

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
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 Service	(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 Support1-800-721-0077
WARM LINE.....1-866-856-9276



395th Edition

CLUB 90

We're Back on August 12! Closed

August 5th to 9th, 2024



Hope Cafe

at 6 Charles Walk offers meals on
Tuesdays & Thursdays 11:30am to 12:30pm
FREE or Pay-what-you-can



Stay cool at PEARSON PLAZA
Library, Dollarama, Foodland Plaza

Camp Thompson!

Club 90 and friends from Karis Disability Services met in July at Camp Thompson for one of their yearly camp days. New friendships were made and old friendships reunited during our fun day. Members participated in both indoor and outdoor games, made crafts, sang karaoke and enjoyed lots of food!



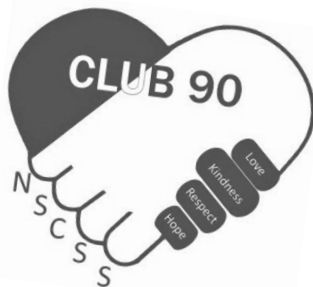


We are asking all members to please get in touch with a Mental Health Worker to update your files. We are asking for your current address, phone numbers, and emails.

Please call at 705-848-2879 or email mhsupport@nscss.com or even better, come in person and have a cup of java on us.

We are happy to connect with you by mail, email, phone and, of course, face-to-face!

STAY IN TOUCH!!



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



Birthdays

Bernard, Denise, Scott, Charles, Janice, Rosanna, Margaret, Dennis, and Sandy.

DID YOU KNOW ??

Did you know you could attend **AA/NA** meetings from the comfort of your own home? You could join **virtual meetings Online & by Phone.**

To join a virtual meeting enter one of the following links into to your search bar and follow the directions.

If you require any assistance or don't have a device of your own, members can come to Club 90 for assistance.

<https://aa-intergroup.org/meetings/>
<https://www.orscna.org/meetings>



Awesome Talent!



Tyrina and Alois often entertain club members by are sharing their many talents. Hat making, acting, creating films, singing, and dancing are a few of their talents.

Here we see Alois singing and playing guitar while Tyrina plays the flute.

Proud supporter of the Club 90 program

H&R BLOCK®

"With almost 1,000 locations across the country, you don't have to travel far to find expert tax service. Our offices have been redesigned for safe filing with plexiglass dividers, hand sanitizer, social distancing, and mask requirements of staff and clients."

Located at:
52 Ontario Ave. Elliot Lake, ON P5A 1Y1
705-848-2626



Club 90 celebrated Pride Month by providing information to members, having healthy discussions around the topic and having a community BBQ where we sold our pride bracelets!

Tyrina shares her silk fan waving talent to celebrate Pride!





Hello Everybody!!

My name is Heather Williams and I am originally from Milton Ontario. I've spent the last 25 years travelling to Elliot Lake for family visits which made my move to Elliot Lake 3 years ago that much easier since it already felt like home.

I'm a high energy, positive, bubbly person who is very caring and compassionate which is why I feel like I'm a good addition to the Club 90 team. Since I relocated to Elliot Lake I've been providing various types of support for community members which has lead me to transitioning into the mental health field. Mental Health is very important to me because more and more people are dealing with the challenges that often come along with mental illness.

I look forward to meeting everyone so please come say hi!

Carol Hughes
MP/Députée
 Algoma-Manitoulin-Kapuskasing

My office can help you:

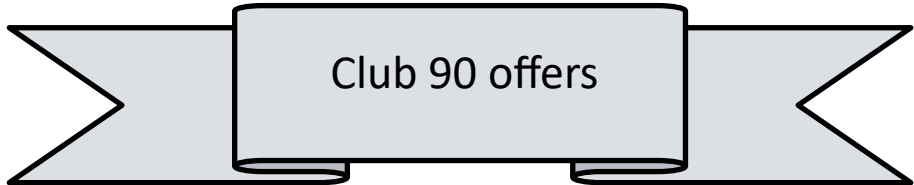
- Immigration & Citizenship
- Revenue Canada
- Employment Insurance
- Disability Tax Credit
- Seniors, CPP, OAS, GAS
- Passports
- Canada Student Loans
- Service Canada & HRSDC

705-848-8080
 1-855-297-4200
 carol.hughes@parl.gc.ca

NDP  **NPD**

What is Club 90?

Club 90 is a Psychosocial Rehabilitation Program for adults with mental illness in Elliot Lake and the surrounding area. Through support and sharing, members and staff provide a place to belong, a warm place, where members can achieve new levels of esteem and confidence in an atmosphere of stability and challenge. Everyone has something to offer.



Club 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.



We support adults living with a mental illness who are seeking a community of understanding with like-minded people who may share the same experiences.

- * A sense of belonging as staff, volunteers and members greet you when you arrive.
- * Exploring your goals and creating ways to make them happen.
- * Participating in activities with peers.
- * Check-ins with staff to see how you are doing.
- * Learn skills to increase your independence such as budgeting, organization, cooking, time management, light maintenance.
- * Give your brain and body a workout with physical and mental exercises.
- * Indulge in daily activities and meals.
- * Obtain skills in the clerical, maintenance and kitchen units.
- * Give back to your community through volunteer initiatives.
- * Work on furthering education and career

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



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



City of / Ville d' Elliot Lake

is proud to support
Stepping Stones and
the members of
Club 90

www.Elliottlake.ca
705-848-2287

 Find us on
Facebook

fb.com/cityelliottlake

211: Examples of the types and numbers of these programs available in Ontario to help you

211's Information and Referral Specialists are experts on community and social services. We can help you find 56,000 programs and services in Ontario. Dial 211 or search www.211ontario.ca.



24/7 - Free
Confidential
Live answer



HEALTH RELATED SERVICES

NEW PARENTS

- 699 PRENATAL CARE
- 445 POST NATAL CARE
- 426 EARLY CHILDHOOD FAMILY CENTRES
- 237 BREAST FEEDING
- 200 BEST START

1000+

2717 COMMUNITY HEALTH CENTRES
2036 YOUTH MENTAL HEALTH SERVICES
1292 AIDS
1058 ADDICTION

500-999

626 CANCER
607 COMMUNITY MENTAL HEALTH CLINICS
551 WALK IN CLINICS

0-499

412 HIV
359 BREAST CANCER
265 COMMUNITY MENTAL HEALTH URGENT CARE
237 HOSPICE AND PALLIATIVE CARE
197 ARTHRITIS
187 WITHDRAWAL PROGRAMS
167 CCAC
82 OSTEOPOROSIS



AGING POPULATION

932 RETIREMENT HOMES	464 ADULT DAY CARE
695 ELDER ABUSE	197 HOSPICE AND PALLIATIVE CARE
683 ADULT RESPITE CARE	93 GERIATRIC PSYCHIATRY
468 ALZHEIMERS	

5210 MENTAL HEALTH



SERVICES SERVING SPECIAL POPULATIONS

9530 PROVIDING SERVICE IN FRENCH

500-999

858 FIRST NATIONS
847 ABORIGINAL
794 DEVELOPMENTAL DISABILITIES
714 FRANCOPHONE
635 SETTLEMENT SERVICES
601 REFUGEE

0-499

439 PHYSICAL DISABILITIES
405 INUIT
359 AUTISM
61 HOME LIBRARY SERVICES

NEWCOMERS TO CANADA

- 1136 INTERPRETATION
- 1123 MULTICULTURAL POPULATIONS NEWCOMERS
- 1049 ENGLISH AS A SECOND LANGUAGE CLASSES
- 475 TRANSLATION
- 239 LANGUAGE INSTRUCTIONS FOR NEWCOMERS TO CANADA (LINC)
- 39 NEWCOMER SERVICES



SERVICES FOR THOSE AT RISK

1000+

3112 REHABILITATION
2802 SUPPORT GROUPS
2388 SELF HELP
1526 FINANCIAL ASSISTANCE
1326 EMPLOYMENT COUNSELLING
1292 AIDS
1168 ALCOHOL
1060 CAREER COUNSELLING
1058 ADDICTION
1038 ASSAULT

500-999

794 DEVELOPMENTAL DISABILITIES
688 ONTARIO WORKS
677 FOOD BANKS
646 CANCER
635 SETTLEMENT SERVICES
601 REFUGEE

0-499

442 EMERGENCY SERVICES
439 PHYSICAL DISABILITIES
428 MEALS ON WHEELS
412 HIV
368 GAMBLING
359 AUTISM
359 BREAST CANCER
343 CRISIS LINES
287 CONGREGATE MEALS/ NUTRITION SITES
265 COMMUNITY MENTAL HEALTH SERVICES
246 RED CROSS
207 COMMUNITY HEALTH CARE
196 ARTHRITIS
167 UTILITY ASSISTANCE
82 OSTEOPOROSIS
72 FOOD VOUCHERS
65 HOUSING ASSISTANCE



 SHELTERS 192

HOMELESS SHELTERS 192

 WOMEN'S 172

 MEN'S 155

 FAMILY 14



211 helps people find the right community and social services. Free. Confidential. Live answer 24/7 Dial 211 www.211ontario.ca

It's time for round two at Camp Thompson!!!



YEAHHHHH!

On Tuesday, August 27th Club 90 will be at Camp Thompson for the day, for games, great food, crafts and lots of laughter.

Bus leaves here at Club 90 at 10:45 am, so we ask all those that sign up to be at the Club 90 for 10:30am,

Leaving Camp Thompson at 3:45pm just in time for those that take the bus home from Club 90.

Please sign up for Camp Thompson by August 23 to hold your spot.
Call or come in to sign up!

705-848-2879

Hope to see you all there!!

Michael Mantha

MPP, Algoma-Manitoulin

Working for
Northern Ontario

Travaille pour
le nord de
l'Ontario



michaelmantha.com | 1-800-831-1899

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 helpines to access. Visit East Algoma Connects at www.eastalgomacconnects.com or download our app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



Available on:

