

[illegible]

Community Resources	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
Beehive	(705) 461-3912
Camillus Centre	(705) 848 -7182
Centre Victoria pour Femmes	(705) 461-6120
City of Elliot Lake	(705) 848-2287
Karis Disability Services	(705) 789-1725
Community Living Algoma (CLA)	(705) 848-2475
Counselling Centre of East Algoma	(705) 848-2585
East Algoma Mental Health & Addictions	(705) 848-9131
Elliot Lake Food Bank	(705) 461-3663
Elliot Lake Family Health Team	(705) 461-8882
Hospital	(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
North Shore Legal Clinic	(705) 461-3935
North Shore 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

Mental Health Week Fundraising BBQ and Bake Sale

What a beautiful day for a BBQ: Members had baked up a storm of goodies for the bake sale, Scott Horrocks came out to play music, Burgers, Hotdogs & Pop filled folks bellies!! Thanks so much to everyone supporting Club 90!



Some \$163
were raised for this
year's Summer
Camping trip!

Mental Health Week A Call to Be Kind

Members took initiative during Mental Health Week to give back and clean up around Paris Plaza & cleaned & planted daisies in the front garden.



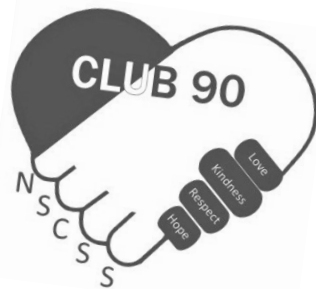


We are asking all members to please get in touch with a Mental Health Worker to update your files. We are asking for your current address, phone numbers, and emails.

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



Wishing a Happy Birthday To:

**Kirk, Jim, Brenda, Terrell, Charlie, Laura,
Norman, Cindy, Calvin, Stephanie, Leif
and Robbie.**

NOT SURE WHO TO CALL?



In order to help reduce the number of calls to the emergency line and to help citizens receive help as quickly and efficiently as possible the City of Elliot Lake and the local OPP have teamed up to create this resource with the contact numbers for different emergency services and resources.

City of Elliot Lake Contact Numbers

911 - In Emergencies ONLY

- **Police:** Non urgent reporting: 888-310-1122

Minor crimes that have no injuries, suspects, or evidence can be reported online at opp.ca/reporting.

- **Sudbury Rainbow Crime Stoppers.** Tip Hotline: 800-222-8477 www.sudburycrimestoppers.com

Tipsters can report information on criminal activity, will remain 100% anonymous, and could be eligible for a cash reward of up to \$2,000

- **Fire:** Emergency - 911

705-848-3232

- **Ambulance:** Emergency - 911

Non Emergency: 1-800-461-5100

- **City By-Law Office:** 705-848-2287 ext. 2119

Property standards, snow removal, animal complaints, etc.

- **Canadian Anti-Fraud Centre (CAFC):** 1-888-495-8501

- **Mental Health/Community Support: Counselling Centre of East Algoma:** 705-848-2585

AFTER HOURS Crisis Services Sault Area Hospital: 800-721-0077

- **Poison Control Centre:** 1-800-268-9017

- **Hydro One:** 1-800-434-1235

- **St. Joseph's General Hospital Elliot Lake:** 705-848-7181

For additional resources and information please use the City of Elliot Lake Services / Clubs Directory found on the City Website:

www.elliottlake.ca

Awesome Talent!



Proud supporter of the Club 90 program

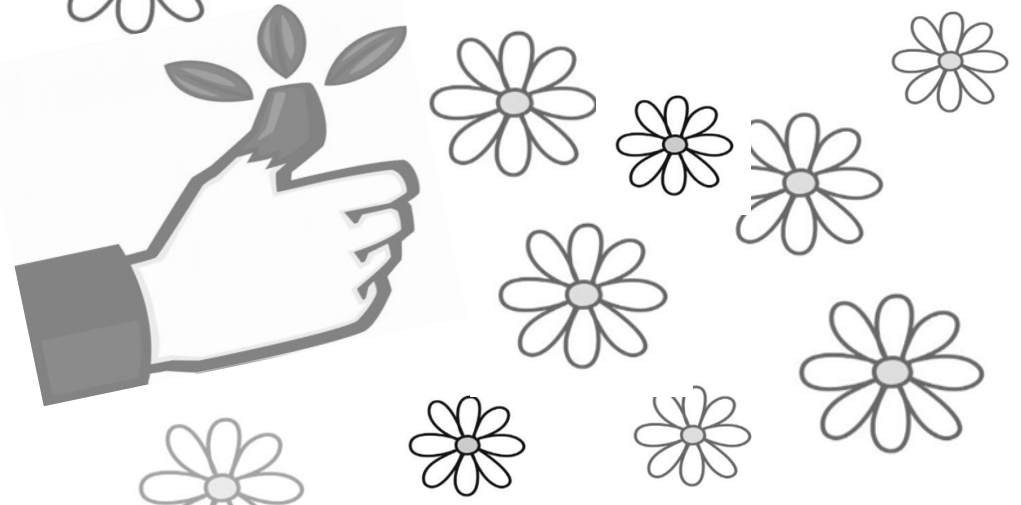
H&R BLOCK®

"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

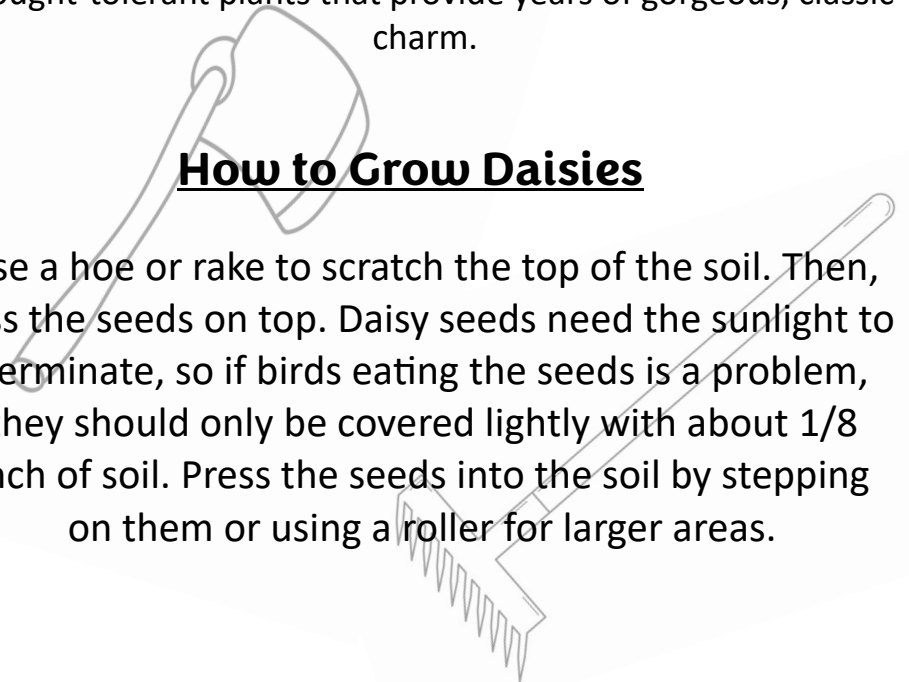
Want to try your Green Thumb?
FREE Daisy seeds at Club 90!



Daisy flowers are vibrant, cheerful, and easy to grow, making them a proven choice for gardens. Stunning, reliable bloomers, both in the garden and as cut flowers, daisies are hardy, drought-tolerant plants that provide years of gorgeous, classic charm.

How to Grow Daisies

Use a hoe or rake to scratch the top of the soil. Then, toss the seeds on top. Daisy seeds need the sunlight to germinate, so if birds eating the seeds is a problem, they should only be covered lightly with about 1/8 inch of soil. Press the seeds into the soil by stepping on them or using a roller for larger areas.





Hi! My name is Nathalie. Born and raised here in Elliot Lake. I am a mother of three that was inspired by her eldest daughter to return and complete my post-secondary education. I am currently a student at the CTS Canadian Career College with a passion for Office Administration completing my placement hours at Club 90. Most people would be surprised to know that I've always enjoyed organizing and scheduling things. I'm detail oriented, honest and reliable with over 10-years experience as a Customer Service Representative I absolutely love helping

others in anyway I can and make a positive impact on their lives. I am particularly drawn to the Mental Health Sector and hope to use my knowledge and skills to support and empower individuals in need. Aside from my academic and professional pursuits, I enjoy spending time outdoors, listening to music and baking. I believe in maintaining a healthy work-life balance and these activities help me relax and recharge. I am also a firm believer in continuous learning and am always seeking out new opportunities to expand my knowledge and skills.

Welcome to Nathalie & Lizzie



Hello!

My name is Elizabeth and I'm currently enrolled in the Addictions and Mental Health Worker program offered through CTS college. North Shore Community Support Services/Club 90 has been kind enough to allow me to complete my placement hours with them.

Supporting and helping others has always been in my nature. This has led me to work as a personal support worker in long-term care and a direct support professional working with individuals with developmental disabilities. Like many, my life was touched by addiction and mental health which is why I chose to further my education in this field. I hope to provide the tools, support and guidance to those ready to make changes in their lives.



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



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 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

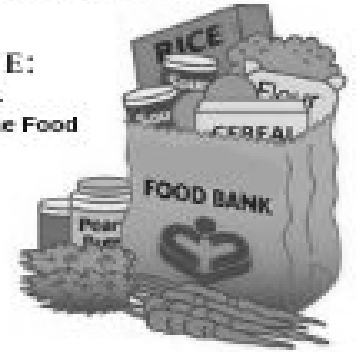
10 A.M. TO 12 P.M. & 1 P.M. TO 3 P.M.

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

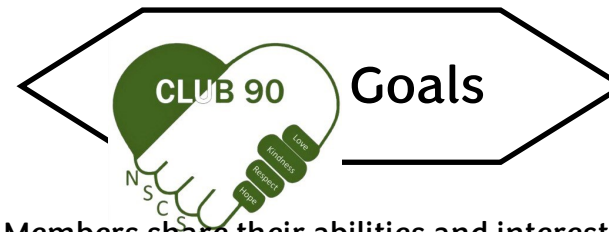
705-848-0229/1-800-256-7299

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

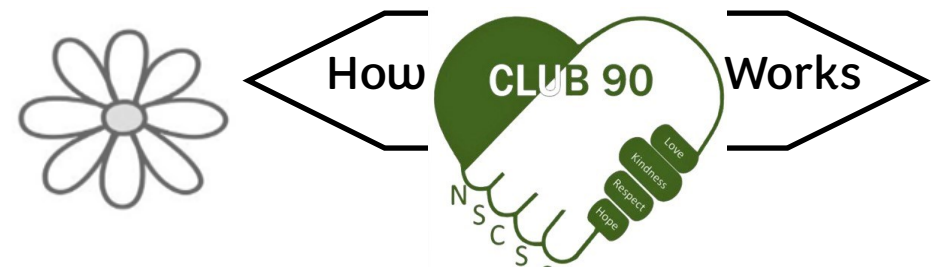
www.Elliotlake.ca
705-848-2287



fb.com/cityelliotlake



Members share their abilities and interests in work and in play in order to help each other develop the skills to live with increasing self-reliance. We aspire to individual growth through club participation. The degree of participation is totally voluntary and each member chooses the extent of their interest and ability. The staff will encourage, they do not lead. Through activities and resources, Club 90 is proactive in the promotion of understanding and tolerance towards mental illness and the ensuing issues. This promotion takes place in the community at large through interaction with other clubs, associations, organization as well as through contact with individuals in the community.



Members are an integral part of the day-to-day operations of Club 90 which include:

Café: Service from the café is available at a nominal cost to members.

Clerical: Members participate in general administration operations.

Maintenance: Members maintain premises and equipment. Members and staff are responsible for developing or updating the various skills necessary for the proper operation of the club units. The work habits and abilities will enhance the members' potential and go a long way to renewing self-confidence and self-efficacy.

Why CLUB 90?

SOCIAL RECREATION

Recreation and social activities that members participate in include: card and board games, billiards, movies, T.V., foosball, darts, trips to various locations in and out-of-town, bowling, weight training, cardio exercise, swimming, fishing, camping, hiking, tracking, Barbeques, etc. All accompanied by great conversation and companionship.

MEMBERSHIP

Membership is FREE to adults (16+) with mental illness who are experiencing emotional stress, or who are socially isolated. Membership of Club 90 means that an individual has both shared ownership and responsibility for its success and growth

VICTIM FREE ZONE

Club 90 has adopted a victim free philosophy where the safety of each and every member is paramount.

Our atmosphere at Club 90 is one of freedom to be oneself! This includes freedom of expression while exercising respect for fellow members.

Adopting this attitude fosters a feeling of self-worth for each and every member; which we believe is integral to the recovery.

Michael Mantha

MPP, Algoma-Manitoulin

Working for
Northern Ontario

Travaille pour
le nord de
l'Ontario



MM
MICHAEL MANTHA
ALGOMA-MANITOULIN

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



Available on:

