

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

STEPPING STONES

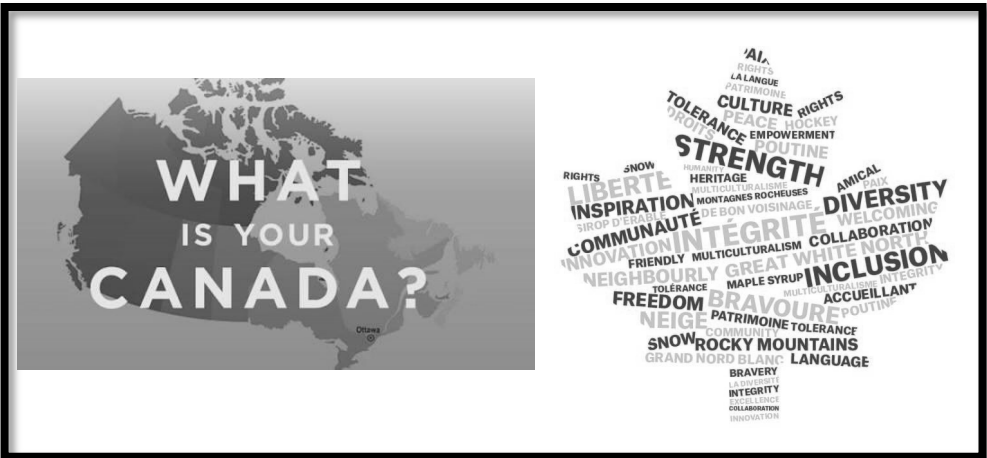
July 2026

Club 90

418th Edition



BBQ
FUNDRAISING DAY
 AT
CLUB 90
 COME ON DOWN
 ON
FRIDAY'S
 BETWEEN
12PM-3PM
 FOR SOME YUMMY
BURGERS AND HOTDOGS!
 6-10 PARIS DRIVE



Community Free Health Care
 Multi Culture Freedom
 Life Opportunity
 LGBT Better Lifestyle
 All the Lakes Beautiful
 Canadian Food

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 our app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



East Algoma
Connects

Available on:



The City of Elliot Lake wants all residents to enjoy recreation, culture, and transit programs.

Our Affordable Access Program offers lower fees for those who qualify. Scan the QR code and include your Notice of Assessment.

Available to Elliot Lake residents and their dependents (based on income).

Join today! Call 705-848-2287, ext. 2100 for more

information.



Ontario Works and ODSP will be here on

Monday July 21st until 3pm

**Need help with dental, medical
aids or dietary needs**



**Happy
Birthdays**

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

Thank You

FOR YOUR SUPPORT

The members, staff, and Board of Club 90 would like to extend our deepest gratitude to the incredible community partners and volunteers who have supported us through your generosity, kindness, and dedication.

A sincere thank you to **Tim Hortons, Elliot Lake Food Bank, ELNOS, Harvest Kitchen, ADSAB**, and to **all of our amazing volunteers**. Your donations, time, and ongoing support have made a meaningful difference in the lives of our members.

Because of your generosity, we are able to provide nutritious meals, meaningful programs, and a welcoming environment where individuals can connect, grow, and thrive. Your commitment to our community reminds us that we are stronger when we work together.

Thank you for believing in our mission and for helping Club 90 continue to make a positive impact. We truly appreciate everything you do and look forward to continuing these wonderful partnerships.

You Are Awesome
You Mean The World To Us
You're An Inspiration
You're A Positive Player
We Appreciate You
We Proud To Partner With You
We Can't Spell SUCCESS Without U
You Make A Difference
You're A Vital Piece of our Success
We Can't Do It Without You

THANK YOU!

You Make The Difference
We Can't Spell SUCCESS Without U

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 lunch and learns @ 12:30pm

July 9th...Building Healthy Connections through Communication by Shari

July 14th...Coping skills for all Addictions by Ryan

July 23rd...Digital Violence by Jess



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



July is
**MINORITY
 MENTAL HEALTH
 AWARENESS
 MONTH**

Access to mental health care is often more difficult for certain individuals on the basis of gender, race, sexual identity, immigrant status, employment and housing status, age, and religion.

Mental health affects everyone. However, your background and identity play a massive role in how easy it is to get help. BIPOC communities often face extra hurdles. These include cultural stigma, language gaps, and a major lack of diverse professionals who truly "get it."

Mental health support isn't one-size-fits-all. Real healing happens when people feel seen, heard, and understood for exactly who they are.

How to show up this month:

- **Keep learning:** Listen to the lived experiences of marginalized groups.
- **Pass the mic:** Share content and resources from BIPOC creators.
- **Check on your friends:** A simple text can mean everything.

Give back: Support local groups doing the groundwork for accessible care.

Free, safe 24/7 resources:

- **9-8-8 Helpline:** Just call or text 9-8-8 for free, kind, and immediate support.

Hope for Wellness: Call 1-855-242-3310 for dedicated Indigenous support.



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



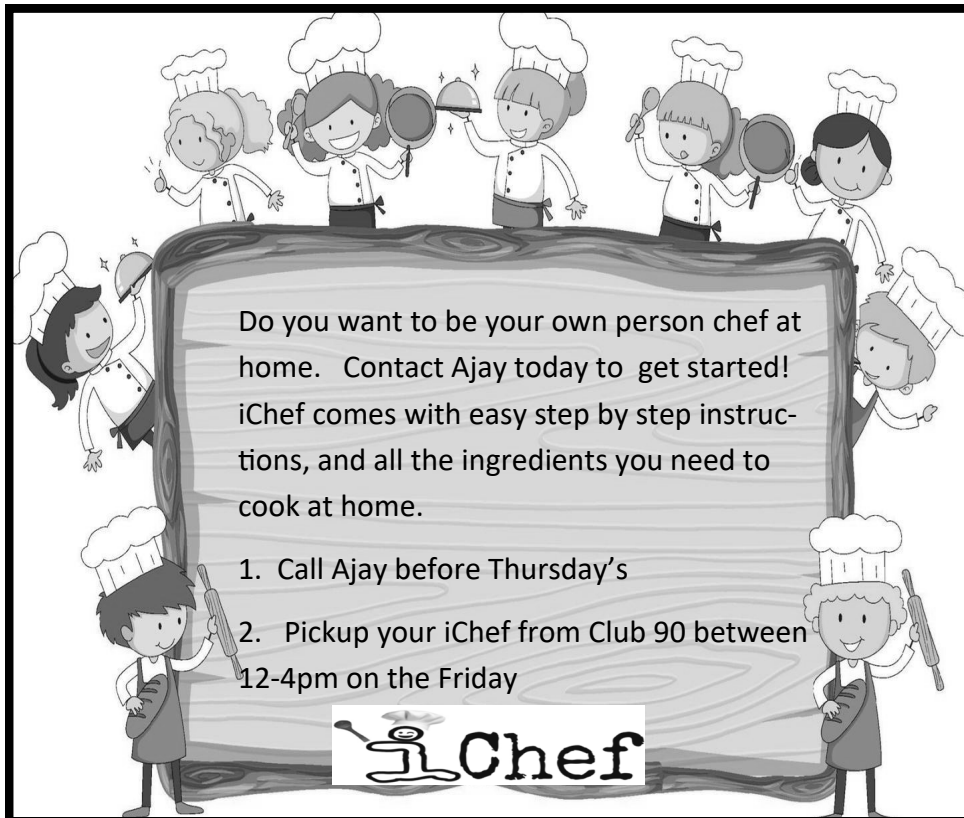
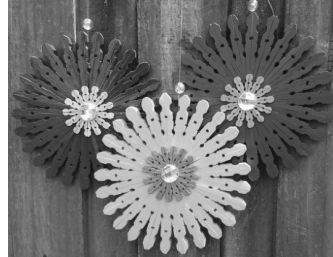
Club 90 provides a safe, non-judgmental and supportive environment where people can come socialize, participate in recreational activities and develop new skills, hobbies and friendships.

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.

THE Craft CORNER


Join Heather to make cool sun-
catchers, and summer ornaments
for our seasonal tree.

July 7th and July 14th at 1pm



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



Crescent Bloom BED & BREAKFAST

ELLIOT LAKE • ONTARIO

CAN BE VIEWED & BOOKED VIA
airbnb.ca

705-849-5291
crescentbloombnb@gmail.com

Morning Glory Villa

ACCOMMODATIONS IN ELLIOT LAKE



TEXT OR CALL
705-849-5291

EMAIL
morninggloryvilla35@gmail.com

Can be Viewed
on VRBO.com

Mental Health

Tip of the Month!

July: Managing Stress & Overwhelm

Focus: Everyday stress

Difference between stress and burnout

Stress and burnout are related, but they are not the same. Stress is usually temporary and can improve when the source of stress is reduced. Burnout develops over time when stress becomes chronic and isn't adequately managed.

Stress is like carrying a heavy backpack—you can usually put it down and recover with rest and support.

Burnout is like carrying that backpack every day for months without a break. Eventually, your body and mind become so exhausted that even simple tasks feel difficult.

Managing Stress

- Take regular breaks.
- Get enough sleep.
- Stay physically active.
- Practice relaxation techniques such as deep breathing or mindfulness.
- Talk with supportive friends, family, or coworkers.
- Prioritize tasks and set realistic goals.

Recovering from Burnout

- Recognize the signs early.
- Reduce or adjust ongoing demands where possible.
- Set healthy boundaries.
- Take meaningful time to rest and recover.

Camp Thompson

Club 90 will be attending Camp Thompson again on

Wednesday July 22, 2026

Cost will be \$7 per person. Price will include access to Camp Thompson, the fishing docks, light lunch with snacks and water. AJ Bus Lines will pick us up from Club 90 at 9:30am and we will return at 3:30pm to Club 90.

This Months Theme will be IM CANADIAN!!

Canadian food, drinks, games heck even come in your best red and white clothes.




Self Care Day

- AT - CLUB 90

THURSDAY
July 24th

BE GOOD TO YOU! 

Take time for **YOU**.
Relax, recharge and enjoy a
day filled with activities that
nourish your body, mind
and spirit. 



A DAY
JUST FOR
YOU!


Enjoy a Variety of Self Care Experiences



MIND & BODY

Chair Yoga
Meditation
Breathing
& Relaxation



PAMPER YOURSELF

Manicures
Hand Massages
Skincare Tips



NOURISH & REFRESH

Healthy Treats
Herbal Teas
Hydration Station



MINDFUL MOMENTS

Gratitude Journaling
Positive Affirmations
Inspiring Stories



MOVE & GROOVE

Light Dance
Music Therapy
Fun & Laughter



CONNECT & CELEBRATE

Build Friendships
Share & Support
Celebrate YOU!

You're Worth It!


Because self care isn't selfish... it's essential. 

COME FOR THE FUN.
LEAVE FEELING RENEWED! 

CLUB
90
— where life
gets better
together 

REST. REFRESH. RECHARGE. YOU DESERVE IT! 