

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
Consumer/Survivor Initiative Elliot Lake (Beehive)	(705) 461-3912
Camillus Centre	(705) 848 -7182
Centre Victoria pour Femmes	(705) 461-6120
City of Elliot Lake	(705) 848 -2287
Christian Horizons	(705) 789 -1725
Community Living Algoma (CLA)	(705) 848 -2475
Counselling Centre of East Algoma	(705) 848 -2585
HSN mental health Counselling and Treatment Service	(705) 848 -9131
Elliot Lake Emergency Food Bank	(705) 461-3663
Elliot Lake Family Health Team	(705) 461-8882
St. Joseph's General Hospital Elliot Lake	(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
Elliot Lake & North Shore Community Legal Clinic	(705) 461-3935
North Channel Literacy Council	(705) 578-3200
Non-Emergency OPP	(705) 848-6975
Oaks Centre (Detox)	(705) 848 -2129
ODSP	(705) 253-2001
Salvation Army	(705) 848-2417
Suicide Crisis Helpline	9-8-8
Supportive Independent Living	(705) 461-9561
After Hours Crisis Support1-800-721-0077
WARM LINE.....1-866-856-9276

STEPPING STONES

February 2025

401th Edition

Club 90

Join Club 90 for our
Friendship Dinner

Feb 14th, see pg 2

For menu

Friends
for Dinner



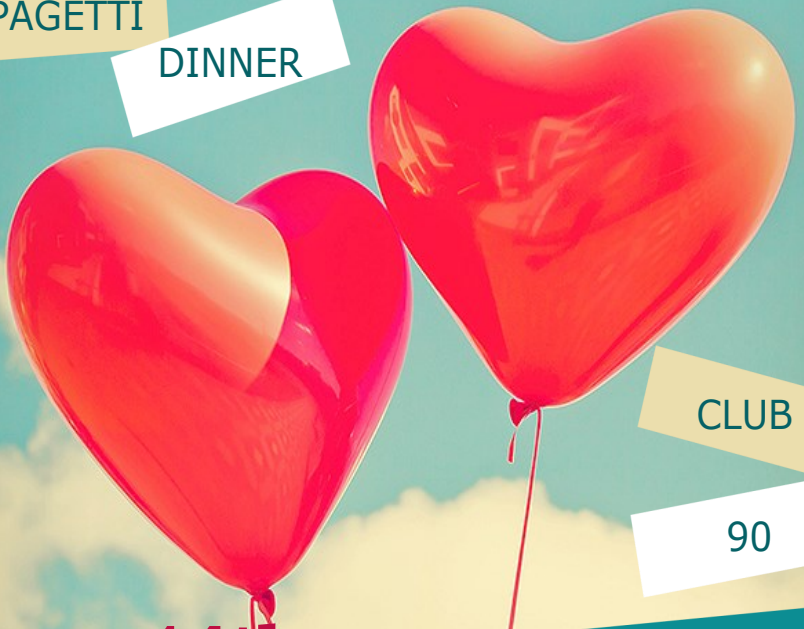
Guess what's
Back? iChef, every
Friday see 1st meal
on pg 15

CLUB 90 INVITES YOU TO OUR

Friendship Dinner

SPAGETTI

DINNER



CLUB

90

FEBRUARY 14th
2 Seatings: 1pm
and 3pm

Please come in or call to sign up
by Feb 10th.
705-848-2879

Menu
Homemade Spaghetti Sauce
Ceaser Salad
Garlic Bread
Desserts



Welcome Back, iChef!

We are thrilled to announce the return of iChef, our beloved culinary program at Club 90! After a brief pause, iChef is back, bringing members together to cook, learn, and enjoy delicious meals at home.

iChef is more than just a cooking program—it's a hands-on experience that encourages creativity and independence in the kitchen. Each session, members take home a pre packaged meal home which they prepare and cook meals while learning valuable skills

YOU'LL NEED

- stove top
- Pot
- frying pan
- cutting board(s)
- strainer or pot lid
- sharp knife
- spoon/spatula
- water
- oil or butter

Ingredients Included:

- 1 pork chop
- ¼ tsp salt & pepper
- ¼ tsp garlic powder
- 1 tbsp butter
- 1 potato
- ¼ salt & pepper
- ¼ garlic powder
- ¼ Italian seasoning
- 1 tbsp butter
- Corn
- 1 tbsp butter
- Salt & Pepper- To taste

Pork Chops, Corn & Roasted Potatoes

STEP 1

- Cut Potatoes into cubes
- Add salt, pepper, Italian seasoning & garlic powder and toss together

STEP 2

- Set element to medium
- Add butter to frying pan & fry potatoes till golden brown

STEP 3

- Put water in your pot & set the element to medium to boil the frozen corn until soft (About 8 to 10 minutes)

STEP 4

- Drain corn
- Add butter, salt & pepper to pot then add drained corn

STEP 5

- Oil/ butter in frying pan,
- Fry Porkchop on medium, for about 6 minutes

STEP 6

- Flip Porkchop & fry for about another 6 minutes

STEP 7

- Fry until cooked throughout

STEP 8

- Place Porkchop, Corn & potatoes to plate

ENJOY!



During February members are hosting a
Variety of tournaments:
 If you are into pool, darts or chess join us
 for fun and exciting times !



Come to Club 90
 on the 18th to
 celebrate !!

**Michael, Alice, Candice,
 Peter, Lawrence, James,
 Stacey, Cathy, Ricky,
 Sarah, Trish, Roy, Mark**

DID YOU KNOW ??

Did you know you could attend **AA/NA** meetings from the comfort of your own home? You could join **virtual meetings Online & by Phone.**

To join a virtual meeting enter one of the following links into to your search bar and follow the directions.

If you require any assistance or don't have a device of your own, members can come to Club 90 for assistance.




<https://aa-intergroup.org/meetings/>
<https://www.orscna.org/meetings>

CELEBRATE !!

IT'S GROUNDHOG DAY!

on the 2nd of February 2025
Check if it is sunny or overcast!

CALL HEATHER ON THE 3RD TO LET HER KNOW
HOW LONG WINTER STILL WILL LAST
(705) 848 2879

Proud supporter of the Club 90 program

H&R BLOCK®

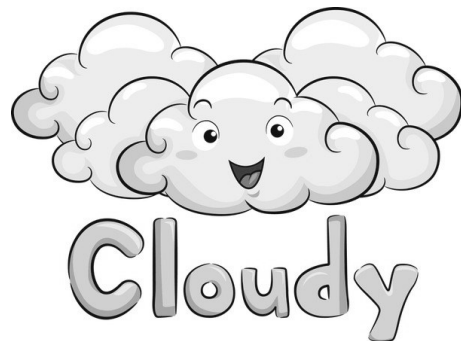
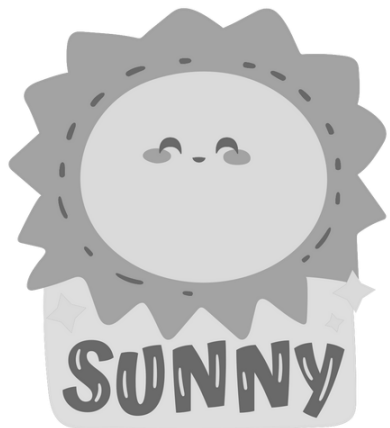
"With almost 1,000 locations across the country, you don't have to travel far to find expert tax service. Our offices have been redesigned for safe filing with plexiglass dividers, hand sanitizer, social distancing, and mask requirements of staff and clients."



Located at:
52 Ontario Ave. Elliot Lake, ON P5A 1Y1
705-848-2626



Is Dungeon and Dragan's a game for you! If so Club 90 members meet every Wednesday from 11am to 3pm.





Pink shirt day movement began in Nova Scotia when students David Shepherd and Travis Price organized a protest to wear pink to support their fellow Grade 9 student who was bullied for wearing a pink shirt. Now This peer-inspired campaign aims to prevent bullying in our schools, workplaces, homes, and online.

What is Bullying: The act of bullying refers to when someone intentionally hurts someone they perceive as weaker than themselves. Bullying can cause a great deal of pain that lasts a long time and is repeated time and time again. It may even lead to depression, anxiety, and low self-esteem.

- Physical bullying: it is a type of bullying using physical force or aggression against another person (e.g., hitting, pushing, shoving, kicking etc.)
- Verbal bullying: includes using words to verbally attack someone (e.g., name-calling, insulting, teasing etc.)
- Social bullying: trying to hurt someone by excluding them, spreading rumours or ignoring them (e.g., gossiping etc.)

Cyberbullying: a new-age form of bullying. It is done using electronic media to threaten, embarrass, intimidate, or exclude someone, or to damage their reputation (e.g., sending threatening text messages)



Pink SHIRT DAY

February 26th,

IF YOU WANT TO BUY CANADIAN

Cheese: Armstrong Cheese

Soup: Allen Family Foods

Meat: Piller's Fine Foods

Toilet Paper: Kirkland Signature Tissue



WWW.MADEINCA.CA



What is Club 90?

Club 90 is a Psychosocial Rehabilitation Program for adults with mental illness in Elliot Lake and the surrounding area. Through support and sharing, members and staff provide a place to belong, a warm place, where members can achieve new levels of esteem and confidence in an atmosphere of stability and challenge. Everyone has something to offer.



Club 90 offers

Club 90 provides a safe, non-judgmental and supportive environment where people can come socialize, participate in recreational activities and develop new skills, hobbies and friendships.

What to Expect



We support adults living with a mental illness who are seeking a community of understanding with like-minded people who may share the same experiences.

- * A sense of belonging as staff, volunteers and members greet you when you arrive.
- * Exploring your goals and creating ways to make them happen.
- * Participating in activities with peers.
- * Check-ins with staff to see how you are doing.
- * Learn skills to increase your independence such as budgeting, organization, cooking, time management, light maintenance.
- * Give your brain and body a workout with physical and mental exercises.
- * Indulge in daily activities, meals, friendships, fun and laughter.
- * Obtain skills in the clerical, maintenance and kitchen units.
- * Give back to your community through volunteer initiatives.
- * Work on furthering education and career

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



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



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

7 TIPS TO BEAT THE WINTER BLUES



1. BRIGHTEN YOUR HOME

Vitamin D from natural light can help to improve your mood. Make it a daily routine to open your blinds and curtains.



2. ANTICIPATE AN EVENT

Anticipate an upcoming event, or create something to look forward to such as inviting your grandchildren or friend to visit. This can create positive feelings and excitement.



3. STICK TO A SCHEDULE

Avoid the temptation to alter your schedule to avoid activities and socialization. Stick to your every day schedule.



4. EAT A BALANCED DIET

Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.



5. STAY ACTIVE

Exercise can be vital to lifting up your mood during the winter months. Stretching, walking and lifting light weights are a few ideas to get you started.



6. ACCOMPLISH A GOAL

Motivate yourself by adding a goal to your to-do list, big or small, and once it's finished, cross it off.



7. SOCIALIZE WITH OTHERS

Lift your spirits and shift your perspective by being around others. Attend a church service or volunteer in your community.



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

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

NDP  **NPD**


Club 90's Talent Board




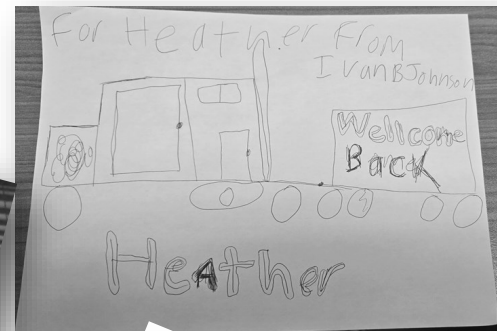
East Algoma Connects

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:

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.

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