

Community Resource Numbers

Crisis: Daytime 705 848 2585.....Afterhours 1 800 721 0077

Elliot Lake Bylaw.....705 461 7230

- Algoma Family Services.....(705) 848 0709
- Algoma Public Health.....(705) 848 2314
- Alcoholics Anonymous (AA)(705) 461 3150
- Al Anon Family Group.....1-888-425-2666
- ADSAB(705) 848 7153
- Beehive (705) 461 3912
- Camillus Centre (705) 848 7182
- Club 90 (705) 848 2879
- City of Elliot Lake..... (705) 848 2287
- Community Living Algoma (CLA)..... (705) 848 2475
- Counselling Centre of East Algoma(705) 848 2585
- East Algoma Mental Health Clinic (705) 848 9131
- Elliot Lake Family Health Team (705) 461 8882
- Elliot Lake Food Bank (705) 461 3663
- Hospital (705) 848 7181
- Larry's Place (Men's Shelter) 1-705-989-5600
- March of Dimes..... (705) 848 4840
- Maplegate House (Women's Shelter) (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 (SIL)..... (705) 461 9561
- St. Vincent De Paul Thrift (705) 461 1355

Stepping Stones



The official Club 90 newsletter

July 2020

Vol. 349

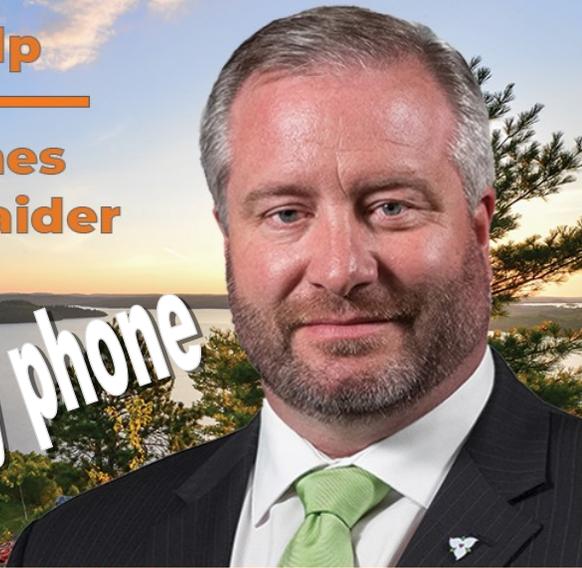


<https://www.facebook.com/groups/nscss/>

We are here to help

Nous sommes là pour vous aider

Available by phone



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

Available by phone



Carol Hughes
MP/Députée
 Algoma-Manitoulin-Kapuskaing

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

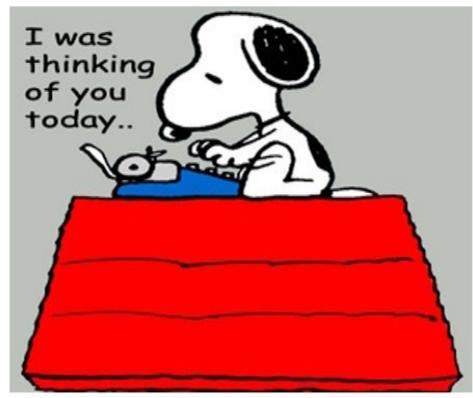
705-848-8080
 1-855-297-4200
 carol.hughes@parl.gc.ca

NDP  **NPD**

Do you miss your family and friends?

Try some of these ways to connect with them when you are in a quarantine...

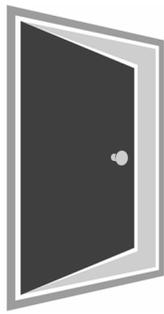
- Write a letter
- Send a picture
- Send a card
- Phone call
- Video Chat
- Facebook
- Facebook messenger
- Skype
- Meet them for a walk (but keep your distance)
- Facetime
- Text messages
- Computer gaming
- Use other chat internet apps



Wishing you a happy birthday

Richard, Dan, Charles, Victor, Valarie, Scott, Greg, Augustino, Linton, Barbara, Christopher, Heather, Bruce and Sarah

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:

1 Industrial Park Rd, Suite 2
Blind River, ON P0R 1B0

(705) 848-2585

Temporarily closed

AFTER HOURS CRISIS NUMBER:

1-800-721-0077

Get out and enjoy the sunshine

It is important to stay up to date on what is happening regarding the covid-19 pandemic, let's take a moment and let out our frustrations and acknowledge the anger that some of us may be experiencing as we enter a very different summer. Now, let's pause and recognize how fortunate we are to be living in such a vibrant community where we can enjoy the great outdoors while being able to practice social distancing. Not only do you get to soak up the warmth of the sun, being outdoors is beneficial to your mental health and can help relieve symptoms of anxiety, depression, stress and overall negative feelings such as irritability.

So get outside, take a deep breath in and expel all the negative.

Repeat as often as needed!

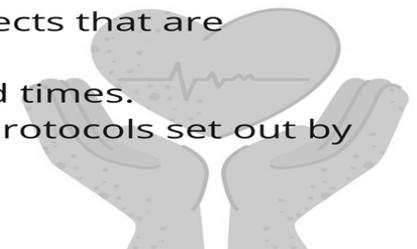
**Keep your
clubhouse safe**

Upon entering club:

- Have COVID-19 screening complete by staff member.
- You **MUST** sanitize your hands prior to coming into common area.

While in the Clubhouse:

- No outside food or drink is allowed in the club.
- Wear a mask when walking around the clubhouse.
- Clean all surfaces and objects that are touched.
- Be respectful of scheduled times.
- Follow health and safety protocols set out by staff



DYI AT HOME: NAIL POLISH MUGS

What you will need:

- Nail Polish
- Plain White Mugs
- Disposable Tub
- Skewer or Toothpick
- Dishwasher Safe Mod Podge
- Parchment Paper



Instructions:

1. Fill your tub with hot water, and carefully drip your nail polish onto the surface of the water.
2. use your toothpick or skewer to swirl the polish around so that it covers the surface of the water.
3. Immediately dip your mug into the water, and let it sit for a second or two to help the polish adhere to the mug. Remove mug, and place upside down on parchment paper to dry.
4. Switch out water and repeat

Club 90 set up for social distancing

In early June, the Ontario government gave the green light for the Algoma District to move into phase two. Which would allow a maximum gathering of 10 people providing protective measures were put into place.

Staff had started to prepare for the next phase and rearranged the tables and put protective shields on the tables, that would allow people to sit across from one another but remain safe from droplets. Prior to entering the clubhouse each person (staff included) must complete the COVID-19 assessment screening.

However, due to the limit of people who can come into the club, anyone who is interested in attending a workshop that is on the calendar must call ahead and sign up. Workers are also meeting with members on an individual face-to-face basis, which can be done by calling the clubhouse at 705-848-2879 and scheduling an appointment.



Consider us for:

- ◆ flexible commercial financing for business start-ups and expansions;
- ◆ micro-loan funding for the new entrepreneur or existing small business;
- ◆ business development assistance for business opportunity research and assessment; and,
- ◆ assistance in managing change and growth.

31 Nova Scotia Walk, 3rd Floor, Elliot Lake, P5A 1Y9

phone: 705.848.0229 fax: 705.848.1539
Toll Free: 1-800-256-7299
website: www.elnos.com

BBQ Thursdays at Spruce Beach*

Weather permitting*

Days:

July 9, July 16
July 23, July 30

Times:

Group 1: 11 a.m. to 12 p.m.
Group 2: 12 p.m. to 1 p.m.

Social Distant measures are expected

Cost: \$3.00 and includes:

- 1 hot dog
- 1 hamburger
- 1 bag of chips
- 1 pop

Only 8 people per group and you MUST call and sign up by Wednesday.

Summer Fun Word Search

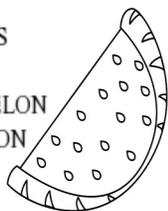
Find all the words!

G F I J R T I I P E C G R V G L Z P O C
 V L K E T T O R F V W C T I Q J N Q A W
 W A T T V Q K C C X O H I D S C M W K G
 E A I J S P R H V S B L K M K F G A I K
 W C C S L E N B A G C C L Y I E Z T S Z
 H P E K A P G N V L N U S E T I K E K A
 D O G M G I D H P X U G Y B Y R X R K Y
 O P F T F C F N B H C A E B A B X M E T
 T S A Y A N P Y P V D Q N P B P A E N K
 H I F S C I F N X E N F V X O S J L I T
 J C T L P C X G M L F Z D O V E X O L D
 M L Q W T B O S N O O L L A B L C N O O
 E E Y J B L L A B E S A B C Q B V J P E
 Q D T B F F I R E F L I E S I K W L M E
 M M V D Z N K U X I S N O T N I M D A B
 J T E Z I F B U T T E R F L I E S J R S
 G D U M I A L R P K Y Y H J K B D M T I
 A P W M X N C O S X A Y B O V U A V C R
 G E F D F Z Z H Y I T L A L Z Q M D X F
 D S J A X Y E D A N O M E L T K M M Y U

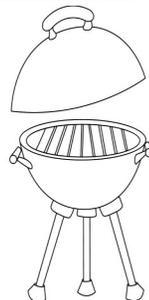
VOLLEYBALL
 WATER
 CREAM
 LEMONADE
 BUTTERFLIES
 MINI
 FIREFLIES
 POOL



FRISBEE
 BALLOONS
 BEACH
 WATERMELON
 BADMINTON
 GOLF
 POPSICLE



KITES
 ICE
 SANDCASTLE
 PICNIC
 PARK
 BASEBALL
 TRAMPOLINE



ThriftyMommasTips.com

CONTACT

Counselling Centre
of East Algoma

Centre de counseling
d'Algoma Est

Main Office - Elliot Lake

9 Oakland Blvd., Suite 2 Elliot Lake ON, P5A 2T1
 Tel/Tél: 705-848-2585
 Fax/Télé: 705-848-9687
 email: ccea@vianet.ca

Blind River Office

1 Industrial Park Rd, Suite 210 Blind River ON, P0R 1B0
 Tel/Tél: 705-848-2585
 Fax/Télé: 705-848-9687
 email: ccea@vianet.ca

CCEA talks Men's Health Month

Throughout the month of June, Malin Johnson, public educator with the counselling Centre of East Algoma, put on multiple virtual information sessions to talk about the importance of men's health and breaking the stigma and silence that surrounds it.

"The toxic masculinity we all live in says talking about men's vulnerabilities, such as his health, is a faux pas. So much so we had to rally together and make a whole month dedicated to discussing the issues around it." said Malin. "Men's physical health, body image, self-esteem, your 'male role in society', depression and suicide. All topics that men have been discouraged to discuss because showing you are vulnerable makes you weak and less than in the eyes of society."

The virtual presentations are available on the Counselling Centre of East Algoma—Education Facebook page at:

<https://www.facebook.com/CCEA.Educator/>

Who we are:

NORTH SHORE COMMUNITY SUPPORT SERVICES, INC. provides community support services and activities to people living with mental health issues.



NORTH SHORE COMMUNITY SUPPORT SERVICES, INC. fournit des services d'assistance communautaires et des activités aux gens vivant avec des questions de santé mentale.

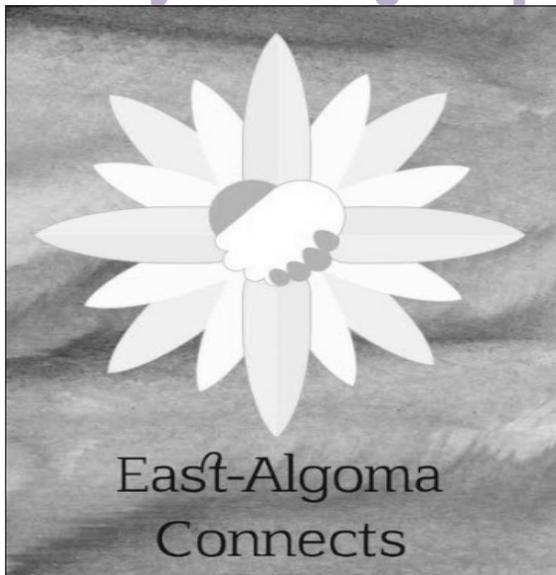


East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



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! No need to call anyone and being put on hold or give lengthy explanations over and over. The various petals offer you information on **where to get food, go for education, health care** and what **help-lines** to access. Visit East Algoma Connects at www.eastalgomaconnects.com or download or app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



Being
Belonging
Becoming



Être
Appartenir
S'épanouir

Stressed? Anxious? Struggling due to COVID-19? You are not alone!



SUPPORT AVAILABLE BY PHONE

Monday to Friday

**8:30 AM -
4 PM**

705-222-6472

7 days a week

**6 PM -
midnight**

1-866-856-9276

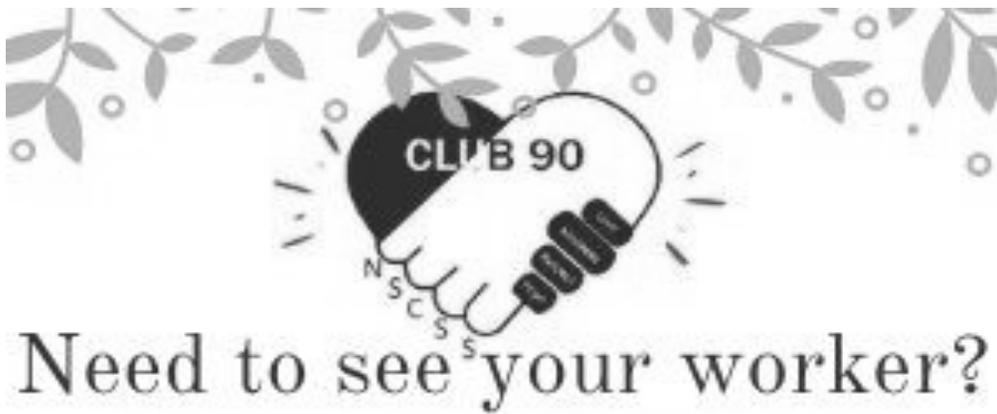
PROTECT OUR ANIMALS

When an animal needs help, call:

**1-833-9-ANIMAL
(264625)**

Don't stay silent.





Need to see your worker?

APPOINTMENTS CAN BE MADE TO
SPEAK WITH A MENTAL HEALTH
WORKER ONE-ON-ONE

CALL 705-848-2879



With groups being allowed up to 10 people, members and staff took advantage of the beautiful weather in June and had a social distance BBQ down at Spruce Beach. We held two different times that allowed us to have up to eight members come out for a nice lunch.

Art Therapy at Club 90

ELLIOT LAKE EMERGENCY FOOD BANK

Location: 4 Charles Walk (Lower Plaza)

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



For three times a week, members came down to participate in art therapy. Members were encouraged to work on what they are comfortable doing. Some would colour and paint, others brought in sewing, crocheting and beading. This was a great way for members to come out and socialize with their peers while accomplishing something creative and fun!

Summer activities to do during COVID-19

1. Make your own ice cream
2. Run through a sprinkler
3. Have a watermelon seed spitting contest
4. Camp out in the backyard
5. Make s'mores
6. Have a water balloon fight
7. Go stargazing
8. Nap in a hammock
9. Sip a rosé (or frosé)
10. Eat popsicles and ice cream cones
11. Have a barbecue
12. Try your hand at face painting
13. Seek out a drive-in movie (or make your own)
14. Have a backyard or indoor scavenger hunt
15. Look for fireflies
16. Grow a little garden
17. Create a sidewalk chalk art gallery
18. Finish the perfect summer read
19. Go for a socially distanced hike
20. Picnic in your backyard—or your living room
21. Visit an outdoor farmer's market
22. Have fun at a virtual summer camp
23. Make massive ice cream sundaes
24. Do fun science experiments (the baking soda and vinegar volcano is a classic)



Takeout available at



LOCATED IN THE HILLSIDE PLAZA

NEW HOURS CURRENTLY IN PLACE

CHECK OUT OUR SOCIAL MEDIA PAGE FOR UPDATES:

<https://www.facebook.com/AndersonFamilyRestaurant/>

Call (705) 578-5030