

Community Numbers

NAME OF ORGANIZATION	ADDRESS	PHONE NUMBER
Algoma Family Service	31 Manitoba Rd., Elliot Lake, ON., P5A 2A7	(705) 848-0790 Crisis: (705) 759-3398
Algoma Public Health	302 - 31 Nova Scotia Walk (ELNOS Building)	(705) 848-2314
Alcoholics Anonymous		(705) 461-3150
ADSAB Housing	2 Elizabeth Walk, Elliot Lake, ON. P5A 1Z3	(705) 848-7153 ext. 311
Assaulted Women's helpline		1-866-863-0511
Camillus Centre	9 Oakland Blvd, Elliot Lake, ON P5A 2T1	(705) 848-7182
City of Elliot Lake	45 Hillside Drive North Elliot Lake, ON P5A 1X5	
Club 90	6-10 Paris Dr., Elliot Lake, ON., P5A 2L9	(705) 848-2879
Community living Algoma	255 Hwy 108 N., Elliot Lake, ON., P5A 2T1	(705) 848-2475
Counselling Centre of East Algoma	9 Oakland Blvd., Suite 2 Elliot Lake ON, P5A 2T1	(705)-848-2585 After hours: 1-800-721-0077
Consumer Survivor Initiative (Beehive)	118 Ontario Ave, Elliot Lake, ON P5A 1Y2	(705) 461-3912
East Algoma Mental Health Clinic	31 Nova Scotia Walk, Elliot Lake, ON P5A 1Y9	(705) 848-9131
Elliot Lake Family Health Team	31 Nova Scotia Walk, Elliot Lake, ON P5A 1Y9	(705) 461-8882
Elliot Lake Food Bank	4 Charles Walk, Elliot Lake, ON P5A 2A3	(705) 461-3663
Hospital	70 Spine Rd, Elliot Lake, ON P5A 1X2	(705) 848-7181
Larry's Place - Men's Shelter		(705) 461-9868.
North Shore Legal clinic	31 Nova Scotia Walk Suite 300, Elliot Lake, ON P5A 1Y9	(705) 461-3935
March of dimes		(705) 848-4840
North Channel Literacy Council	10 Paris Dr., Unit 1, Elliot Lake, ON., P5A2L9	(705) 578-3200
Oaks Centre (Detox)	9 Oakland Blvd, Elliot Lake, ON P5A 2T1	(705) 848-2129
ODSP	2 Elizabeth Walk., Elliot Lake ON., P5A 1Z3	(705) 848-7153
Ontario Works	2 Elizabeth Walk., Elliot Lake, ON P5A 1Z3	(705) 848-7153
Supportive Independent Living (SIL)	31 Nova Scotia Walk, 3rd Fl, Elliot Lake, ON., P5A 1Z9	(705) 461-9561
Women's Crisis Centre (Maplegate)		(705) 461-7977 Crisis: (705) 461-9868
St Vincent de Paul Thrift Store	29 Elizabeth Square, Elliot Lake, ON P5A 1Y8	(705) 461-1355
NON-EMERGENCY OPP NUMBER	47 Hillside Drive North, Elliot Lake ON P5A 1X5	(705) 848-6975





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**

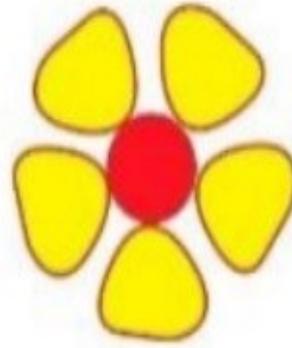
**We are
here to help**

**Nous sommes
là pour vous aider**



Michael Mantha MPP
Député Algoma-Manitoulin

705-461-9710



ELLIOT LAKE
Blossoms
Fresh Fruit Arrangements™
& Bistro

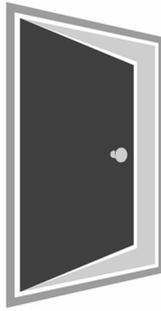
*From soups to
sandwiches, we
have your cravings
covered!*
**Come check us out
in the HILLSIDE
PLAZA.**



Check out "Elliot Lake Blossoms" on Facebook for our full menu and a look at our amazing edible fruit and vegetable arrangements that we deliver in Elliot Lake and Blind River!

Monday - 10AM to 5PM
Tuesday - 10AM to 5PM
Wednesday - 10AM to 5PM
Thursday - 10AM to 5PM
Friday - 10AM to 5PM
Saturday - 11AM to 4 PM
Sunday - Closed

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 210
Blind River, ON P0R 1B0

(705) 848-2585

AFTER HOURS CRISIS NUMBER:

1-800-721-0077

Welcome to May!

Hopefully those April showers will bring May flower and the sunshine too.

The sun is always shining here at the Clubhouse and we are about to #GETLOUD as we celebrate Mental Health Week.

We have planned a whole week of activities for our members, volunteers and we are inviting members of our wonderful community to come #GETLOUD with us.

We are hosting an open house and BBQ on May 6 from 12 p.m. to 4 p.m. Come grab a burger and check us out. We will also have our consumer survivor breakfast with Malin Johnson, public educator with the Counselling Centre of East Algoma, wrapping up our week long festivities with a presentation on "ways to #GETLOUD with ourselves. Call 705-848-2879 to sign up! Check inside this edition of Stepping Stones for a complete list of what you can expect!

We are also going to take full advantage of the wonderful weather and spend more time outdoors under the warm sun. Nature walks, outdoor exercise, etc.

And to get you in the Summer mood, we will be sparking up the BBQ - Keep an eye on the meal calendar to see what delicious meals we are whipping up!

DAYS WE'RE CLOSED:

The clubhouse will be closed on Monday, May 20 for the Victoria Long weekend. We will also be closed on Tuesday, May 28 due to a staff seminar.

Members and volunteers decorate for Easter



Our holiday tree got a make-over this Easter with members and volunteers putting in hard work in making hand made Easter decorations for our tree in preparation for the Easter Dinner we had on April 18.

From our kitchen

Spinach-Strawberry Salad with Feta & Walnuts

- 1 tablespoon best-quality balsamic vinegar
- 2 teaspoons finely chopped shallot
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 6 cups baby spinach
- 1 cup sliced strawberries
- ¼ cup crumbled feta cheese
- ¼ cup toasted chopped walnuts



Directions:

1. Whisk oil, vinegar, shallot, salt and pepper in a large bowl. Let stand for 5 to 10 minutes to allow shallots to soften and mellow a bit.
2. Add spinach, strawberries, feta and walnuts to the bowl and toss to coat with the dressing.

Keeping smiles healthy and bright



Oral health is a key component in overall health and we want to keep your smiles healthy. Toothbrushes and floss were set up as part as the Oral Health Awareness month in April. We would like to thank Dr. Arnold's office for the donation of hygiene products.

AND THE
WINNERS
ARE...

Club 90 tournament winners

Elite Level:

Pool—Zack, & Rick

Cribbage—Maggie

Sequence—George & Rick

Euchre—Bill

Hearts—George

Tier Two Level:

Pool—Carol, Bill, and Denise

Sequence—Christine & Bill

CLUB 90 INVITES YOU TO #GETLOUD WITH US FOR Mental Health

MAY 6 – Kick off BBQ and OPEN HOUSE from 12 to 4 p.m. Come down and check out the club and wonderful services that are offered in our community! This event is open to the public.

MAY 7 – ARTS & CRAFT DAY: We will be heading outdoors to collect some rocks to paint here at the club. Later, we will place them in locations throughout our community in hopes to brighten someone's day.

MAY 8 – COFFEE SOCIAL: Come down and grab a cup of java with us while we talk about Mental Health in various ways.

MAY 9 – WELLNESS DAY: Let's take care of our mind, body and soul. We will be focusing on breathing techniques, learn some yoga poses, participate in meditation exercises and pamper ourselves with face masks.

MAY 10 – FRIDAY FUN DAY: We welcome back public educator with the Counselling Centre of East Algoma, Malin Johnson, for our Consumer/Survivor Breakfast. Malin is going to teach us on how to #GETLOUD with ourselves. Breakfast is at 10:30 a.m. **Please call by Thursday afternoon to sign up!** That afternoon we will be focusing on having fun! From Lip Sync battles to a "Just Dance" off. Let's get moving and laughing!

Eco-Mat @ Paris

Located in the Paris Plaza
at 10 Paris Drive

Free WIFI
available
to our customers

Offering wash & fold services, pay per use machines
and an onsite seamstress

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.



Club 90 celebrates executive director's birthday



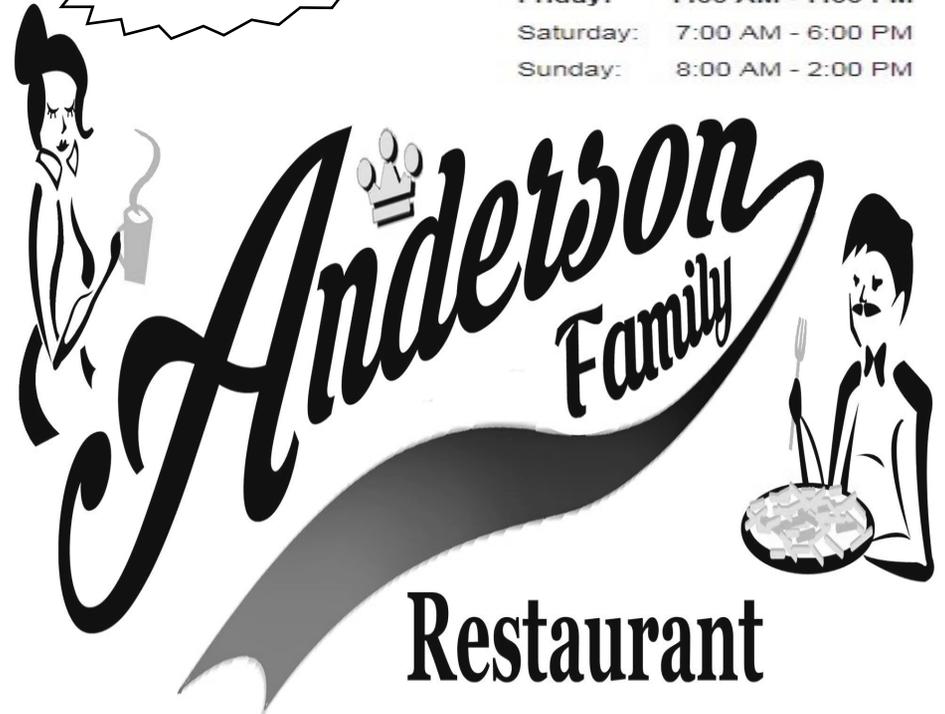
Members, volunteers, staff and friends celebrated the birthday of the North Shore Community Support Services Inc./Club 90 executive Director, Anke in April.

Happy birthday!

Located in the Hillside Plaza



Monday:	7:00 AM - 2:00 PM
Tuesday:	7:00 AM - 7:00 PM
Wednesday:	7:00 AM - 7:00 PM
Thursday:	7:00 AM - 7:00 PM
Friday:	7:00 AM - 7:00 PM
Saturday:	7:00 AM - 6:00 PM
Sunday:	8:00 AM - 2:00 PM



Come try one of our omelettes:

- Cheese Omelette
(Canadian sharp cheddar)\$8.50
- Veggie Omelette
(peppers, tomato, mushroom & onion)\$ 8.50
- Classic Western Omelette
(diced ham, onions, mushrooms, peppers & cheese).....\$10.50

let's do Lunch

FREE MEMBERS LUNCH AT CLUB 90

Free lunches are on Tuesdays and Thursdays

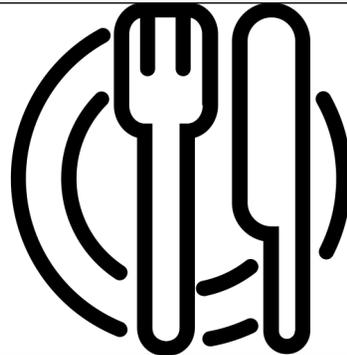
PLEASE EITHER COME IN OR SIGN UP BY 11:00 a.m. FOR EACH LUNCH TO ENSURE THERE IS ENOUGH. THANK YOU

Solutions?! We welcome your solutions and questions!

Anyone can have suggestions, lets come up with Solutions! This is your Club and we want to hear what you feel would be beneficial to maintain or improve Club 90. Submit your questions or ideas to NSCSS Club 90 staff or Email: Supportmh@nscss.com

Club 90 Members Daily Dinner at 4:00pm

Please call in by 1:00 pm for your dinner for \$2.00 reservation:
705-848-2879



All articles reflect the opinions of the authors and are not necessarily shared by all the members of Club 90. Nor are they necessarily reflective of the viewpoints of North Shore Community Support Services, INC. Advertise in our Monthly newsletter at very reasonable rates. For more info. Please free to Contact Us at (705) 848-2879 or email: mhsupport@nscss.com. Mail us at: Club 90, 10 Paris Dr. Unit 6, Elliot Lake, ON, P5A 2L9
Fax: (705) 848-3752
Editorial: Staff and Members
Distribution: Members

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Ontario

Local Health Integration Network
Réseau local d'intégration des services de santé

Easter comes to Club 90



The Easter holiday came and went and it was spent eating wonderful food prepared by staff, members and volunteers. The Club also held an Easter egg hunt that let participants enter to win one of five Easter baskets.



OPP warn not to send money to people you met online

An unfortunate reality of the online dating world is that romance scams continue to cause victims severe financial hardship and take a toll on their emotional well-being. That emotional embarrassment reduces the number of times this crime is reported to police.



Members of the Ontario Provincial Police (OPP) Anti-Rackets Branch, Ontario's Serious Fraud Office (SFO) and their fraud prevention partners say criminals use romance scams to seek potential victims online. Victims are generally single or recently unattached people including seniors. This form of mass marketing fraud usually occurs through singles and dating-related websites, social media platforms or e-mail blasts. In some cases, prolonged interaction leads to a feeling of 'love' with individuals that has cost some victims hundreds of thousands of dollars before the 'relationship' ends, usually without ever meeting in person.

According to the Canadian Anti-Fraud Centre, the Romance scam generated 376 complaints in 2018 and claimed 275 victims in Ontario who lost almost \$12 million. This is almost half of the total Canadian loss. The actual number is likely greater as police admit 95 per cent of these crimes go unreported.

Canadian Anti-Fraud Centre have some tips to help you avoid becoming a victim of the Romance scam:

- Don't give out any personal information in an email or when you are chatting online. Educate yourself. Check the person's name, employment information and the addresses used.
- Ask yourself - *'Would someone I have never met really declare their love for me after only a few letters or emails?'* The answer should be no.
- Never send money, or give personal credit card or online account details to anyone you do not know and trust. A request to send money to a foreign country to someone you have never personally met should be a 'red flag' -- no matter how convincing they are
- Do not send intimate photos to anyone online as they could be used for blackmail.
- If you suspect a loved one is being victimized, talk to them about the warning signs.

If you or someone you know suspect they've been a victim of the Romance Scam, contact the Canadian Anti-Fraud Centre or your local police service.

Creative Corner



Yea, though I walk through the valley of the shadow of death, I shall fear no evil. Yet failing to empty my paper coffee cup and anointing with thy water, both cup and lid, the terrible wrath of the recycling demon shall be cast upon me and I shall badly need thy rod and they staff to comfort me.

By: George

Battery recycling program a success

Over 700 batteries have been dropped off for recycling to date. Wow! Keep `em coming!

By George

Good Food Box

Get the nutrients you need while eating healthy with the Good Food Box. Order your box by May 8 to receive an assortment of fruits and vegetables. The box comes in two sizes. Small for \$10 and large for \$19.

Orders can be done online at www.goodfoodboxsudbury.ca or by calling (705) 848-1711. The Good Food Box can be picked up at 11 Mary Walk (Beside the Northern Lights Bowling Alley).





Automatic thoughts

What are automatic thoughts?

Automatic thoughts are images or mental activity that occur as a response to a trigger (like an action or event). They are automatic and 'pop up' or 'flash' in your mind without conscious thought.

How we perceive a situation has an effect on our automatic thoughts. Each person experiences situations differently, therefore they have different automatic thoughts.

Becoming aware of your automatic thoughts:

As long as we are thinking, we are having automatic thoughts. A negative past experience may affect how our automatic thoughts occur in the present.

Your boss says "I need to talk to you."

Past experiences: got in trouble, may have been told bad news (layoffs), etc.

Present mood: anxious, nervous, scared...

How to identify automatic thoughts:

- What was going through my mind just before I started to feel this way?
- What images and memories do I have in this situation?
- What does this mean about me? My life? (depression)
- What am I afraid will happen? (anxiety)
- What is the worst that can happen? (anxiety)
- What does this mean about how other people feel or think about me? (anger/shame)
- Did I break any rules? Hurt others? Should I have done something different? (guilt/shame)

How to be a good friend

- | | |
|---|--|
| <input type="checkbox"/> Make sure they are okay when you sense something is wrong. | <input type="checkbox"/> Be okay when there is a lull in conversation. |
| <input type="checkbox"/> Know when to be serious and when to have fun. | <input type="checkbox"/> Be dependable and reliable. |
| <input type="checkbox"/> When they ask for help, go the extra mile. | <input type="checkbox"/> Be able to apologize. |
| <input type="checkbox"/> Don't give up on them, even in their darkest hours. | <input type="checkbox"/> Show small gestures on occasion. |
| <input type="checkbox"/> Be honest and constructive when needed. | <input type="checkbox"/> Make time for your friends. |
| <input type="checkbox"/> Introduce them to other people. | <input type="checkbox"/> Keep in touch to make sure you don't drift apart. |
| <input type="checkbox"/> Don't bring up uncomfortable subjects they dislike. | <input type="checkbox"/> Make them feel wanted. |
| | <input type="checkbox"/> Understand and respect their boundaries. |



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

Let's #GETLOUD for Mental Health

BBQ AND OPEN HOUSE



WHEN:

Monday May 6
12 p.m. to 4 p.m.

WHERE:

Club 90
(Located in the Paris Plaza)

The NSCSS & Club 90
welcome our friends of the
community to join us and
#GETLOUD for Mental
Health

