

## 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
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 (DAYTIME CRISIS)	(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)	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
After Hours Crisis Support .....	.....1-800-721-0077
WARM LINE.....	.....1-866-856-9276

# STEPPING STONES

## CLUB 90

369th edition



# Mental Health Week starts May 02!

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**



## May 2022 Monthly Horoscope!

### **Taurus (April 20 – May 20)**

Your birthday will bring about a profound transformation. After months of introspection, you'll feel liberated and in tune with your needs. The new you will seize the right opportunities, get more out of your relationships and finally be better appreciated at work.

### **Gemini (May 21 – June 20)**

Are you looking desperately for true love? If you're on the verge of giving up, maybe it's time to try to identify all the barriers you've erected within yourself that prevent love from entering your life.

### **Cancer (June 21 – July 22)**

With all the luck that's been chasing you lately, especially on the financial side, this is a message from the heavens. Revel in the happiness of life and the pleasure of being surrounded by good people who have no ulterior motives.

### **Leo (July 23 – August 22)**

Venus, mistress of love, is making eyes at you, but it seems the rest of the planets have left you in the lurch this month. This is actually a good thing because you can finally devote yourself entirely to that special someone and your loved ones.

### **Virgo (August 23 – September 22)**

You're having a wonderful spring filled with harmony, shared moments and serenity. The beginning of summer won't disappoint you either.

### **Libra (September 23 – October 22)**

Unable to make a decision and stick to it? Here's some good news: Mercury in Gemini will give you a clearer picture of what's going on and help you settle on a plan.

### **Scorpio (October 23 – November 21)**

Toward the end of the month, things will start moving in a good direction thanks to the influence of the planets in Taurus. It's time for you to bloom!

### **Sagittarius (Nov. 22 – December 21)**

Great mood, bottomless energy, quick wit, fiery charisma... You're simply glowing! Nothing and no one can resist you.

### **Capricorn (December 22 – January 19)**

It's going to be a strange month. On the one hand, you'll feel supported, solid on your feet and grounded in reality. On the other, you'll feel like you're lacking the drive to move forward. Listen to yourself and follow your rhythm.

### **Aquarius (January 20 – February 18)**

It looks like you put your foot in your mouth. It happens to everyone. Are you going to mope around, avoiding the person you've hurt? I wouldn't recommend it. Instead, apologize sincerely and without expecting anything in return. Learn from it, and move on.

### **Pisces (February 19 – March 20)**

You're craving a change of scenery, a change of perspective and a change of decor. It doesn't matter if you can't immediately jump into the getaway car—a vacation also happens in its dreaming and planning phases.

### **Aries (March 21 – April 19)**

With the exhilarating union of Venus (planet of seduction) and Jupiter (planet of abundance) in your sign, it's time to open your heart to new encounters. One of them will thrill you in no small way. Already in love? Express your desire openly, whatever it may be. Your partner will surprise you.

## 25 Easy Self Care Activities

- Go for a walk
- Create something (write, paint, bake, knit)
- Listen to music
- Play with pets
- Learn a new hobby
- Talk with a friend
- Read
- Watch a movie
- Count things you are grateful for
- Have a warm shower/bath
- Ask for a hug
- Journal
- Sit in the sun
- Do yoga/stretch
- Visualization/grounding activities
- Diffuse essential oils
- Grow a plant
- Listen to a podcast or Ted Talk
- Take a nap
- Enjoy a cup of coffee, tea or hot chocolate
- Pamper yourself (body lotion, pedicure, manicure)
- Watch a funny or interesting Youtube video
- Make a vision board
- Write a bucketlist
- Make a date with a friend/partner



## Mental Health Week Events (May 2-6, 2022)

All of these events are held at Club 90 on 10 Paris Drive, Unit 6.  
Please call (705) 848-2879 to sign up for any event that may interest you.

Date	NSCSS Club 90 Events
<b>Monday, May 2nd</b>	<b>12pm</b> Jam Session, Singing & Dancing  <b>2pm</b> Making Closet Air Fresheners
<b>Tuesday, May 3rd</b>	<b>2pm</b> Sasha and Skylar's Presentation— Indigenous Smudging & Making Dreamcatchers  <b>3pm</b> Inspirational Rock Painting
<b>Wednesday, May 4th</b>	<b>1pm</b> Dance/Switch It Up—Nintendo Switch Just Dance Game  <b>2:30pm</b> Bracelet Bead Making
<b>Thursday, May 5th</b>	<b>1pm</b> Constable Phillip Young's Presentation on Internet Safety  <b>2:30pm</b> Fridge Magnet Making
<b>Friday, May 6th</b>	<b>1pm</b> Switch It Up Game Day! Nintendo Switch Gaming  <b>3pm</b> Member's BBQ! (Weather permitting)



**Wishing a Happy Birthday to:**

*Sasha, Shannon, Kelly,  
Sherry, Diane, Glen,  
Lynn, James, Francine,  
Bonnie, Albert, Nicole,  
Janice and Nancy*

# Easter Dinner & Fun! Easter Dinner & Fun!



## Club 90 Welcomes our new Mental Health Worker, Chantel!



“Hi! My name is Chantel Bellingham. I just moved to Elliot Lake from St. Catherines, which is right beside Niagara Falls. I moved here to start as a Mental Health Worker here at Club 90, to get out of the city and live in a quiet neighborhood surrounded by nature. I love animals and brought my cute little black cat Billy with me on this new adventure and look forward to being able to enjoy the outdoors more! I can't wait to get to know all of you here at Club90 and am open to any new suggestions anyone has for activities or groups. My door is always open! :)”

**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**

## Mental Health Week! (May 2-8, 2022)

This Mental Health Week is all about empathy.

“I can relate.”

It’s a familiar expression and one you’ve likely used countless times throughout the pandemic. When someone has been sick or stressed, felt lonely or lost their job. You say it without having to think: “I get it. I’ve been there. I can relate.”

But did you know that, hiding in these very simple sentences, is a sophisticated skill you may not even realize you have? Psychologists and researchers call it empathy. And it’s not just for therapists or counsellors. Empathy is the ability to share someone else’s feelings or experiences by imagining what it would be like to be in their situation. It’s a simple concept, but it may be the very thing we humans need most.

As human beings, we share an ability to imagine what life is like for someone else. To see the world as others see it. To look through someone else’s eyes. To climb inside and walk around in their skin. For Mental Health Week this year—May 2-8, 2022—#GetReal about how to help. We may be different, but that doesn’t make us rivals. Let’s stop polarizing and start empathizing. Be there for each other when times are hard and be ready to listen. You don’t have to agree to understand, and you don’t have to fix it to help.

#GetReal. Before you weigh in, tune in.

-Canadian Mental Health Association, 2022



# From our kitchen

## 5-Ingredient Chicken Tortilla Soup

### Ingredients:

- Chicken stock
- Rotisserie chicken, shredded
- Canned red enchilada sauce
- Canned tomatoes. We used diced, fire-roasted
- Canned creamed or sweet corn

### Directions

1. Dump all of the ingredients—shredded chicken, corn, enchilada sauce, tomatoes and stock—into a big pot.
2. Bring the soup to a boil, then simmer for about 15 minutes so the flavours meld, and the chicken gets infused with the wonderful Mexican spices in the enchilada sauce.
3. Serve! Ladle into bowls and dig in.



## 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](http://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:



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

[www.Elliottlake.ca](http://www.Elliottlake.ca)

705-848-2287

 Find us on  
Facebook

[fb.com/cityelliottlake](https://fb.com/cityelliottlake)

# Self-Care Activities

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

BAKE  
COOK  
DANCE  
DRAW  
EXERCISE  
JOURNAL  
LAUGH

LEARN NEW THINGS  
MEDITATE  
NAP  
PAINT  
PLAY MUSIC  
PLAY WITH PET  
READ

SHOWER  
SPEND TIME OUTSIDE  
STRETCH  
TAKE A BATH  
TALK TO FRIENDS  
WALK  
YOGA

Proud supporter of the Club 90 program

# H&R BLOCK®

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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](http://www.elnos.com)

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



## Club 90: APP of the month

### *Wysa: Mental Health Support*

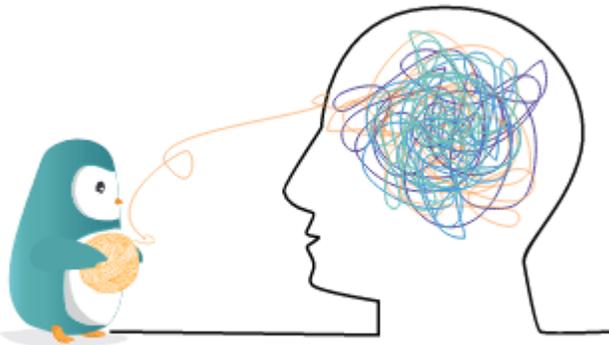


Wysa is used by more than a million people from all walks of life. Research-backed, widely used techniques of CBT, DBT, Yoga and meditation are employed to support you with depression, stress, anxiety, sleep, loss and a whole range of other mental health and wellness needs.

Wysa is an emotionally intelligent chatbot that is empathetic, helpful, and will never judge. Your identity will remain anonymous and your conversations are privacy protected. For extra support, take guidance from a real human coach—a qualified mental health professional. Leveraging behavioural techniques, coaches help you identify, design, and work towards goals that are aligned with your true values.

Here's a look at what you can use Wysa for:

- Vent and talk through things or just reflect on your day
- Practice CBT (Cognitive Behavioural Therapy) and DBT techniques to build resilience in a fun way
- Deal with loss, worries, or conflict, using conversational coaching tools
- Relax, focus and sleep peacefully with the help of mindfulness exercises
- Wysa connects with your Health app to create activity reports



Club 90 is now accepting gently-used clothing donations! Come drop off your donations at 10 Paris Drive, Unit # 6!



*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.*

## 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

