

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**

CLUB 90

STEPPING STONES

371st edition



Club 90 does Camp Thompson!

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

Club 90 went to Camp Thompson on July 27, 2022.

Even though it rained members still enjoyed going down to the dock and taking a quick dip! Games and crafts were done while some staff was preparing a delicious rib meal! Ribs were generously donated by the Elliot Lake Deli. Our next outing is for August 24th/22. A total of 18 members joined us last time! If interested please call /or come in to sign up by Aug 22nd.



June 2022 Monthly Horoscope!

Taurus (April 20 – May 20)

You are serene by nature, but now you're craving spontaneity! The fate of the world does not rest on your shoulders, so free yourself from the constraints that are preventing you from enjoyment.

Gemini (May 21 – June 20)

You know how to adapt to different situations, but in the process of being so accommodating, you run the risk of losing sight of who you are. You're in a period of gestation and will soon give birth to a new version of yourself.

Cancer (June 21 – July 22)

Although you care about the comfort of others, life is telling you to start prioritizing yourself. Remember that it's possible to be firm in your convictions while also being kind and empathetic.

Leo (July 23 – August 22)

Whether or not you're comfortable in the spotlight, summer is your season, and this year, it's your time to shine. With Mars in Taurus, you'll have to deal with the uncomfortable reactions your success generates.

Virgo (August 23 – September 22)

Virgos find refuge in routine, so the next few months might be destabilizing. Be flexible and dare to momentarily lose your footing in order to cultivate a sense of wonder.

Libra (September 23 – October 22)

This summer, you're courageously seeking out sensitive parts of yourself. As the sun moves through your career and ambition sectors, you question your deepest motivations. The resulting clarity, while unsettling, will give you the strength to position yourself with composure.

Scorpio (October 23 – November 21)

You've got quite a lot of nerve this summer—and that's putting it mildly! Fortunately, the people around you want you to succeed. As a Scorpio, you need collaboration to grow, and you're learning to reach out to others for help or accept a hand when it's offered.

Sagittarius (Nov. 22 – December 21)

You need a change of scenery to fuel your creativity and add a little colour to your daily life. Tasks are piling up and deadlines are approaching, but you feel the need to explore new horizons

Capricorn (December 22 – January 19)

You'll be feeling a lot wiser this month as the full moon in Sagittarius on June 14 sparks mental breakthroughs and a brighter perspective on the challenges you've faced lately.

Aquarius (January 20 – February 18)

Your tendency to rationalize your hesitations is making life difficult. Speak from the heart rather than the head to experience more nuanced emotions. Courageous conversations are vital if you want to see your relationships grow.

Pisces (February 19 – March 20)

Some soul-searching may be in the cards for you this month. Give yourself time to celebrate your achievements and rediscover who you are and what you want to focus on next.

Aries (March 21 – April 19)

It's easy to get caught up in other people's drama when you feel responsible for taking care of them. Embrace the social energy of the season without becoming overly invested in gossip that doesn't involve you. Don't wait for a bad mental health day to start taking your well-being practices seriously.

Feeling Stressed?

Feeling stressed? You are not alone! Stress is a normal human reaction that happens to everyone. In fact, the human body is designed to experience stress and react to it. When you experience changes or challenges your body produces physical and mental responses. Stress can be positive, keeping us alert, motivated and ready to avoid danger. For example, if you have an important test coming up, a stress response might help your body work harder and stay awake longer. But stress becomes a problem when stressors continue without relief or periods of relaxation.

You can't avoid stress, but you can stop it from becoming overwhelming by practicing some daily strategies:

Exercise when you feel symptoms of stress coming on. Even a short walk can boost your mood.

At the end of each day, take a moment to think about what you've accomplished — not what you didn't get done.

Set goals for your day, week and month. Narrowing your view will help you feel more in control of the moment and long-term tasks.

Consider talking to a therapist or your healthcare provider about your worries.



Activities throughout July

Back by popular demand Club 90 was invited to volunteer their services at the July 15-17/22 Drag Races. We were in charge of feeding the volunteers, and general clean up of trash. All staff and volunteers that donated their time enjoyed the beautiful weather, entertainment of the races and getting to meet new people in our community.



Happy Birthday

Wishing a Happy Birthday to:

Denise, Charles, Judith,
Bernard, Richard, Cheryl,
Richard F., Richard H.,
Frank, Rosanna, Margaret,
Dennis, Jessica



We are here to help

Nous sommes là pour vous aider



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



MONTH OF AUGUST

August is the **last month of summer in the northern half of the world**. It is named after the first Roman emperor, Augustus Caesar. August's birth flower is the poppy and Gladiolus. August birthstone is the peridot. The horoscope sign for August is Leo (until August 22) and Virgo (August 23 and onwards). There is a Civic Holiday on August 1st, which Club 90 is closed for. August 7th is National Peacekeepers Day in Canada. National Peacekeepers Day is an official remembrance day for Canadian veterans of military peacekeeping activities. It is officially marked on 9 August of each year and alternately may be observed on the closest Sunday.



Sophie Gray-Pitre is our new student for the summer here at Club 90. She is currently attending Laurentian University studying Psychology and Concurrent Education. While at Club 90 Sophie is gaining an understanding of Mental Illness . Sophie is also gaining knowledge of Resources that are available in our community and abroad. Sophie's favorite quote is "We are better together than alone"! Sophie is here till August 26th, then is back to school to use the tools she gained here at Club 90 to help her successfully complete her degree.

From our kitchen

Sweet Potato and apple Sausage Casserole

Ingredients:

- 2 Sweet potatoes, diced
- 1 (12 oz) package of precooked chicken sausage, sliced
- 2 Green apples, diced
- 1/3 cup honey mustard
- Salt and Pepper



Directions

1. Preheat the oven to 450 degrees F (230 degrees C). Spray a large casserole dish with cooking spray.
2. Combine sweet potatoes, sausage, and apples in the prepared dish. Season with salt and pepper and stir in honey mustard.
3. Bake in the preheated oven until sweet potatoes are tender and sausage is browned, 45 to 55 minutes.

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:



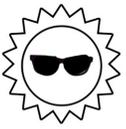
City of / Ville d'
Elliot Lake
is proud to support
Stepping Stones and
the members of
Club 90

www.Elliottlake.ca
705-848-2287



fb.com/cityelliottlake

SUMMER WORD SEARCH



A R E F J E T R I S U M M E R M I S
 U S E S T O R Y W H P P O O I N O V
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|----------|---------|-----------|------------|----------|
| summer | fun | hot | shorts | fruit |
| pool | sun | sprinkler | vacation | hiking |
| swimming | grass | picnic | watermelon | popicle |
| camping | outside | road trip | play | lemonade |

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



Members of Club 90 started a Dungeons and Dragons club which meet every Thursday. If interested please ask to sign up!

Club 90 would like to send a **BIG Thank-you** to Elliot Lake Deli for their generous donation of Very Delicious Ribs that we were able to cook up for our members to enjoy while having our day outing at Camp Thompson.

**THANK
YOU
SO MUCH**
ROOLA AKBARIAN



Club 90: APP of the month

"Pacifica"



Pacifica (thinkpacifica.com) is based on cognitive behavioral therapy and meditation, and has some great benefits, like tracking your mood and your health, daily goals, and a thought diary. Pacifica is great for both stress and anxiety.

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

