

<u>Community Supports</u>	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

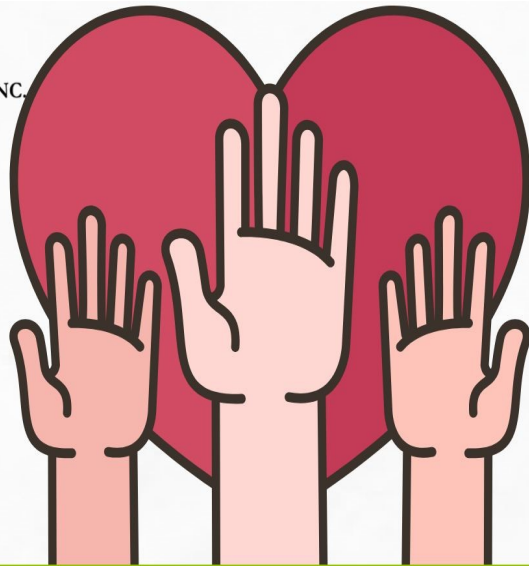
STEPPING STONES

July 2025



406th Edition





Volunteers NEEDED

for ELWG Yard Sale

JULY 12TH AND 13TH
FROM 8 AM - 4 PM

We need help with

- Yard Sale Set Up
- Children's Games & Activities
- Helping Yard Sale Shoppers
- Assist with BBQ, Cash Sales etc.
- Yard Sale Take Down

To Sign Up

Contact our Administrative Assistant Rebecca for more information, or to volunteer with us!

☎ 705 - 461 - 7977

✉ administrative.assistant@elwg.ca

Do you want to be your own 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 4pm on Thursday's
2. Pickup your iChef from Club 90 between 12-4pm on the Friday
3. Share your brilliant meals send a picture in

Join us at Club 90 every Friday
from 12-3:30pm

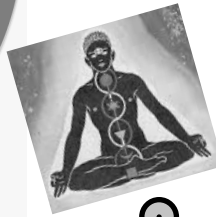
(weather permitting) .

Enjoy burgers, hot dogs, pop
and baked goods!





Join us on **July 24th at 2pm**, here at **Club90** to learn about the 7 Pillars of Self Care, and how to incorporate them into your daily living.



Come to Club 90 on the 15th to celebrate !!

Victor, Valerie, Scott, Greg, Augustino, Barbara, Sarah, Lisa, Daniel, Alexis, Shyan, Sarah, Erica, Shyanne

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

www.Elliotlake.ca
705-848-2287

 Find us on
Facebook

fb.com/cityelliotlake

Morning Glory Villa

ACCOMMODATIONS IN ELLIOT LAKE



TEXT OR CALL
705-849-5291
EMAIL
morninggloryvilla35@gmail.com

Can be Viewed
on VRBO.com

SYMPTOMS OF HOARDING DISORDER

- **PERSISTENT INABILITY TO DISCARD:**
Difficulty letting go of possessions, regardless of their value.
- **SEVERE ANXIETY AND DISTRESS:**
Extreme distress associated with discarding items.
- **INDECISION:**
Difficulty deciding what to keep or where to put things, leading to disorganized piles.
- **FUNCTIONAL IMPAIRMENTS:**
Social isolation, work performance issues, and unsanitary living conditions.
- **COMORBID CONDITIONS:**
Often co-occurs with anxiety, depression, and OCD.

Call Heather @705-848-2879 for assistance for help.

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

Every **Tuesday** from **11-3:30pm**
Join Club 90 at Spine Beach
starts July 15th.
Lunch and snacks provided!





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

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
Blind River,
Nations, S

provide various loan and
ions for your business. We
provide financial and
ive support for various
imunity 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

Homeless in Elliot Lake

Barriers to Stability



Housing - there are limited low - income housing units, and waitlists are very long



Food - many individuals can't afford food and often have no space to store or prepare meals



Clothing - without stable housing, there's no place to keep clothes, and no money to buy them.



Hygiene - lack of access to showers or basic hygiene facilities impacts health and dignity.

Club90 Provides

Food - The Elliot Lake Food Bank supports our homeless members by providing food packages that include ready-to-eat items requiring no stove, along with essential hygiene products.

Tim Hortons generously donates to our free Breakfast Program every Monday and Wednesday. We serve free lunches Tuesday and Thursday

Clothing - Club 90 receives regular donations from the citizens of our community. Community partners such as The Salvation Army and St. Vincent de Paul always support people's needs; together, we bring hope to people who need clothing.

Hygiene - Club 90 offers access to shower facilities, complete with personal hygiene products like feminine sanitary napkins, condoms, soap, shampoo, tooth brush and paste, dental floss, and provides clean towels.

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.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:



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.



Camp Thompson



**Club 90 is heading to Camp Thompson for
Summer Fun on
July 9th, August 27th & September 17th.**

You want to go?

Sign up at the beginning of each month by either stopping by Club 90 or calling 705-848-2879.

There will be a fee of \$7.00 for each day including activities and bus rides leaving Club 90 at 9:30am and departing Camp Thompson at 3:45pm. Also lunch, snacks and refreshments are part of the deal. And yes, back by popular demand...there will be pontoon boat rides touring Dunlop Lake!



So grab your hat, fishing rod, sunscreen and bug spray to be part of some fun activities and laughs with



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



Club 90

Club 90 provides a safe, non-judgmental and supportive environment where people can come socialize, participate in recreational activities and develop new

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.

