

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



December 2024 at Club 90!



3rd & 5th

Christmas Gift Making Bead & Wood Ornaments

Come make bead ornaments on December 3rd and painted wood Ornaments on December 5th here at Club 90 at 1pm

10th & 12th

Christmas Gift Making Keychains and Coasters

Come make resin and wood keychains on December 10th and wood Coasters on December 12th at Club 90 at 1pm

19th

Christmas Dinner and Secret Santa Gift Exchange

Come celebrate Christmas at Club 90 with Ham or Roast Beef dinner with all the fixings 2 SEATINGS 1PM & 3PM Call or come in to sign up 705-848-2879

23rd

Harvest Kitchen Lunch and Ugly Sweater Making

Head over to Harvest Kitchen for Christmas lunch 11-1pm then join us back at Club 90 at 2pm, Bring your own shirt or Sweater and turn it into an ugly Christmas Sweater

24th

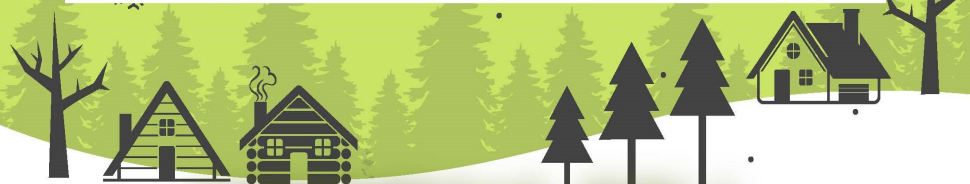
Christmas Eve movies and games

Wear your Ugly Christmas Sweater or PJ's and enjoy games and movies with popcorn!!

25th

Berghammer Christmas Dinner Grace Christian, Renaissance Centre and Club Des Aines 2 p.m.

Call 705-848-2585 to get a ticket



CHRISTMAS JOY !

CLUB 90



Christmas Dinner

Menu

To Start:

Homemade Sweet Potato Soup
with Mini Bruschetta,
Hot Chocolate, and Egg Nog
Dinner

Ham/Roast Beef
Cranberry Meatballs
Hash Brown Casserole
Garlic Butter Peas
Squash Casserole
Chick Pea Salad
Gingerbread Cake with warm
Butterscotch Sauce
and Icecream

December 19/2024

2 Seatings: 1pm and 3pm

Please call or come in to sign up
705-848-2879





You're invited to join us for the

3rd Annual Berghammer Christmas Dinner

Kindly Donated by Suzanne Kolev Rogers

Locations:
100 spots per location

Grace Christian Centre – 1 College Place
Renaissance Seniors Centre – 20 Alberta Rd
Club Des Ainés 3 Mary Walk.

DATE: December 25th, 2024
Time: 2 to 4 p.m.
Cost: FREE


KINDLY DONATED BY SUZANNE KOLEV ROGERS

Call the Counselling Centre of East Algoma at 705-848-2585 to get a ticket

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>



Robert, Nathalie, James, Edwin, Chester, Christopher, Roland, Craig, Charleen and Ryley!

Club 90 members have been cooking it up in the kitchen, making their own meals to share. Everyone has been rolling out of the club with a full belly needless to say!!



Proud supporter of the Club 90 program

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



Is Dungeon and Dragan's a game for you! If so Club 90 members meet every Wednesday from 11am to 3pm. Please





Club 90 members are traveling around the world, with a different country monthly. The first country was Jamaica where the members got their Club 90 passports stamped and learned all about the culture, music and food of Jamaica. Stay tuned to find out where our next adventure will be taking the Club!




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 offers

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.

What to Expect



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, meals, friendships, fun and laughter.
- * 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



fb.com/cityelliottlake

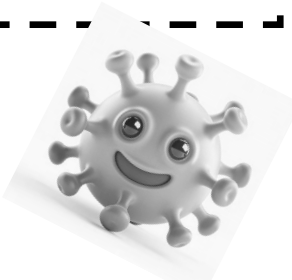
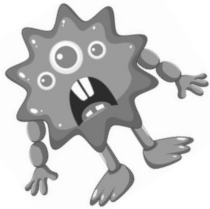
TIPS FOR MANAGING YOUR MENTAL HEALTH AT CHRISTMAS

 Take a break	 Look after yourself	 Join the local community	 Everything in moderation
 Avoid social comparisons	 Have realistic expectations	 Don't look back	

Christmas To-Do List

- Be* - ~~Buy~~ Presents
- ~~Wrap~~ Gifts *Someone in a hug*
- ~~Send~~ Gifts *Peace*
- Donate* - ~~Shop~~ for Food
- Be* - ~~See~~ the Lights

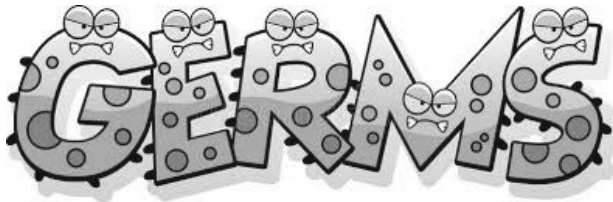
Brrrrr it's cold outside, time to keep those Germs away so we can play!!



The members at Club 90 do are doing their part to keep the club clean and sterilized. Washing hands and covering mouths to stay away fom those pesty germs this cold season.

You can see one of our Mental Health Workers being a "Gerbuster" and spraying every night all surfaces including door handles. This is to keep all our members as well as staff safe and health this COLD FLU SEASON!

WHO YOU GONNA CALL??? AJAY the GERMBUSTER!!!



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.

Stepping Stones, 10 Paris Drive, Unit 6, Elliot Lake, ON P5A2L9

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 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:

