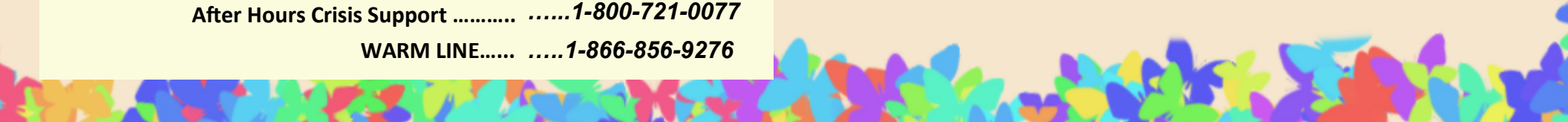
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CLUB 90



SEPTEMBER 2022

SEPTEMBER
IS
FOR
RECOVERY



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

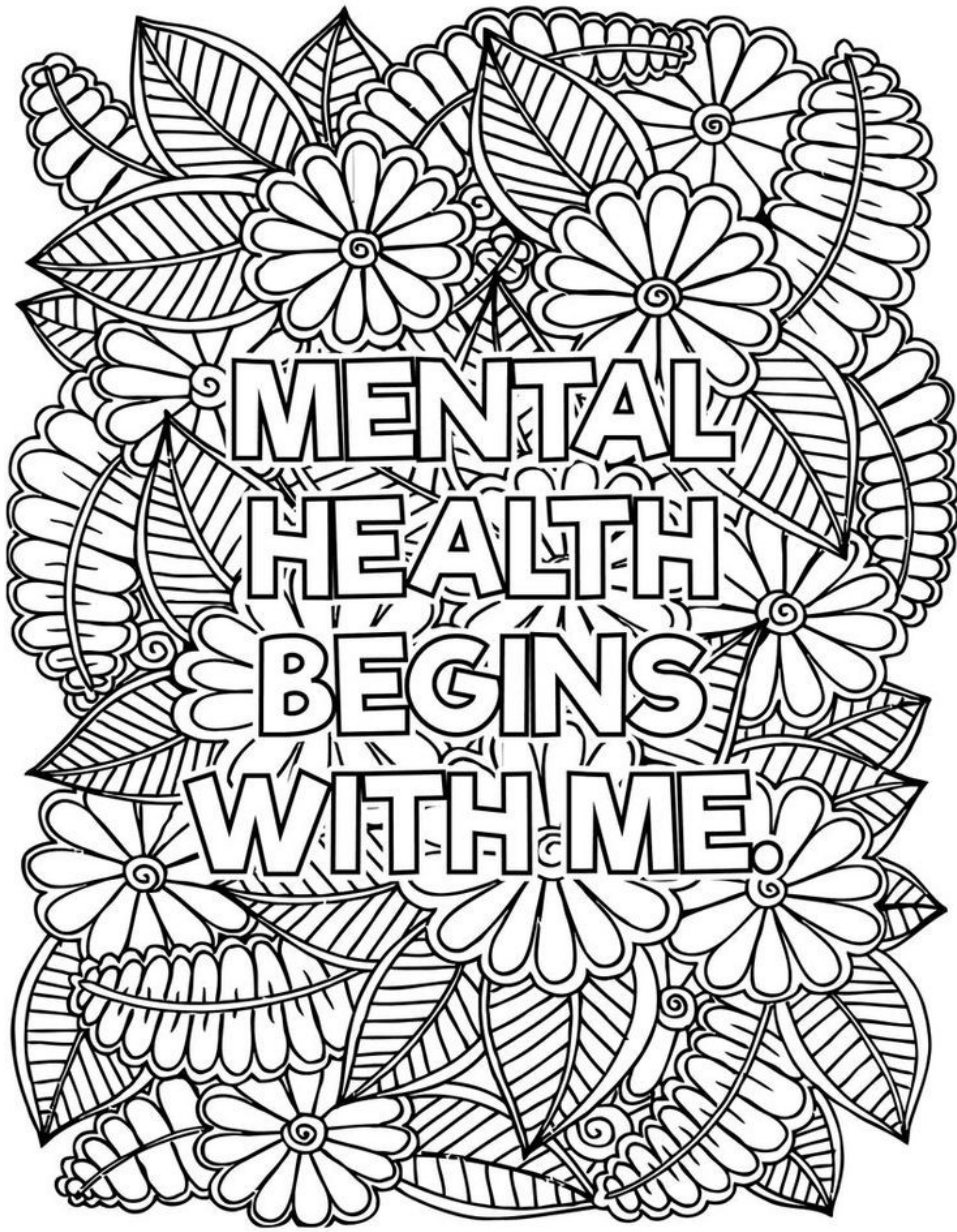
1-800-721-0077

CAMP THOMPSON TRIP

On Aug 24th Club 90 took their last trip by bus, donated by AJ bus lines to Camp Thompson. Members were treated to a pontoon boat ride around Dunlop lake provided by Adventure North. Topping the day off with pizza donated by Toppers Pizza here in Elliot Lake. Thank you to Adventure North and Toppers for making our day a memorable occasion.



Activities throughout August



Crafts!



Pool!



Dungeons and Dragons every
Thursdays.



Wishing a Happy Birthday to:
Deborah, Lynda, Jamie, Alois,
Dan, Timothy, Scott, Rene,
Samirah, Caroline, Donna,
Tyrina, and Emily

Saying GoodBye to Sophie

"As my summer working at Club 90 ends ,I'd like to thank the staff and members for a wonderful experience. I have gained practical knowledge that I will be able to apply to my studies and future endeavors. Everyone has been extremely welcoming and taught me so many things. I will miss you all!!" -Sophie

Sophie was a great addition to our staff here at Club 90. We wish her the best endeavours moving forward to completing her studies at Laurentian University.




Carol Hughes
MP/Députée
 Algoma-Manitoulin-Kapuskasing

My office can help you:

- Immigration & Citizenship
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- 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**

Things We Can All Do to Help Lessen Stigma Around Mental Illness

Challenging the stigma that surrounds mental illness takes understanding, education and a closer look at our own attitudes and thoughts toward mental health. There are various reasons for why someone may develop a mental illness. Some are genetic and some are biological. Everyone's experience is different. Here are some ways we can all help lessen the stigma around mental illness;

- 1) **Educate Yourself:** Know the facts. Learn about different types of mental illnesses. Learn about your own mental illness as well as others.
- 2) **Be aware:** Be aware of your own thoughts and behaviour. Do you have any thoughts or opinions that may be judgemental? Examine your thinking, do you see any patterns that need to be adjusted?
- 3) **Choose your words carefully:** Think before you speak. The things we say can affect the way others feel. Talk to others the way you would want to be spoken to.
- 4) **Focus on the positive:** Mental illness is only one part of a person. Try to see the good parts in everyone. Also try to focus on the positive aspects of your own life, this can boost your mood and help your own mental illness.
- 5) **Educate others:** Pass on the facts you learn of mental illness. Try to challenge myths and stereotypes politely when you hear them. This can help to better educate society on mental illness.
- 6) **Support People:** Treat everyone with dignity and respect. Always try to offer support and encouragement to anyone who needs it.
- 7) **Include Everyone:** Try your best to create an inclusive environment as much as possible. Include people you may not usually in conversations or events.

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 or 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



Beautiful picture of Camp Thompson taken by Victor

PHOTOGRAPHY CONTEST

Starting in September, 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

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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

Annual General Meeting

ATTENTION TO ALL MEMBERS

North Shore Community Support Services will be holding its Annual. General Meeting on **Tuesday, September 27th, 2022**. All members are invited to attend virtually. To register to attend virtually please email Kelly at coordinator@nscss.com

After registering you will receive a confirmation email containing information about joining the AGM webinar. We are excited to celebrate and work together with our community, participants, staff, volunteers and generous donors.

Business to be conducted at this meeting includes:

- 1) Ratification of the Audited Financial Statement for fiscal year 2021/2022
- 2) Election of Directors to the Board
- 3) Appointment of Auditors for 2022/2023

THANK YOU

We want to give a big thank you to everyone who made our Camp Thompson trip possible. A.J Bus lines for donating the bus that took us there and back, Toppers pizza for providing our delicious pizza lunch and Adventure North for providing amazing tours of Dunlop lake. This was a great end to the summer season and members had a wonderful time!



Club 90: APP of the month "Sanvello"



Sanvello contains all the best features of mental health apps in one. It offers tools to manage your mental health including a mood tracker and coping exercises in order to help yourself work towards feeling better. Plus, it includes a community feature that allows you to interact with others with similar struggles and is currently rolling out coaching and therapy features.

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

