

Blind River

Seniors Mental Health Stepping Stones



Active Living Addiction Services Caregiver's Resources Housing Legal & Financial Living Mental Health Physical Health Safety & Security

Royal Canadian Legion <i>Darts Dancing</i> 705-356-7471	Seniors Outreach 705-848-2585	Alzheimer's Society 705-848-8145 1-800-611-8816	Golden Birches Terrace LTC 705-359-2265	Service Canada <i>OAS/ CPP/ GIS</i> 1-800-277-9914	Meals on Wheels 705-356-2265 ext.2455	Mood Disorders Society of ON 1-888-486-8236 Ext. 226	Family Health Team 705-356-1666	Ombudsman Ontario 1-800-263-1830
Seniors' Centre <i>Community Center: Indoor Walking, Tennis</i> 705-356-7763	Annishnabe Naadmaagi Gamig 705-356-1681 1-877-356-1681	Community Care Access Centre <i>(In Home Respite, Home Assessment)</i> 310-2222	St Joseph's Manor LTC 705-848-1898	Income Tax Inquiries 1-800-959-8281	Food Bank 705-576-2077	Seniors' MH Community Outreach Nurse 705-848-2800	Palliative Care 705-942-1556	Fraud Protection 1-888-495-8501
Arena 705-356-7257	Oaks Centre <i>Detox/Withdrawal Program</i> 705-461-4508	Community Support Services <i>Income Tax Clinic Assisted living Congregate dining Transportation</i> 705-356-2265 Ext 2455	Aboriginal Housing Services 705-256-1666 1-800-492-1605	The Office of Public Guardian & Trustee <i>POA/Living Will</i> 705-564-3185	First Nation Food Bank 705-356-1621	Schizophrenia Helpline 1-800-449-6367	Senior's Ontario Drug Benefit Program 1-888-405-0405	Lifeline Algoma 1-866-656-4088
Curling 705-356-7652	Alcoholics Anonymous 705-356-2992	Women's Shelter 705-356-7142	Algoma Public Health <i>Housing Support</i> 705-848-2314 Ext. 4008	E.L. & North Shore Legal Clinic 705-461-3935	Community Loan Cupboard Odd Fellows Thessalon 1-705-842-2452	Canadian Hearing Society 705-848-5306	Motion Specialties <i>Lifeline/Assistive Devices</i> 1-866-403-2267	
Boom Camp Trails <i>Hiking Cross Country Skiing</i> 705-356-7861	Smoker's Helpline 1-877-513-5333	Veterans Affairs 1-866-522-2122	Housing Authority 705-848-7153 1-888-326-3133 Ext. 231	Trillium Benefits and Drug Program 1-800-575-5386	Home Instead Seniors Care 705-848-1900	March of Dimes <i>Assistive Devices</i> 705-848-4840		
Gambling Helpline 1-888-230-3505	TeleHealth Ontario 1-866-797-0000	Need a Doctor? 1-800-445-1822	Liberty Security 1-866-929-7233					

Need more information on Services? Please call **705-848-2109** and/or visit www.eastalgomaconnects.com

If you or anyone you know, are experiencing any of the following symptoms or are concerned about Mental Illness, Alzheimer's or Dementia we may be able to help.



www.eastalgomaconnects.com

MIND CHECK QUICK QUIZ:

- **Have you noticed lately that you're having more difficulty remembering people's names? Or recalling words that used to come easily, but now get stuck on the "tip of your tongue"?**
- **Lately have you felt easily confused or overwhelmed?**
- **Do you have worries that you may have early onset dementia?**
- **Do you have a family history of dementia?**
- **Do you keep misplacing common items?**



Please feel free to contact Nikki Lapish the Seniors' Mental Health Consultation Outreach Nurse of North Shore Community Support Services by phone: 705-848-2800 or via email smhp@nscss.com. All inquiries are, of course, confidential.

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