

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
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

24/7 Crisis Support 1-800-721-0077

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

STEPPING STONES

January 2023

Edition 376



CLUB 90

HAPPY
2023
NEW
YEAR

24/7 Crisis Support Service

is available to individuals of all age groups by calling **705-759-3398** (Toll-Free 1-800-721-0077).

Therapeutic intervention and service referrals will be provided as necessary.



Toll-Free 1-800-721-0077

Mobile Crisis Response

Teams of two Crisis Workers who provide support in low-risk situations to individuals in need and who are willing to meet and speak with the team in mutually agreed-upon community locations (ex. a home or a coffee shop). The team will arrive in an unmarked vehicle and in plain clothes.

NOTE: The Mobile Crisis Response Team is unable to apprehend or bring individuals to the Hospital.

If interested, individuals are encouraged to call Crisis Services at **705-759-3398** or **1-800-721-0077** to request this service. As this service is based on the individual's needs, a Crisis Worker will determine if this service is available and appropriate.

Teams are available daily in; Sault Ste. Marie, Wawa, and Elliot Lake from 10:00 AM – 10:00 PM.



SAULT AREA
HOSPITAL
HÔPITAL DE
SAULT-SAINTE-MARIE

750 Great Northern Road
Sault Ste. Marie, ON P6B 0A8



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**

A BIG 
Thank
YOU



Elliot Lake
EMERGENCY FOOD BANK

Club 90 is sending much love and appreciation, a HUGE Thank you to the Elliot Lake Emergency Food Bank for all of their support throughout the year and the Christmas bags to members of Club 90!! Looking forward to working with you in 2023 !



Club 90 Café Unit is looking for YOU!

Do you enjoy cooking!?

Are you interested in helping or learning more in the Kitchen?

What about sharing recipes, meal planning, meal prep, cooking, grocery shopping, or preparing a favorite meal for your Club 90 friends? Or a meal request idea?

Please contact Tammy for all your tummy needs at Club 90
Supportmh@nscss.com or (705) 848-2879

Santa Visits Club 90



THANK YOU to our Club 90 Chef's

Victor, Chester, and Denise



Build your cooking skills and abilities with Club 90's weekly iChef.

Your iChef meal comes with all the ingredients and step by step instructions for you to become a chef at home in the comfort of your own home.

Check our monthly Meal Calendar for your weekly iChef meal.

Contact Tammy before 4pm Thursday's to sign up!! Pick up will be ready between 2 pm and 4:30 pm on Friday.

Did You
Hear??

Is it
True?

Yes, the rumors
are true!

Free Surprise Lunches

RETURNS January 3rd 2023

Tuesdays and Thursdays @12pm

**Happy
Birthday**

Wishing a Happy Birthday

to:

Douglas C, Devin M, Paul S,
Laurent D, Patricia D, David
C, Mike P, Reihl G, Jennalea
C, Sharon L, Josh T,

Fun & Play Times



NON EMERGENCY CARE OR MINOR ILLNESSES AND DON'T HAVE A DOCTOR




**ÉQUIPE SANTÉ FAMILIALE
ELLIOT LAKE
FAMILY HEALTH TEAM**

NEW SERVICE
Begins October 2022


Same-Day Nurse Practitioner Clinic

- Tuesday, Wednesday, Thursday 9am-4pm
- Non-emergency care for minor illnesses
- Call (705) 461 8882 ext. 2 for appointment
- Walk-in appointments not available
- Dedicated phone line answered until all appointments filled for day

IF YOU ARE IN NEED OR KNOW ANYONE THAT NEEDS COUNSELLING PLEASE CALL THE NUMBER BELOW.



**Virtual
Walk-In
Counselling**







When?
Sessions take place on **Tuesday** by Video or Telephone

How?
To make an appointment call CMHA's Access Line at (705) 759-5989 or 1-855-366-1466 on Mondays* from 9:00 am – 4:00 pm
*if Monday is a statutory holiday please call for information on booking an appointment

What can I expect?
You will be provided with information about the service and meet with a counsellor for a single confidential session. Each session can last 1-1 1/2 hours and will address your concern.

- Please note this is not a crisis or emergency service. If you require immediate assistance, please contact the Crisis Helpline at (705) 759-3398 or 1-800-721-0077 or 911 Emergency Services

Serving Sault Ste. Marie and the Algoma District

**STARTS OCTOBER 31st, 2022
HUNGRY?**



Funding Provided By



In collaboration with





For More Information
Please Email : info.harvestkitchen@gmail.com

Please join us for a
Free or 'Pay what you can' healthy meal!
Dine In and Takeout Available
Monday • Wednesday • Friday
11am to 1pm

**Meals Served at the
Elliot Lake Legion**



[Finding out what is right for YOU !!!](#)



My name is Chris and I want to share with you what helped me to change my attitude and become more positive:

“I was feeling weird and depressed for a long time. I started to self reflect and I thought of ways that would make me feel right again. For Halloween, I thought I would find a costume from the store that would help me embrace my inner furry. After about a week of wearing furry tails and ears, I noticed that my thought process and attitude started to become more positive. I thought to myself that it was up to me how I reacted. The first step was hard. I said to myself at one point, “screw it” and I went for it. People should not be afraid to embrace what they feel is right for them.” C.M.



Offers high-speed, low-cost internet to rent-geared-to-income tenants of a non-profit housing partner organization, eligible individuals receiving provincial income or disability support, and seniors receiving the Federal Guaranteed Income Supplement.

The program is also available to those receiving the maximum Canada Child Benefit and maximum Guaranteed Income Supplement

Rent geared to income (RGI) tenants of non-profit housing partner organizations

Recipients of the Ontario Disabilities Support Program (ODSP)

Recipients of Ontario Works (OW)

Recipients of Guaranteed Income Supplement (GIS)

Recipients of the Resettlement Assistance Program (RAP)

An eligible participant of the Connecting Families Program

If you have questions, please call Rogers 1-866-689-0758 between 9AM and 6PM Monday through Friday or 9AM and 5PM Saturday and Sunday

Eligibility

Thank you for sharing

A.C.



<https://connectedforsuccess.ca/ontario/>

Free meals in Elliot Lake Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Harvest Kitchen 11am – 1pm	Hope Café 11:30am – 12:30pm	Harvest Kitchen 11am – 1pm	Hope Café 11:30am – 12:30pm	Harvest Kitchen 11am – 1pm
Foodbank 11am – 2pm		Foodbank 11am – 2pm		Foodbank 11am – 2pm
		Beehive 2pm – 4pm		Beehive 2pm – 4pm
Harvest Kitchen is located at 10 Albert Rd Hope Café is located at 6 Charles Walk Foodbank is located at 29 Columbia Walk Beehive is located at 118 Ontario Ave			(705) 848- 2712 (705) 848-5316 (705) 461-3663 (705) 461-3912	



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



Homemade Christmas Gifts



Members got crafty making Gumball Machine Christmas Decorations, along with decorating Christmas Stockings and Ginger Breadmen



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



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



Elliot Lake Red Wings Hockey **2022-2023 Season with Club 90!**

We are excited to let you know that the owner of the Elliot Lake Red Wings, Paul Noad, has generously donated 4 season passes to Club 90 Members to use.



THANK YOU SO MUCH!!!!!!

Members, please call in when you want it to be **YOUR NIGHT AT THE RINK** at one or more of the upcoming games for the 2022-2023 season of the Elliot Lake Red Wings.

Please call Kelly @ 705-848-2879 or drop in to book your pass for a fun night!



Club 90: App of the month **"The Mighty"**



The Mighty publish real stories by real people, living with disability, disease and mental illness. They aim to build a safe platform for their community to share their stories, connect with others and raise support for the causes they believe in. Their mental illness section is excellent, and covers a wide range of conditions.

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



**We are
here to help**
**Nous sommes
là pour vous aider**



Michael Mantha MPP
Député Algoma-Manitoulin
705-461-9710