

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



398th Edition

STEPPING STONES

November 2024

**Join Club 90 to
remember!**

Lest We Forget!



October was all about giving thanks and one thing members were thankful for was their health. Club 90 had the folks from Yanicks' Muscle Factory in to teach us basic full body work out and eating healthy on a budget. Thank you so much Yanick and Crystal for giving a taste as how to get into shape and for all your health and wellness expertise. All members come down to Club 90 to get your

SPECIAL DISCOUNT CODE AT THE MUSCLE FACTORY!!



Around 10:30 a.m., on November 11th, 2024. Canadian military veterans, their families and members of Branch 561 will gather on the street outside the legion building. They will muster the membership, and gather for the short march to the Cenotaph one block on Veteran's Way, where they'll take the salute.



National Addiction Awareness Week November 24 - 30, 2024.

I AM SOMEONE'S SOMEONE
You are too. Learn more at SomeonesSomeone.ca
JE SUIS LE QUELQU'UN DE QUELQU'UN
Vous êtes aussi. Pour en savoir plus, consultez le site
Chacunestquelquun.ca

Why This Campaign Matters:

Substance use and addiction affect individuals and families across our communities. By sharing real, powerful stories, we can challenge the stigma that often surrounds these issues and remind everyone that there is always hope. The Someone's Someone campaign seeks to humanize the conversation, showing that each person's journey is valid and deserving of compassion and support.

If you need help please call
Kenna Crawford 70-227-0690

What You Need to Know:

Human Stories: The campaign highlights stories from individuals with lived experiences of addiction and recovery, providing a face to these often-hidden struggles.

Educational Content: Our campaign will include informative materials to help everyone better understand substance use, the importance of harm reduction, and available resources.

Community Involvement: We will encourage individuals in our community to share their own stories,



**Tracy, Guy, Heather,
Cheryl Lynn, Chris,
Bill and Michael!**

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>

50, Club 90 members and their guests showed up for a Thanksgiving feast with all the fixings. Bellies were so full we had to roll everyone out!!



Proud supporter of the Club 90 program

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Located at:
52 Ontario Ave. Elliot Lake, ON P5A 1Y1
705-848-2626



Is Dungeon and Dragan's a game for you! If so Club 90 members meet every Wednesday from 11am to 3pm. Please





Come on down to Club 90 clean shaven and get your before picture taken. Do not shave for the month of November and come back on November 30th for the after picture! **LET'S BRING AWARENESS TO MEN'S HEALTH AND PROSTATE CANCER!**




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

 Find us on
 Facebook

fb.com/cityelliottlake



Club 90 Members In Business!

Featuring Yuri's own 3D Printing Business

Yuri spends his weekends at different events and craft shows in the Algoma district showcasing his 3D products, He is one talented young man and we look forward to seeing more of his talent in the years to come.



*Welcome Ajay to the team of Club 90's
Mental Health Workers!*



My name is Ajay Anand. I was born in Amritsar, which is known as the Golden city. I hold an academic qualification in Health sciences and Psychology, including specialized coursework in Psychology of Alcohol and Drug Addiction, which has provided me with a solid understanding of mental health. I am passionate about helping others, and in my free time, I enjoy outdoor activities like hiking, video games, movies and meditation. I am always eager to grow both personally and professionally. I have worked as Relationship Counsellor (internship) for Algoma Family Services and for Ontario Disability Support Program (ODSP). My diverse experiences have allowed me to develop well rounded skill sets.

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.

Stepping Stones, 10 Paris Drive, Unit 6, Elliot Lake, ON P5A2L9

Michael Mantha

MPP, Algoma-Manitoulin

Working for
Northern Ontario

Travaille pour
le nord de
l'Ontario



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.eastalgomacconnects.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:

