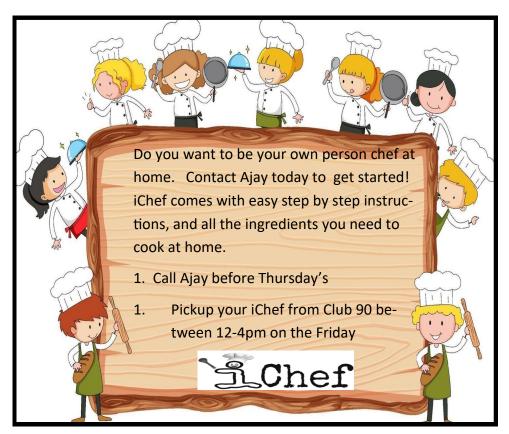
Community Supports	Phone Number
Algoma Family Services	(705) 848 -0709
Algoma Public Health (APH)	(705) 848 -2314
Psychiatric Case Manager (CMHA)	(705) 849-4115
Alcoholics Anonymous (AA)	(705) 461-3150
Al Anon Family Group	1-888-4252666
Consumer/Survivor Initiative Elliot Lake (Beehive)	(705) 461-3912
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
HSN mental health Counselling and Treatment Ser-	(705) 848 -9131
Elliot Lake Emergency Food Bank	(705) 461-3663
Elliot Lake Family Health Team	(705) 461-8882
St. Joseph's General Hospital Elliot Lake	(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
Elliot Lake & North Shore Community Legal Clinic	(705) 461-3935
North Channel 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 Support WARM LINE	1-800-721-0077 1-866-856-9276





iChef is not just a meal, it helps members learn how to cook, take the guess work out of cooking. Here are what some of the members think about iChef program.

So what are you waiting for sign up weekly to start your new iChef experience at home:)

"iChef is more affordable then going to the grocery store to buy all the ingredients"

> "iChef has helped me learn to cook at home"

"iChef makes me feel like a chef in my own home"

> "With iChef it takes all the guessing out of cooking"



ready between 10 and Noon for our volunteers to pick up.

Volunteers will gather at the **Elliot Lake Fire Department** (55 Hillside Drive North) at 9:15am to be assigned a route.

### **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 heath 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:





If you do not have a family physician, please call:

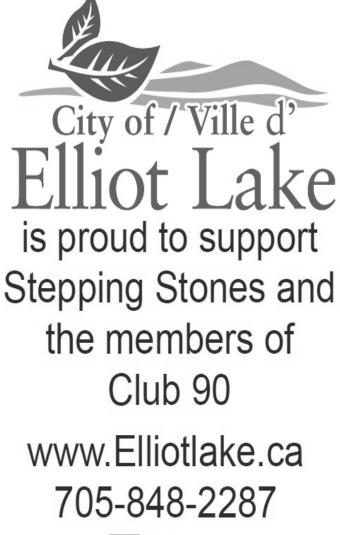
Health Care Connect 1-800-445-1822

If a new physician comes to Elliot Lake - they will take patients from this list first.





Tracy, Deborah, Guy, Heather, Stephen, Cheryl, Chris, Bill, Michael, Chris, Patrick



Find us on Facebook

fb.com/cityelliotlake

# DUNGEONS ODRAGONS



Back by popular demand. D & D everyone's favorite game is back with DM Erica in the house!

Come join us every Friday 11am to 2pm!!



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

## **Monthly Presentations**

The Counselling Centre of East Algoma will be joining us at Club 90 on the following days for presentations @ 1:30pm

November 13th on Building Resilience

November 19th on Ryan a counselor about services



November 27th on Digital Violence Awareness



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 growththrough 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

Blind River, Elliot Lake, Serpent River Firs 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





Magic the Gathering started at Club 90 every Wednesday from 12pm-3pm.

You don't know how to play? Come and learn something new and meet some great friends at the same time!



#### Meet Dean

A Canadian Veteran. He served 18 years and 2 of those were with Special Ops. Dean has also served in Afghanistan for 2 years.

Come Join us at Club 90 November 11th at 1pm

meet Dean and hear all about the army and his war stories.

Club 90 will be watching ceremonies on TV prior.





NEWLY IMPROVED and |
SPACIOUS LOCATION

23 Timber Rd

To those concerned about the current lack of a bus route to Timber Rd.— the city is currently finalizing their transit plans. In the meantime, if you cannot find someone to give you a drive, please call us for guidance

705-461-3663

New email address: ElliotFoodBank@gmail.com



lub 90 provides a safe, non-judgmental and supportive environment where people can come socialize, participate in recreational activities and develop new skills, hobbies and friendships.

Club 90 supports adults living with mental illness who are seeking a community of understanding with like-minded people who may share the similar experiences. Members, volunteers and staff grow together, learn together and play together.



Tuesday November 18th @ 11am

Presentation by The Oak's Centre

Lunch & Learn about what the addictions program is all about, hear some success stories and enjoy some homemade pizza. Please call Heather or Ajay so we know how much pizza to make :)

Wednesday November 19th @ 1:30pm

**Presentation by Counseling Centre of East Algoma** 

Discussion on what services they provide to help with any addiction you might have, not just drugs or alcohol

Thursday November 20th @ 1:30pm

**Zoom chat with James from Mexico** 

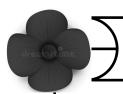
Personal success story and what he still does 7 year later





Sign up for Secret Santa before November 21st

Names will be drawn on the 21st and gifts must be dropped off on December 5th with gift exchange at the Christmas Dinner



## REMEMBRANCE DAY

**LEST WE FORGET** 

WWI was fought from 1914-1918 and ended on November 11 at 11:00am in 1918. That day became Remembrance Day. A day to remember those who fought, those who were wounded, and those who never came home while serving Canada in the name of peace.

Over 100 countries were involved in WWI, Canada was one of them. By the end of war in 1918, over 619 000 Canadians had enlisted in the Canadian Expeditionary Force, many others served elsewhere. This made up approximately 7 percent of Canada at the time. In Newfoundland, a separate country at the time, over 12 000 served from a population of just 242 000. Of those who served 66 000 would give their lives and 172 000 were wounded.

Canada would fight in 4 more wars. WWII from 1939-1945, the Korean War from 1950-1953, the Persian Gulf War from 1990-1991, and Afghanistan from 2001-2011 as well as multiple conflicts where Canada served as peacekeepers. Remembrance Day grew to include all those who fought, those who were wounded and those who never came home while serving Canada in the name of peace in all conflicts Canada has been involved in.

Written by a member:
Joseph Robert (Robbie) Brian Gibbons III



## STOP VIOLENCE AGAINST WOMEN

International Day for the Elimination of Violence Against Women



Jess from the Counseling Centre of East Algoma
Will be joining us at Club 90
Tuesday November 25th at 1:30pm

Presentation on Gender Based Violence What it is all about and how to recognize signs of violence

