

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
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
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	(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

Edition 390

Stepping Stones

March 2024

Club 90

Wishing

Everyone a

"Hoppy"

Safe & Fun

Easter!

Smudging Presentation

On January 29th, 2024, we had Chasity Morningstar (the Startup Coordinator at Niigaaniin) and Ducky (who is their Knowledge Keeper) come into Club 90 to teach our members the meaning behind their spiritual practice called "Smudging."

Members enjoyed a Survivors Breakfast prior to the presentation. They were gifted white sage and partook in a smudge. Everyone enjoyed the presentation and are thankful for the knowledge of their traditions. Thank you Chasity and Ducky for coming into Club 90 and we hope to see you both again soon.



Happy Friendship Day

On February 14th, 2024, Members celebrated our Friendship Day and dinner. Members prepped and cooked a delicious spaghetti dinner with Caesar salad. Members also bake up a beautiful desert, cupcakes with buttercream icing and a fresh strawberries to top it off. While members ate, Thor and company came and entertained our members with his vocals and humor.





Duration of “Five Days” and Its Impact

The concept of “Five Days” refers to short-term programs or interventions that provide immediate support and services to individuals experiencing homelessness. These programs aim to address urgent needs and bridge the gap to long-term solutions. Several programs and interventions with a five-day duration have been implemented to address homelessness effectively. Examples include Rapid Rehousing programs, which offer short-term rental assistance and support services to help individuals quickly secure permanent housing.

Homelessness in Canada

Homelessness is generally defined as the lack of stable and adequate housing, forcing individuals to reside in temporary shelters, on the streets, or in unfit living conditions. The causes of homelessness are multifaceted, encompassing structural factors such as lack of affordable housing, poverty, unemployment, mental health issues, and substance abuse.

Statistics and Trends on Homelessness in Canada

Statistics on homelessness in Canada reveal a concerning reality. According to data from the **Canadian Observatory on Homelessness** (a non-profit research institute that offers a donation platform to support their advocacy work), an estimated 235,000 individuals experience homelessness annually, with Indigenous peoples, youth, and women being particularly vulnerable. Furthermore, there has been a noticeable increase in the number of people experiencing chronic homelessness in recent years. Homelessness has severe consequences for individuals and communities. Homeless individuals face numerous challenges, including poor physical and mental health, limited access to education and employment opportunities, and social isolation. Additionally, homelessness puts a strain on public resources, healthcare systems, and community well-being.



NOT SURE WHO TO CALL?



In order to help reduce the number of calls to the emergency line and to help citizens receive help as quickly and efficiently as possible the City of Elliot Lake and the local OPP have teamed up to create this resource with the contact numbers for different emergency services and resources.

City of Elliot Lake Contact Numbers

911 - In Emergencies ONLY

- **Police:** Non urgent reporting: 888-310-1122

Minor crimes that have no injuries, suspects, or evidence can be reported online at opp.ca/reporting.

- **Sudbury Rainbow Crime Stoppers.** Tip Hotline: 800-222-8477 www.sudburycrimestoppers.com

Tipsters can report information on criminal activity, will remain 100% anonymous, and could be eligible for a cash reward of up to \$2,000

- **Fire:** Emergency - 911

705-848-3232

- **Ambulance:** Emergency - 911

Non Emergency: 1-800-461-5100

- **City By-Law Office:** 705-848-2287 ext. 2119

Property standards, snow removal, animal complaints, etc.

- **Canadian Anti-Fraud Centre (CAFC):** 1-888-495-8501

- **Mental Health/Community Support: Counselling Centre of East Algoma:** 705-848-2585

AFTER HOURS Crisis Services Sault Area Hospital: 800-721-0077

- **Poison Control Centre:** 1-800-268-9017

- **Hydro One:** 1-800-434-1235

- **St. Joseph's General Hospital Elliot Lake:** 705-848-7181

For additional resources and information please use the City of Elliot Lake Services / Clubs Directory found on the City Website:

www.elliottlake.ca



City of / Ville d'
Elliot Lake
is proud to support
Stepping Stones and
the members of
Club 90

www.Elliotlake.ca
705-848-2287



fb.com/cityelliotlake

Proud supporter of the Club 90 program



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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

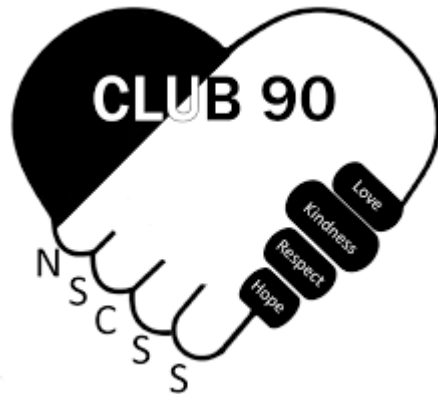
31 Nova Scotia Walk, Suite 306
Elliot Lake, ON P5A 1Y9
705-848-0229/1-800-256-7299



We are asking all members to please get in touch with the Mental Health Worker to up date your files. We are asking for your current address, phone numbers, and emails.

You can call at 705-848-2879 or email mhsupport@nscss.com

This is to ensure you receive the proper supports and recourses needed.



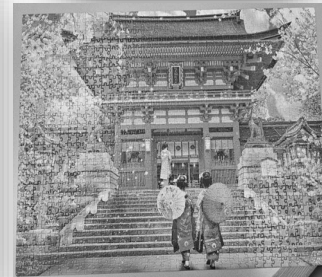
Thank you,

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

Activities

There were many activities that were done last month. From Jam sessions, baking, reading, watching movies, building crafts, puzzle making, and baking.



Wishing a Happy Birthday To:

**Carey, Bonita, Alicia,
Melanie, Ivan, Elizabeth,
John, and Roxann**

ELLIOT LAKE WOMEN'S GROUP
IS CELEBRATING
International
WOMEN'S DAY

FRIDAY MARCH 8TH 2024
COLLINS HALL
11:00 AM - 3 PM

- DOOR PRIZES
- LIVE ENTERTAINMENT
- GUEST SPEAKERS
- REFRESHMENTS
- LOCAL VENDORS
- AND MUCH MORE!

INSPIRE INCLUSION
NOISE

MAPLEGATE

\$5 TICKETS AT THE DOOR

Club 90 will be at the Collins Hall March 8th from 11am to 1pm. Come out and enjoy the Celebration of International Women's Day with us!

We will be back at the Club for dinner at 3:30!



St. Patrick's Day Dinner

Here at Club 90

When: March 14th/2024

Time: 2 Seatings-1pm and 3pm

Please call or come in to sign up

Sheppard Pie and all the fixings!



Easter Dinner

Here at Club 90

When: March 27th/2024

Time: 2 Seatings-1pm and 3pm

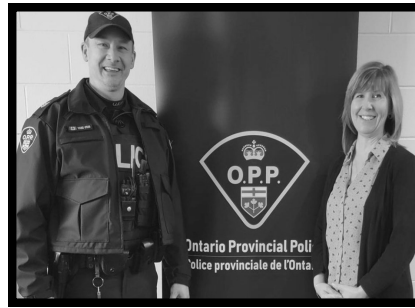
Please call or hop on in to sign up!!

Baked Ham and all the fixings!



East Algoma OPP welcome 'victim specialist' at Elliot Lake detachment

Julia Manuel was formerly director of the Waterloo Region Sexual Assault/Domestic Violence Treatment Centre.



The mission of the Ontario Provincial Police (OPP) Victim Specialist Program is to ensure victims involved with investigations by the OPP have access to the rights and assistance to which they are entitled under the law.

Responsibilities focus on serving victims in the traumatic aftermath of victimization by providing essential information on their role in the criminal justice/investigative process, including a victim's rights to information, case status information, resource information and identification of their needs.

By understanding needs surrounding communication/ understanding, safety, and religious/cultural practices, the OPP can ensure proper resources and supports are available; this also ensures a victim-centred approach is established and observed throughout the investigative process.

If a victim/survivor indicates specific supports/ accommodations are required, the VNA will trigger a referral to a Victim Specialist to provide further assistance throughout the investigative process.

For more information, please visit this sight:

<https://www.elliottlaketoday.com/opp-beat/east-algoma-opp-welcome-victim-specialist-at-elliott-lake-detachment-8315100>

The Canadian Dental Care Plan (CDCP) will help ease financial barriers to accessing oral health care for eligible Canadian residents with an annual adjusted family net income of less than \$90,000 who do not have access to dental insurance.



Eligibility criteria

To qualify for the CDCP, you must:

- ☐ not have access to dental insurance:
- Not having access to dental insurance is defined as:
- no dental insurance through your employer or a family member's employer benefits, including health and wellness accounts;
- no dental insurance through your pension (previous employer) or a family member's pension benefits; or
- no dental insurance purchased by yourself or by a family member or through a group plan from an insurance or benefits company.
- ☐ have an adjusted family net income of less than \$90,000
- ☐ be a Canadian resident for tax purposes
- ☐ have filed your tax return in the previous year

Application schedule by age group

Group	Applications open
Seniors aged 87 and above	Starting December 2023
Seniors aged 77 to 86	Starting January 2024
Seniors aged 72 to 76	Starting February 2024
Seniors aged 70 to 71	Starting March 2024
Seniors aged 65 to 69	Starting May 2024
Adults with a valid Disability Tax Credit certificate	Starting June 2024
Children under the age of 18	Starting June 2024
All remaining eligible Canadian residents	Starting 2025
For more information visit https://www.canada.ca/en.html	

Michael Mantha

MPP, Algoma-Manitoulin

**Working for
Nothern
Ontario**



michaelmantha.com | 1-800-831-1899



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**

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

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



Available on:

