

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

January 2025

400th Edition

Education Month**Club 90**

OUT WITH THE OLD

IN WITH THE NEW

Self-Care Challenge

January

set goals and intentions for the year	write down 5 things you're grateful for	enjoy a home spa evening	listen to an online TED talk
do a home workout session	organise your closets and clothes	cook your favourite dinner	create 3 powerful affirmations
get some me time!	drink water in place of soda	take an outdoor walk 3-4 times a week	read a motivational book
journal your daily thoughts each evening	create a healthy bedtime routine	be sure to get your 5-a-day	buy yourself flowers
try a daily 5 minute meditation	eat a healthy breakfast	go on a winter picnic or beach day	give something back to nature
declutter an area of your home	dance to your favourite music - 10 mins a day	random act of kindness	freshen your space

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.



7 DEADLY SCAMS

- 1 **Gluttony** – Fake Shopping Websites
- 2 **Lust** – Catfishing
- 3 **Greed** – Lottery Scams & The Nigerian Prince
- 4 **Pride** – Job Offer Scams
- 5 **Envy** – Fake News
- 6 **Wrath** – Fake Free VPN & Antivirus
- 7 **Sloth** – Work from Home Scam

Bonus: **Vanity** – Fake Travel Companies

Have you or someone you know been scammed? Come join us on January 7th for a presentation hosted by local police officer Phil Young and learn all about Scams that are currently going around. He will education us on what to look for and how to steer clear of these scams.

What to do

- 1 **Slow down** — and talk to someone you trust. Don't let a scammer rush you.
- 2 **Never wire money**, put money on a gift or cash reload card, or send cash to an online love interest. You won't get it back.
- 3 **Contact your bank right away** if you think you've sent money to a scammer.



Come to Club 90 on the 15th to celebrate !!

Douglas, Devin, Paul, Laurent, David, Mike, Reiht, Jason, Sharon, Josh, CJ, Melanie, Yuri

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>

Christmas Feast!

Club 90 members cooked Christmas dinner for the members and their family and friends. Everyone left with a full belly and big smiles at the end of the day!! Special thanks to Scott who came and played music all day, it was amazing!!



Proud supporter of the Club 90 program

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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.

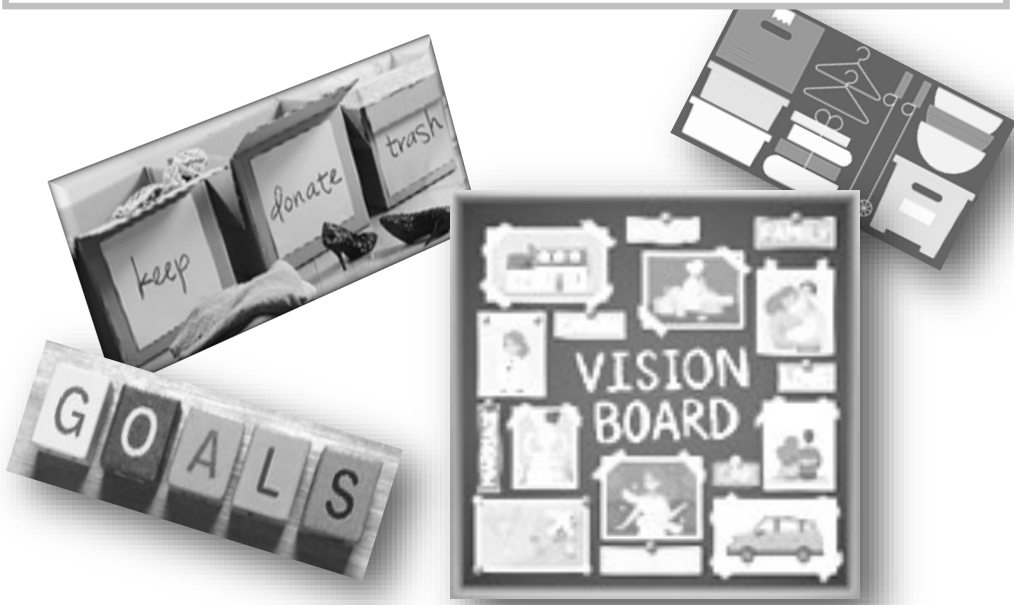




January is Education Month at Club 90!

Learn how to set realistic goals that you can achieve with the help of a vision board, instead of big New Years Resolutions!

Learn how to declutter and organize your budget!




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**

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

 Find us on
Facebook

fb.com/cityelliottlake



Introducing Erica, Club 90's next top chef.

Erica will be bringing back the Club 90 iChef program commencing in February! Come and meet Erica and get yourself signed up for the iChef program.

Erica is passionate about cooking and baking. Erica was a huge help at Christmas prepping, cooking and baking the delish foods you already had a taste of at our Christmas Feast at the club.

Erica will share her culinary knowledge tips and tricks with you.

You are invited to learn from and work with Erica!!!



EASY BUDGET RECIPES



REAL MEALS FOR *any budget*

Meal Prep Tips



 Make a Meal Plan	 Schedule Time for It	 Make a Grocery List
 Look for Shortcuts	 Learn to Multitask	 Make Double Batches
 Use Good Containers	 Store Portions Individually	 Start Small



New Year, New You....why not start the new year off with learning how to budget, to save for that one item you have been dreaming of and never got for Christmas.

While you are learning how to budget you can also learn how to meal prep on a budget and eat healthier. You don't need new years resolutions you can just plan and make whole foods

Call Heather @ 705-848-2879 for dates and times!

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

Michael Mantha

MPP, Algoma-Manitoulin

Working for Northern Ontario

Travaille pour le nord de l'Ontario



michaelmantha.com | 1-800-831-1899

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.eastalgomacommunityconnects.com or download our app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



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