

Crisis: Daytime 705 848 2585.....Afterhours 1 800 721 0077

Algoma Family Services.....	(705) 848 0709
Algoma Public Health.....	(705) 848 2314
Alcoholics Anonymous (AA)	(705) 461 3150
Al Anon Family Group.....	1-888-425-2666
ADSAB	(705) 848 7153
Beehive	(705) 461 3912
Camillus Centre	(705) 848 7182
Club 90	(705) 848 2879
City of Elliot Lake.....	(705) 848 2287
Community Living Algoma (CLA).....	(705) 848 2475
Counselling Centre of East Algoma	(705) 848 2585
East Algoma Mental Health Clinic	(705) 848 9131
Elliot Lake Family Health Team	(705) 461 8882
Elliot Lake Food Bank	(705) 461 3663
Hospital	(705) 848 7181
Larry's Place (Men's Shelter)	1-705-989-5600
March of Dimes.....	(705) 848 4840
Maplegate House (Women's Shelter)	(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 (SIL).....	(705) 461 9561
St. Vincent De Paul Thrift	(705) 461 1355

Club 90



Stepping Stones

September 2020

September is for RECOVERY



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



Stay Connected:

Check out the official North Shore Community Support Services/ Club 90 page to stay up-to-date on what's happening.

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

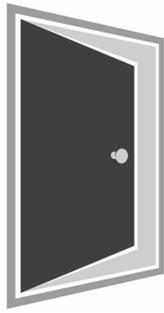


We are closed Monday, September 7



Deborah, Lynda, Joe, Jamie, Dan, Alois, Timothy, Scott, Judith, Rene, Samirah, Caroline, Donna, Tyrina

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

September is for Recovery

We made it through the first month of being open in our new post COVID-19 and while everyday was a learning process as we became accustomed to our new normal, a big round of applause goes out to everyone who has been helpful, patient, grateful and understanding! As the saying goes, we are definitely in this together!

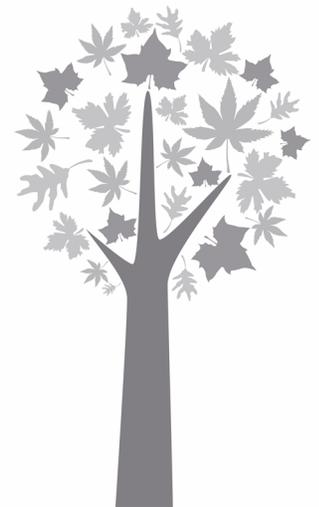
This month, we are focusing our attention on **Recovery**. Recovery is the “personal process that people with mental illness/addictions go through in gaining control, meaning and purpose in their lives.” (CMHA). There are five elements of recovery:

1. Connectedness and supportive relationships
2. Hope
3. Identity
4. Formation of healthy coping strategies
5. Empowerment and building a secure base.

Throughout September, we will be creating recovery plans, having virtual learning sessions provided by CCEA's public educator Malin and spreading community awareness by creating ribbons to distribute throughout the community.

In other club news:

We will be closed on September 7th for the Labour day weekend.



Club 90: APP of the month

COVID Alert



The app can let people know of possible exposures before any symptoms appear.

Privacy:
COVID Alert does not use GPS or track your location. It has no way of knowing: Your location, your name or address, your phone's contacts, your health information or the health information of anyone you're near.

How it works:
The app uses Bluetooth to exchange random codes with nearby phones. Every day, it checks a list of random codes from people who tell the app they tested positive. If you've been near one of those codes in the past 14 days, you'll get a notification.



Canada

ELLIOT LAKE EMERGENCY FOOD BANK

Location: 4 Charles Walk (Lower Plaza)

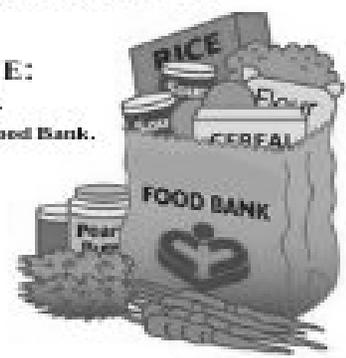
OPEN
MONDAY-WEDNESDAY-FRIDAY
10 A.M. TO 12 P.M. & 1 P.M. TO 3 P.M.

WAYS TO DONATE:

- Use Drop boxes at various Stores.
- Drop off your food or monies at the Food Bank.

705-461-3663

PHONE



Thank you!

Aj Bus Lines LTD

FOR THE GENEROUS DONATION OF YOUR TIME AND A BUS TO SAFELY BRING OUR MEMBERS OUT TO CAMP THOMPSON FOR OUR ANNUAL DAY TRIP.

merci



RIBBON THE TOWN FOR RECOVERY!

September is recovery month!

Join us as we spread the message of mental health & addiction recovery on September 16th as we create ribbons to distribute around trees and poles in our community on September 18th.

Club 90 tees off at the driving range

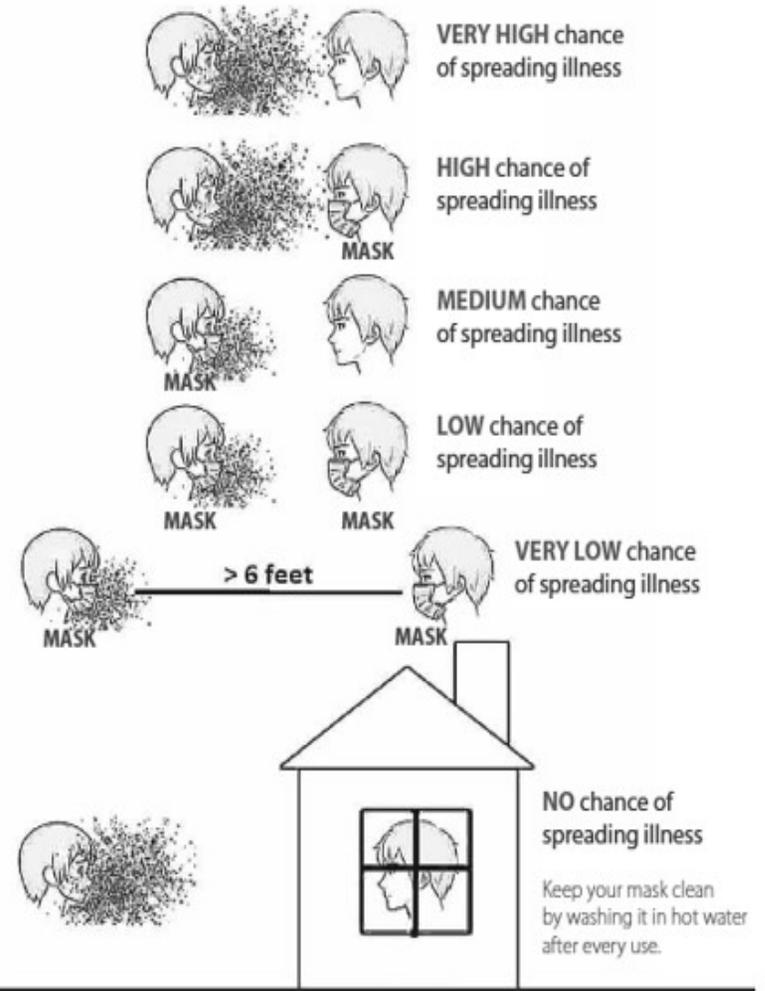


It was a beautifully sunny day when members of Club 90 joined Cooper out at the driving range on August 14.



Why should I wear a mask during the pandemic?

When we are all wearing a mask we are all safer because wearing a mask limits the spread of COVID-19 (it reduces the probability of contagion).



Wear a non-medical grade mask for necessary outings and always wear it properly covering your nose and mouth. A bandanna, scarf, or cloth covering can also be worn. Other safety steps must also be used: hand washing, physical distancing, and do not touch your face.

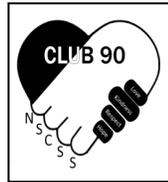
Who we are:

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.



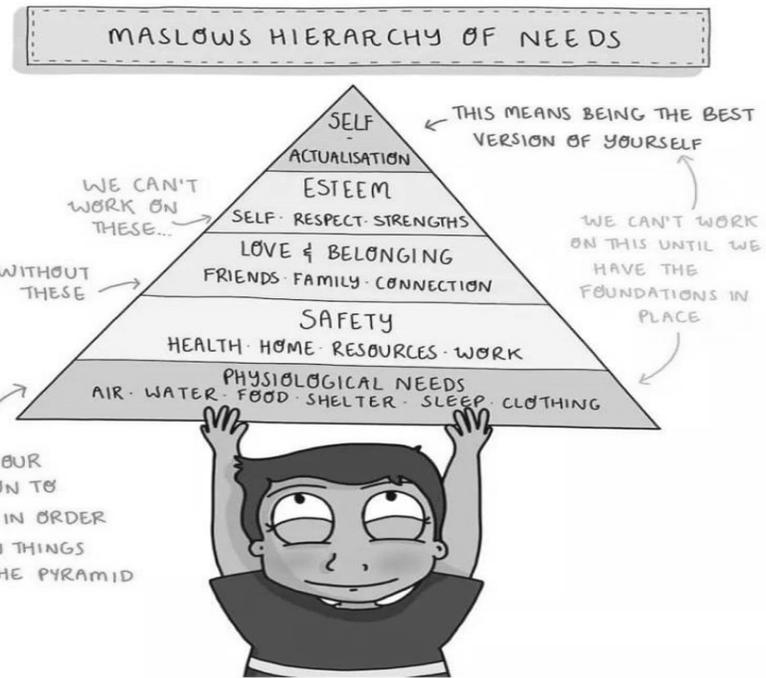
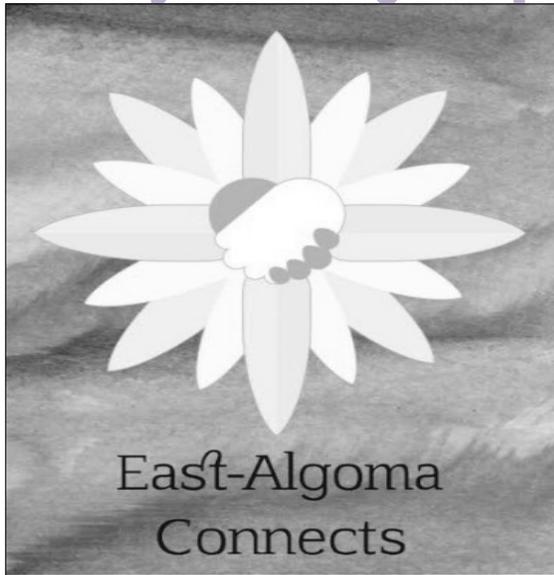
East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.



We welcomed our members and volunteers back to the clubhouse last month! With proper safety measures in place, everyone was able to socialize and participate in activities and the café unit while keeping safe! We thank everyone for their patience, understanding and cooperation as we all work together to get used to our “new normal.”

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! No need to call anyone and being put on hold or give lengthy explanations over and over. The various petals offer you information on **where to get food, go for education, health care** and what **help-lines** 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.



Café unit update

We have resumed our café unit with a few changes:

- Due to health and safety standards set out by Algoma Public Health and the province, Members are not permitted into the kitchen without direct confirmation from a staff member.
- Suppers will be served at 3:30 p.m. Monday to Friday.
- Once eaten, members are to put their dishes on the trolley located outside the kitchen and wash and sanitize their table they were sitting at.
- We ask that members come up to grab their meal one at a time/when called by a staff member.
- Members are permitted to bring in their own food, however, it must be brought in a reusable container and utensils. And must return home with the member to be cleaned.
- There has been changes to pricing for individual meals and beverages, a meal/coffee card can be purchased for the same price pre-COVID-19. Speak with a worker to purchase one.
- **Members MUST call and sign up prior to meals. Cut off for lunch sign up is 11 a.m. and supper sign up is 1 p.m.**



Members must complete hand washing certification

Hello All....At the Club we will be starting a **mandatory** hand washing certification course. This is a very important skill to ensure we are all using proper techniques. At the end of the presentation you will be receiving a certificate. Please contact Laura to sign up if you haven't already been signed up/completed the certification. 705 848 2879.





Fun @ Camp Thompson

