

Community Resources in your hands

Community Supports	Phone Number
Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
APH Community Mental Health Program	(705) 848 2314 ext 4002
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
Counselling Centre of East Algoma (CCEA)	(705) 848 2585 (DAYTIME CRISIS)
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)	1-705-989-5600
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

**CCEA After Hours Crisis Support
WARM LINE**

**1-800-721-0077
1-866-856-9276**

July 2021

359th edition

Club 90 Stepping Stones



We are still here for you during these difficult times!

Phone/virtual/email support available Monday to Friday

Email support

Jess: mhsupport@nscss.com

Tammy: supportmh@nscss.com

Phone support

Phone: 705-848-2879

Stay up-to-date online with us

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

 Twitter: @shore_support

 Instagram: @nscss_club90

Getting ready for the summer

As we continue to navigate through the reopening of the province, we are trying to stay interactive with our members as often as possible.

Throughout the month of June, we held daily virtual activities which allowed us to socialize with our members virtually. Each morning we met for a coffee social, followed up with an afternoon of activities that consisted of Bingo, virtual tours, trivia, and more.

This also gave us an opportunity to reach our members who are not locally and allow for friends to reconnect.

Now that the warmer weather is here, and we are moving into Stage 2 of the reopening, we are hoping to have outdoor gatherings (BBQ season is here) and activities as we can have social gatherings up to 25 people. Our first one will be a free BBQ held on July 2! Can't wait to see you all again!

We will proceed with having an outdoor BBQ (for \$2.50) each Wednesday. This means, we will be slowing our iChef program down to once a week, with deliveries being done on Friday only.

As we continue to wait until stage 3 to open, we are hoping we have some beautiful summer weather to get everyone outside, moving around and enjoying the fresh air!

7 Ways to Deal With Stress About Post-Pandemic Life

1. Focus on what is in your control
2. Make a bucket list of the things you're excited to do again.
3. Accept whatever you're feeling
4. Reintroduce activities slowly
5. Stay informed, but disconnect when you need to
6. Accept that your life may have changed during the pandemic
7. REACH OUT FOR HELP IF YOU NEED TO



Wishing a Happy Birthday to:

Richard, Dan, Charles, Victor,
Valerie, Scott, Greg,
Augustino, Trever, Linton,
Barbara, Lynn, Christopher,
Bruce, Sarah, John

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:

Available by phone

705.848.2585

AFTER HOURS CRISIS NUMBER

1-800-721-0077

Mental Health

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

- | | | | |
|--------|------------|-----------------|---------------|
| stress | social | environment | motivation |
| pain | anorexia | eating disorder | personalities |
| life | hereditary | isolation | treatments |
| mood | feelings | symptoms | psychological |
| mental | illness | bipolar | anxiety |
| health | depression | | |

Club 90: APP of the month



First Aid 

In case you face an emergency, the First Aid app for Android and iOS is instant information at your fin-gers. Want to stop a bleed? There's an app for that! Burnt yourself cooking? There's an app for that! Think you may be suffer-ing from heat stroke? There's an app!

Not only is "First Aid" good for physical injuries, it also gives in-formation on mental health, stings and bites, Ebola, panic attacks and more. There is also a section to prepare for emergencies such as an earthquake, fire, flooding, and power outages. It even has your furry friends covered with a pet preparedness section.

Think you know what you know? You can even test your knowledge with quizzes!

**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.

705-467-3663
PHONE




Did you know that Maplegate has a free, confidential crisis chat option? Just text **705-461-9868** and a Frontline Worker will promptly assist you

DONATIONS NEEDED:

The North Shore Community Support Services/Club 90 are seeking donations of **TENTS** and **SLEEPING BAGS**

These items help us to support those who are experiencing homelessness in our community and are in need of emergency shelter.

If you have any you are willing to donate, please drop them off at our Clubhouse, located at **6-10 Paris Drive** in Elliot Lake. You can call a Mental Health Worker to schedule a drop-off
705-848-2879

www.nscss.com <https://www.facebook.com/nscssclub90>

Spending time online

We were able to meet up some members virtually throughout the month of June! It may not have been the same as face-to-face but it was great to reconnect!



We are here to help

Nous sommes là pour vous aider

Available by phone



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



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

Available by phone

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

NDP  **NPD**

From our kitchen

Toasted Ravioli

INGREDIENTS

- 2 large eggs
- 1/2 c. milk
- 1 c. Italian bread crumbs
- 1/4 c. freshly grated Parmesan cheese, plus more for serving
- Kosher salt
- Freshly ground black pepper
- 1 lb. frozen ravioli
- Marinara, warmed (for serving)
- Vegetable oil, for frying
- Marinara, sauce for serving

Directions

1. Line a large baking sheet with parchment. In a shallow bowl, whisk together eggs and milk. In another shallow bowl, combine bread crumbs and Parmesan. Season with salt and pepper.
2. Working one at a time, dip ravioli in egg mixture then in bread crumbs, pressing to coat. Place on prepared baking sheet. Freeze until solid, 30 minutes.
3. In a large pot over medium heat, heat 2" oil until shimmering (about 365°). Working in batches, fry ravioli until golden and pasta is cooked through, 3 to 4 minutes, flipping as necessary. Place on a paper towel lined plate and immediately sprinkle with more Parmesan.
4. Serve warm with marinara for dipping.

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:





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

Proud supporter of the Club 90 program



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Located at:

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



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

MEALS AND LUNCHES

Daily suppers	\$2.50
Lunches	FREE
Dessert (no supper)	\$1.00
iChef meal	\$2.50

DRINKS

Coffee50\$
Tea50\$
Pop50\$

MEAL CARDS

5 meals	\$10
10 meals	\$20
20 meals	\$40

Speak with a MHW to buy card

COFFEE CARDS

10 coffees.....	\$5
20 coffees	\$10

Speak with a MHW



Club 90 cafe prices

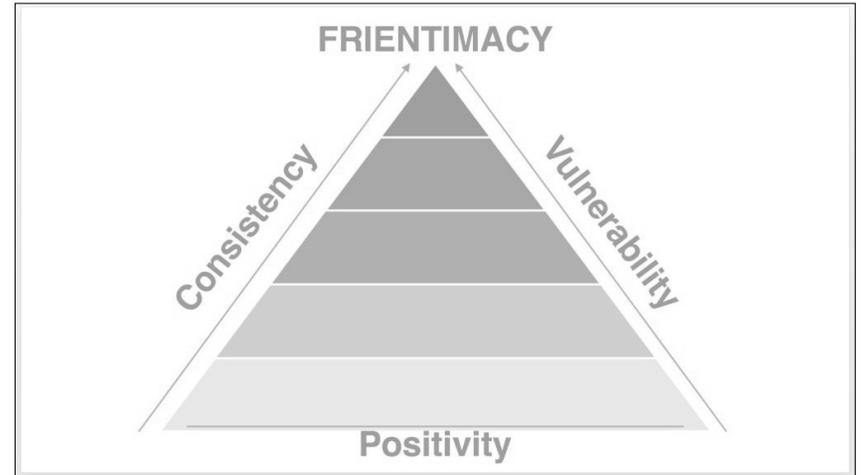
Monday to Friday

And the winner is.....VICTOR



During the month of June, Club 90 ran a contest for a new iChef logo to be put on our recipe cards. All logos submitted were uploaded to our NSCSS/ Club 90 Facebook page for group members to vote on. Congratulations to Victor for winning the contest!

Do we have fulfilling friendships



There are three key traits that give us fulfilling relationships with our friends. Positivity, consistency and vulnerability. While we may like someone (positivity) they may not fill our frientimacy triangle. Showing up and being dependable (consistency) helps us to build up our need. Being able to open up about the good and the bad (vulnerability) creates a strong bond. When we have balance with these three traits, we have meaningful social relations with friends.

CAMP THOMPSON DAY TRIP

Date: July 15, 2021

Time: Be at the Clubhouse for screening for 9:30

Cost: \$5.00



We are getting ready for our day trip to Camp Thompson this month!

Come out for a day of activities (arts & crafts), scavenger hunt, bean bag toss, horseshoes, swimming and a delicious BBQ steak lunch! YUM!

The \$5 must be paid in full the morning of July 15th.

Please be at the Clubhouse for 9:30 a.m. for attendance and screening and to help load up any items that may be needed. We will be back at the Clubhouse for 4 p.m.

Please bring with you:

- A bathing suit & towel if you plan on swimming.
- Any medications you may need during the day. This includes for allergies.
- Sunscreen and bug spray.
- A positive, fun attitude.

Recognizing healthy and unhealthy coping mechanisms

Each day we are faced with multiple interactions, scenarios and thoughts that make us uncomfortable, stressed, upset etc. When these moments occur we practice coping skills, but sometimes a situation arises that we are unsure how to deal with.

So what is coping? Coping means to invest your conscious effort to solve personal and interpersonal problems in order to try to master, minimize or tolerate stress and conflict. These skills are important because they dictate how a person will handle a stressful experience. The use of coping skills can help improve one's mental and emotional well-being.

Healthy coping skills:

- 1) Support: Talking about what is causing you stress with a supportive person can help you manage the stress and talk through what you are feeling.
- 2) Relaxation: Deep breathing, meditation, sitting in nature are a few ways that can help you cope.
- 3) Humor: While there is a right place/time for jokes, humor can prevent a situation from becoming overwhelming.
- 4) Physical activity: What is good for the body is good for the mind. Take a walk with a friend (or while listening to some music), dance, play sports. Anything that gets you moving.

Unhealthy coping skills:

- 1) Escaping: Isolating yourself from friends and family and spending more time reading,. Watching TV or online.
- 2) Unhealthy self-soothing: This includes over-eating, binge drinking, drug use, spending too much time online.
- 3) Numbing: The person will look for activities that will drown out their distress, this can overlap with unhealthy self-soothing/escaping.
- 4) Self-harm: People may engage in self-harming behaviour to cope with stress or trauma.