

## 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 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 .....	.....1-800-721-0077
WARM LINE.....	.....1-866-856-9276

# STEPPING STONES

December 2025



411th Edition





# Club 90's Christmas Dinner 2025

Please join us December 23rd  
for a Christmas gathering and dinner.  
2 Seatings: 1pm and 3pm

*To Start: Soup & Salad Bar  
with Hot Chocolate & Punch*

## Menu:

*Glazed Ham/Turkey  
Scalloped Potatoes  
Roasted Brussel Sprouts/Sweet Potato  
Garlic Green Beans  
Stuffing  
Lovely Christmas Desserts*

RSVP by Dec19/2025  
705-848-2879

*Greetings  
ISLANDS*

# For the 46th Annual SANTA CLAUS PARADE Friday December 5th at 6pm



Full  
CIRCLE  
EVENT CO

COME CELEBRATE THE DECADES AND

# ROCK THE HALL WITH SANTA

- MEET SANTA
- PHOTO BOOTH
- CASH CANTEEN
- CHRISTMAS MUSIC
- COMMUNITY SOCIAL

HOT CHOCOLATE  
COFFEE  
WATER  
JUICE BOX  
HOTDOGS  
NACHOS  
SNACKS

**COLLINS HALL**  
**DEC. 5<sup>TH</sup> 6:30-9 PM**  
**COME JOIN US AFTER THE  
PARADE**



# 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:



## 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



*Nathalie, James, Chester, Chris,  
Rolly, Craig, Charleen, Ryley,  
Tanya, Kyro, Dale*



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

[www.Elliotlake.ca](http://www.Elliotlake.ca)  
705-848-2287



Find us on  
Facebook

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



# DUNGEONS & DRAGONS®



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

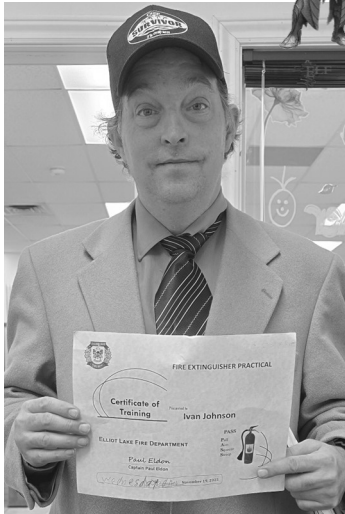
Fridays from 11 a.m. to 2 p.m.



GNOME HALF ORC DWARF HUMAN HALFLING HALF ELF

## CONGRATULATIONS!!

Ivan has successfully completed and received a certificate in training, from the Elliot Lake Fire Department, in Fire Extinguisher Practical.



*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

December 4th on Doctors of Health & Wellbeing

December 18th on Building Resilience



**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





# 2025

This years Campaign is "Keep it Real".

**December 08 to 12 @ Club 90 !!**

receive a free meal coupon.

Please see Kelly to complete the survey and

## Ontario Perception of Care (OPOC) Survey

### What is this about?

This questionnaire asks about your perceptions of the services or supports you have received from our agency/organization. This information is being collected to help us identify areas of strengths on which to build, and areas for improvement.

### Why is this important?

Your feedback is very important and will help to enhance our programs, as well as mental health and addiction services across Ontario.

### What will be involved?

As a client receiving mental health and/or addiction services, we invite you to answer up to 38 core questions and some additional items (e.g. age, gender, language).

It should take approximately 10-20 minutes to complete the questionnaire.

### Is my participation voluntary?

Completing this questionnaire is completely voluntary. You do not need to complete this survey and all questions are optional. Choosing not to participate will not affect the treatment or support you receive in any way.

### What are the risks and benefits?

There are no inherent risks or direct benefits to participating; however, the information you provide will help us understand how our services can be improved for others.

### Is it confidential?

This questionnaire is anonymous and therefore all data collected will not be identified as your own responses. Your name or any personal identifiers (e.g. client number, insurance number) will not be included anywhere in the questionnaire. All responses will be securely stored on password protected computers and paper copies will be kept in a locked cabinet accessible only to the relevant staff. It is important to note that all staff are committed to maintaining your confidentiality and ensuring that the data collected in this questionnaire remain anonymous and no personal information or personal health information is inadvertently shared. Accordingly, if you choose to include any comments in the questionnaire, please ensure that you do not include personal information (e.g. your name, your therapist/clinician's name or specific details about your personal situation) that may be identifiable.

### How is the information I provide going to be used?

Your responses will be combined with responses from many other people in a province-wide database maintained by the Centre for Addiction and Mental Health (CAMH). The combined information will be shared with our agency/organization, the Local Health Integration Network (LHIN) in your area, and the Ministry of Health and Long-Term Care to provide important feedback about our services. The combined information will also be included in reports generated by CAMH which are designed to help enhance mental health and addiction services across Ontario. Again, your individual answers will not be identified.

**Thank you for your participation!**



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](mailto:ElliotFoodBank@gmail.com)



**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.**

**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.**



# Merry

## from all of us



# Christmas

## at Club 90





## ODSP Payments

A Simple Guide



### Friendly Reminder

ODSP clients will be getting paid on December 22nd for the month of December, then not again till end of January.

## Morning Glory Villa

ACCOMMODATIONS IN ELLIOT LAKE

TEXT OR CALL

**705-849-5291**

EMAIL

**morninggloryvilla35@gmail.com**

Can be Viewed  
on VRBO.com

Do you want to be your own person chef at home. Contact Ajay today to get started! iChef comes with easy step by step instructions, and all the ingredients you need to cook at home.

1. Call Ajay before Thursday's
2. Pickup your iChef from Club 90 between 12-4pm on the Friday



## Christmas To-Do List



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



simply-well-balanced.com





# Meet Candice



Candice has been a dedicated member of Club 90 since 1993. After running into Anke at a local store this past summer, she felt inspired to reconnect with the club and has been steadily returning ever since.

One of Candice's favourite roles at the club is working at reception. She enjoys greeting people, answering the phone, and being the first friendly face members see when they walk in. For her, it's not just a task—it's fun. She loves talking to people and being part of the daily flow of the clubhouse.

Candice is also attentive and caring. If she notices that something seems off with another member, she ensures it is brought to the attention of a Mental Health Worker. Supporting others is something that comes naturally to her.

The past few years have been difficult, as Candice has struggled with depression. Getting involved at reception again has helped her leave the house more, build routine, and reconnect with her community. She says coming back feels good—fun, even—and she looks forward to being here every day.

Club 90 is happy to welcome Candice back, and we appreciate the warmth, positivity, and dedication that she brings to our community.

## ELLIOT LAKE FREE LUNCHES

### Harvest Kitchen

Email : [harvestkitchen@gmail.com](mailto:harvestkitchen@gmail.com)

55 Hillside Drive South

Located inside the Granite Sport + Social Club

**Monday's 11am - 1pm**

**Wednesday's 9am - 11am (plus a bagged lunch to go!)**

**All meals are FREE or "pay what you can"**



### Salvation Army – Hope Café

Phone : 705-848-5316

6 Charles Walk

**Tuesday's 11:30am - 12:30pm**

**Thursday's 11:30am - 12:30pm**

**\$1 meals or free to those who don't have a dollar**

### The Beehive

Phone : 705-461-3912

118 Ontario Avenue

**Friday's at 12:15pm**

**All meals are FREE**

