

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)	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

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

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

Edition 384

Stepping Stones Club 90



SEPTEMBER

National Recovery Month

Join us this month in learning about Addictions and what the importance of recovery means. We will have Lisa Lantree from The Oaks Detox Centre, and Dr. Brian Dressler from the Oaks Outpatient Clinic in Elliot Lake, coming in to speak to us about what they do to help those enter and stay in recovery!

Camp Thompson

August 28th, 2023, members and staff of Club 90 went to Camp Thompson for the day. Members enjoyed playing horse shoes, boat tours, a meal, the sun, and great conversations. Thank you to Adventure North for providing the boat tours and for being a great guide.

Funday

August , was our last Fundays' for the season. We enjoyed the musical entertainment of Scott Horrocks on the 16th, on the 26th, we had Thor Bonfig and company. While enjoying the music, we has a BBQ, face painting, and games. Best of all was seeing our community come and join the fun with us. Thank you to all who helped and participated in these events.



Beach Day

August 16th, Members from Club 90 went and spent the day at Spine Beach, and enjoyed the free activities that were being held by Christian Horizons and Adventure North. The members enjoyed the free BBQ and a boat ride.



September is National Recovery Month

WHAT IS RECOVERY?

Recovery from a substance use disorder is defined as a process of improved physical, psychological, and social well-being and health after having suffered from a substance-related condition.

Addiction is similar to other chronic diseases in the following ways:

- It is preventable
- It is treatable
- It changes biology
- If untreated, it can last a lifetime

Join Club 90 in educational Ted Talks and presentations about addiction and recovery through out September.

YOUR TRAUMA IS VALID EVEN IF...

@lexikostersvpr

IT HAPPENED A LONG TIME AGO

YOU DON'T REMEMBER PARTS OF IT

YOU HAVEN'T TOLD OTHERS

IT DOESN'T AFFECT YOUR LIFE
AS MUCH ANYMORE



SOMEONE ELSE SAID IT
"WASN'T THAT BAD"

YOU'RE EXPERIENCING POST-
TRAUMATIC GROWTH



*September
national days
word search
printable
from Always
the Holidays*

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

PATRIOT DAY
PROPOSAL DAY
GRATITUDE DAY
DEAF DAY
BATMAN DAY
SOBER DAY
ALZHEIMERS DAY

PEANUT DAY
GYRO DAY
CHAI DAY
SALAMI DAY
FAMILY DAY
GREENPEACE DAY
SCARF DAY

VFW DAY
RHINO DAY
RESPECT DAY
SKYSCRAPER DAY
TV DINNER DAY
SUDOKU DAY
COFFEE DAY

Summer In The Park Concert Series What is Addictions?

Entertainment Series. A **Free** concert at Westview Park for the community members to come out and enjoy some wonderful musical entertainment.

All concerts will be set to play at Westview park on selected dates:

Sunday September 10th, 2023, 2pm to 4pm

Should the weather not be suitable for an outdoor concert, the concert will be moved to Collins Hall for the same date and time.

If you have any questions, please reach out to the Events Coordinator at 705-848-2287 EX: 2139



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

The word “addiction” is often used to refer to any behaviors that is out of control in some way. People often describe themselves as being addicted to, for example, a TV show or shopping.

Addiction is also used to explain the experience of withdrawal when a substance or behaviors (e.g., gambling) is stopped (e.g., “I must be addicted to coffee: I get a headache when I don’t have my cup in the morning”). However, experiencing enjoyment or going through withdrawal do not in themselves mean a person has an addiction.

Because the term “addiction” is commonly used in such a vague way, there have been many attempts to define it more clearly. The definition used here refers to problematic use of a substance such as alcohol.

One simple way of describing addiction is the presence of the 4 Cs:

- Craving
- loss of Control of amount or frequency of use
- Compulsion to use
- use despite Consequences.

Recovery month

What does it mean to “Recover” from addiction?

Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. Even people with severe and chronic substance use disorders can, with help, overcome their illness and regain health and social function. This is called remission.

What does it mean to “Recover” from Mental Illness?

What is recovery? When it comes to mental illness, recovery can mean different things. For some people, it will mean no longer having symptoms of their mental health condition. For others, it will mean managing their symptoms, regaining control of their life and learning new ways to live the life they want.

Recovery from addiction involves five foundational pillars that promote an individual's comprehensive and holistic well-being. These pillars are not only for those early in recovery, they create a foundation for the entire recovery journey.

1. Physical Well-being

Taking care of yourself is essential for restoring your health to create a stable foundation for recovery. This pillar focuses on the physical effects of addiction and self care.

2. Emotional & Mental Well-being

Recovery involves addressing emotional and mental health issues. Through individual counseling, group therapy, or other therapeutic approaches, individuals learn strategies for managing stress, anxiety, depression, and other emotional challenges. Developing healthy coping mechanisms and emotional resilience are essential for sustained recovery.

3. Social Well-being

Building and maintaining healthy relationships inside and outside of a treatment program is a key aspect of recovery. This social support can involve reconnecting with family, making new friends who support sobriety, and engaging in support groups or 12-step programs

4. Spiritual Well-being

This pillar of recovery is about finding meaning and purpose in life beyond substance use. It is not necessarily tied to religious beliefs, but involves exploring one's values, practicing mindfulness, and engaging in activities that promote personal growth and self-awareness.

5. Personal Responsibility

Taking ownership of personal actions and decisions is vital in recovery. This pillar involves setting goals, making positive choices, and being accountable. It also includes managing stress and triggers with resilience and a commitment to navigate the challenges of daily life without resorting to substance use.

Getting Help For Addiction

If you or somebody in your life seems to have an issue with alcohol or is suffering from addiction, professional help may be the best option for recovery.



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



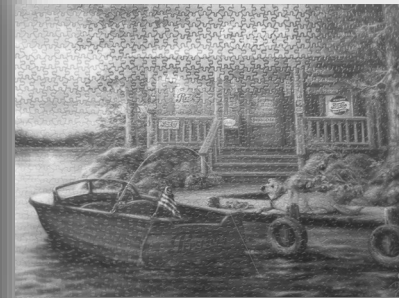
705-848-8080
1-855-297-4200
carol.hughes@parl.gc.ca

NDP  **NPD**

Activity

TEXTSTUDIO

Last month we spent time building puzzles. Make art with paint and sting. J.R.B Gibbons displayed two more of his models at Club 90 to enjoy.



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

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.Elliottlake.ca

705-848-2287



fb.com/cityelliottlake

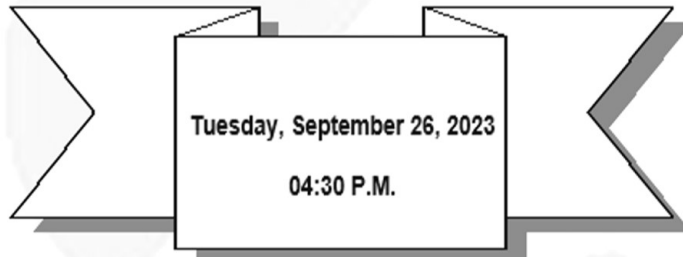
NORTH SHORE COMMUNITY SUPPORT SERVICES, INC.

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:



You are invited to attend the in person and virtual Annual General Meeting on Tuesday, September 26, 2023. Please register to attend virtually by emailing Kelly coordinator@nscss.com

Business to be conducted at this meeting includes:

- I. Ratification of the Audited Financial Statement for fiscal year 2022/2023
- II. Election of Directors to the Board
- III. Appointment of Auditors for 2023/2024
- IV. Executive Director's Report for 2022-2023

After registering for virtual participation, 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.

10 Paris Drive, Unit 6, Elliot Lake, ON, P5A 2L9; Tel: 705.848.2879

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