

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 Support1-800-721-0077
WARM LINE.....1-866-856-9276

STEPPING STONES

June 2026



417th Edition



**MEN'S MENTAL
HEALTH MONTH**



BBQ

FUNDRAISING DAY

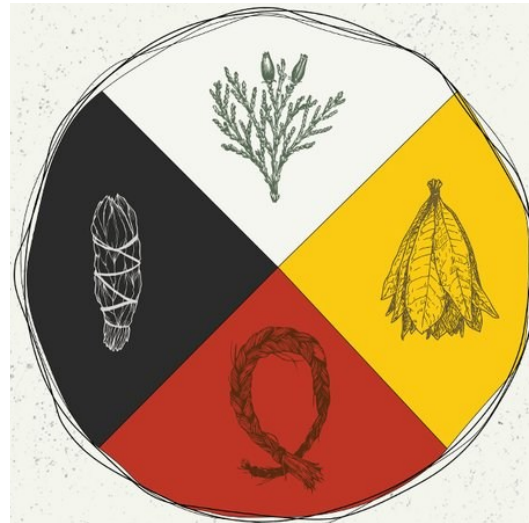
AT

CLUB 90

COME ON DOWN
ON
FRIDAY'S
BETWEEN
12PM-3PM

FOR SOME YUMMY
BURGERS AND HOTDOGS!

📍 **6-10 PARIS DRIVE**

National
Indigenous
Peoples Day

With June 21st falling on a weekend we will be celebrating on Monday June 22nd at Club 90. Join us in some fun activities and learn more about the culture. Club 90 will have some indigenous members who will be talking and sharing stories. We will also have traditional Indigenous tacos and corn soup.

An **Indian taco** (also known as a Navajo taco) is a popular Native American dish that uses freshly fried dough—instead of a standard tortilla—as its base. The crispy, pillowy fry bread is piled high with seasoned meat, beans, and classic taco toppings, creating a hearty and comforting meal.



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 June 17th until 3pm

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



**Happy
Birthdays**

Kirk, Jim, Brenda, Terrell, Charlie, Shawn, Gaetanne, Vanessa, Norman, Cindy, Calvin, Stephanie, Leif, Robbie, Derek, Lorna

Please join us 

JUNE 24, 2026

 **COLLINS HALL**

 **11 AM – 3 PM**

ACCESSIBILITY Showcase

★ **FREE EVENT** ★



 **Discover. Connect. Empower.** 



BBQ
— hosted by —
NSCSS/CLUB 90

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 @ 12:00pm

June 11th ...Building Resilience by Shari

June 23rd... Men's Mental Health and Addictions by Ryan

June 25 ...Men's Mental Health knowledge by Jessica

COME ON DON'T BE SHY, Enjoy some free lunch and learn



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

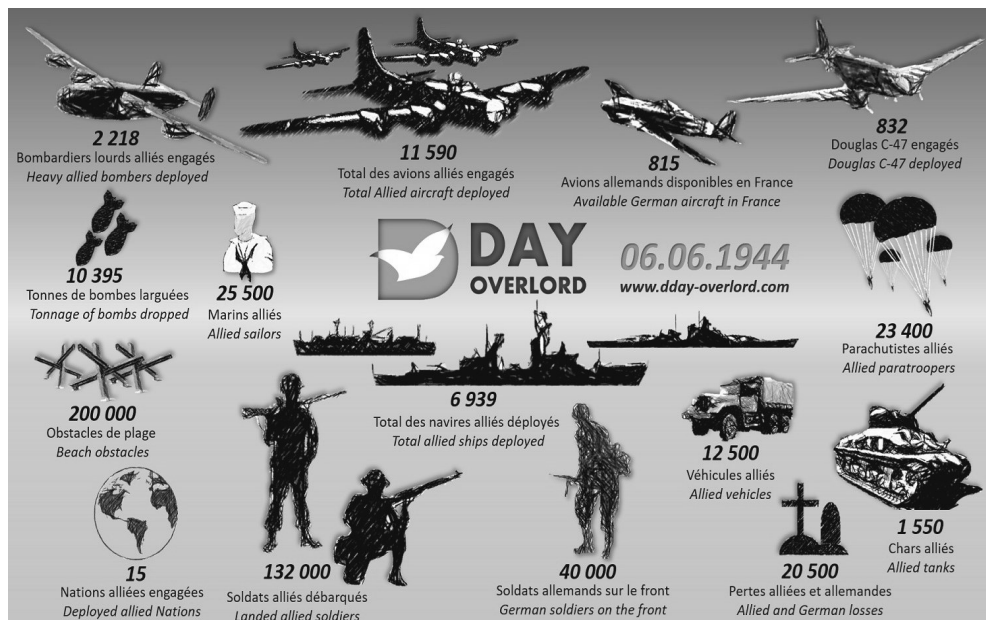
31 Nova Scotia Walk, Suite 306
Elliot Lake, ON P5A 1Y9
705-848-0229/1-800-256-7299

D-DAY

D-Day, a day to remember and reflect. In the early hours of June 6th 1944 the largest sea borne invasion force in history assembled on the waters off Normandy, France. The invasion had actually started the night before when Paratroopers and Commandos had landed in France to capture and hold significant bridges and infrastructure to prevent its sabotage by the Germans. The Attacks also consisted of Naval Gun Bombardment and Bombing Runs provided by aircraft prior to and during the invasion. After significant target softening caused by those attacks, the invasion launched. From this invasion the liberation of Europe from the Nazis could finally begin.

JUNE 9th @ 2pm PRESENTATION

Robbie Gibbons, one of Club 90 members will do a presentation on D-Day. Displayed will be a combination of Historic Military Objects, both authentic and replicas, Scale Models, as well as a Short Presentation.



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 throughout the month to learn some new cool painting techniques using dot mandala style. From coasters to rocks and even clay pots, there will be something for everyone to try.

June 16th and June 18th
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

The illustration shows a group of diverse cartoon chefs in white uniforms and tall hats. They are positioned around a large, rustic wooden sign that contains text. At the bottom of the sign, there is a logo for 'iChef' which includes a stylized chef's hat and the word 'iChef' in a playful font. The chefs are holding various kitchen items like pans and rolling pins.

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!

Prioritizing Men's Mental Health This June

June is Men's Mental Health Awareness Month. Society often pressures men to hide emotions and suffer in silence. This takes a severe toll on wellbeing. True strength lies in recognizing when you need support.

Use this 5 actionable strategies to improve your mental well-being starting today.

- **Drop the toolkit:**
Avoid trying to fix every problem immediately
- **Name the Emotion:**
Identify feelings beyond just anger or frustration
- **Schedule Physical Downtime:**
Exercise regularly to burn off stress hormones
- **Build a Micro-Ritual:**
Dedicate five daily minutes to quiet breathing
- **Normalize the Conversation:**
Ask a friend how he is actually doing

Mental fitness requires consistent practice, just like physical fitness. Reach out to a professional or opening up to a trusted friend is a sign of courage, not weakness

Camp Thompson

With the warm weather finally arriving...Thank you mother nature for allowing Summer to arrive and Winter to leave.

Club 90 will be attending Camp Thompson again this summer.

Wednesday July 22, 2026

Thursday August 20, 2026

Wednesday September 16th, 2026

Cost will be \$10 per person, per visit. 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.

Stay tuned for Themes of each visit





Mental Health Week was a huge success, we want to send a heartfelt thank you to everyone who took the time to join us throughout the week. From attending events and presentations to sharing conversations, creativity, laughter, and support — your participation helped make this week so meaningful. It was incredible to see our community come together, connect, learn, and support one another. A special thank you to all of our community partners, presenters, volunteers, and participants for helping create such welcoming and positive spaces. Your time, energy, and involvement truly made a difference. This year's theme, Come Together, Canada, was reflected in every moment we shared together. Thank you for being part of it and for continuing to help break the stigma around mental health through kindness, compassion, and community. We appreciate each and every one of you!

