

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

March 2025 402th Edition

Club 90

Club 90
St. Patrick Day Dinner
<<<< see Page 2 >>>>

START the CONVERSATION
>>>> go to Page 8 <<<<

SPRING Forward
DAYLIGHT SAVINGS TIME
SET YOUR CLOCKS AHEAD ONE HOUR
9 MARCH, 2025

2025 TAX DEADLINES
TAX DAY APRIL 30

LUCK O' THE IRISH

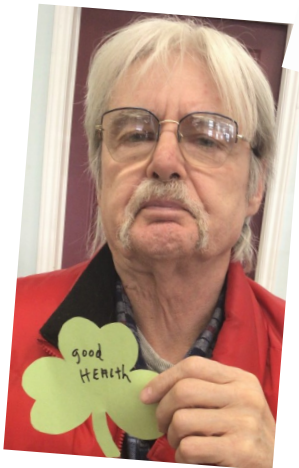
COME JOIN US! Club 90's St. Patrick's Day Dinner

Time to put on your green and celebrate
St. Patrick's Day!
Monday, March 17th
2 Seatings @ 1pm and 3pm

Menu
Irish Stew
Cornbread
Desserts

Please call or come in to sign up
by March 13th/2025
705-848-2879

Read what
members
feel
grateful and lucky
bout in their
lives





F B
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DID YOU KNOW ??

Did you know you could attend **AA/NA** meetings from the comfort of your own home? You could join **virtual meetings Online & by Phone.**

To join a virtual meeting enter one of the following links into to your search bar and follow the directions.

If you require any assistance or don't have a device of your own, members can come to Club 90 for assistance.

<https://aa-intergroup.org/meetings/>
<https://www.orscna.org/meetings>



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

Ivan, Elizabeth, Carey, Robert, Bonita, Kal, Melanie, Alicia, John, Roxann, Demetrius



Chess tournaments every Tuesday at 1pm &
Pool Tournaments Wednesdays at 1pm



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

This you need to know about income taxes

1. Personal information -
Social insurance Number
2. Income Documents
T4, T5, T3, T4A, T4E
3. Deduction Documents - RRSP's,
medical expenses,
4. Credit & Benefits - GST/HST, Trillium

2025 TAX DEADLINES



TAX DAY
PAID





Club 90 is a safe place where members feel like a family.

Every Thursday at 1pm we come together for a coffee social and talk: strategies, coping skills, mindfulness, any questions, to get to know, help and support each other .




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

NDP  **NPD**

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, meals, friendships, fun and laughter.
- * 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.Elliottlake.ca
 705-848-2287



fb.com/cityelliottlake



iChef has been a huge hit. Members are enjoying cooking at home and learning new skills. iChef is not just a meal to make it helps members learn how to cook step by step. iChef provides all the ingredients you would need to make a full one person meal, you take iChef home and cook everything from the comfort of your own home on the week. We encourage members to take pictures of the delish meals they created and share with others.

Every Friday there is a different meal to take home, so drop in at Club 90 and sign up today for iChef!!



YUMMY !



Nokee Kwe ?

Many of us will be confused with the title, however for others it is the direct translation in Anishinaabe to celebrate International Women's Day. No matter what language we use, the meaning is the same; we honor women all over the world for their accomplishments, achievements, and resilience through almost impossible barriers, in the work place, and the community.

Elliot Lake is honored to have had women who stand out in the community. They include such names as Linda Aelick who became the first female boom truck operator at Denison mines, Leona Anderson for being the first women to get her pilots license, and Suzanne Rogers for her generous donation of \$3M to help repair the arena, and many more. At present, we are blessed with many who have become business owners. These include such names as the Aelick family, Robin Hilts, and Paz Rittberg who promotes a women's only business. Although we honor them we must not forget the struggles and sacrifices they have made.

Currently 1 in 3 women have experienced intimate partner violence or non-partner sexual violence. That's 736 million women around the world—about 18 times the population of Canada. The number of "missing women" worldwide is estimated to be over 126 million. Locally, we struggle to figure find our own women. Some of the names include Juanita Migwans, Christina Calayca, and Cheyenne. This coming March 8th join me in wishing every woman a Happy International Woman's Day and praying for the much needed change in the treatment of women here at home and abroad.

- **Mark Brunet member of 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

MARCH 8 INTERNATIONAL WOMEN'S DAY



The Elliot Lake Women's Group Inc. (ELWG) is coordinating

Break the Bias Bazaar

A celebration for International Women's Day to honor the incredible women in our community, raise awareness of available resources, and showcase local female-owned and operated businesses.

This event will take place on

Saturday, March 8th 2025

11 AM – 3 PM at Collins Hall, Elliot Lake

and will feature community resource and business booths, live entertainment, guest speakers, and refreshments. We would love to collaborate with you to make this celebration a meaningful and engaging experience for our community.

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



East-Algoma
Connects

Available on:

