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
Karis Disability	(705) 789 -1725
Community Living Algoma (CLA)	(705) 848 -2475
Counselling Centre of East Algoma	(705) 848 -2585
HSN MH 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
Ontario Works	(705) 848-7153
Suicide Crisis Helpline	9-8-8
After Hours Crisis Support	1-800-721-0077
WARM LINE.....	1-866-856-9276

STEPPING STONES

November 2026 — Club 90 — 422nd Edition



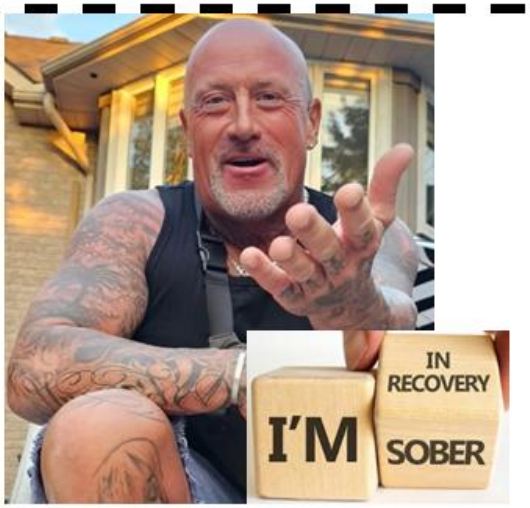






National Addictions Awareness Week (NAAW) is November 15-21, 2026. NAAW highlights solutions that help address the harms related to the use of alcohol and other drugs. It provides an opportunity for people in Canada to learn more about prevention and harm reduction, talk about treatment and recovery, and discuss solutions for change.

Join Club 90 on **Wednesday November 18th at 1pm** with special guest James, for a discussion on recovery and treatment. Live in the Life of Addict and how he survives recovery. One Day At A Time!!







Meet and Greet at Club 90 with war veteran Dean at 1pm. Dean had over 18 years service, some and hear about his experiences and what Remembrance Day means to him.

Also on **Wednesday November 4th** join Heather at Club 90 to make poppies for all the fallen soldiers and hang them up around the club.







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 heath 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.



Available on:

Ontario Works and ODSP will be here on

Tuesday November 17th until 3pm

Need help with dental, medical aids or dietary needs

Ontario
ONTARIO WORKS & O.D.S.P.



Tracy, Guy, Heather, Stephen, Cheryl Lynn, Chris, Bill, Mike, Chris, Arthur, Jennifer

City of
Elliot Lake

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.

IN FLANDERS FIELDS

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we thrc
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

— Lieutenant Colonel John McCrae —



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**

November 16th…workshop on recovery by Ryan

November 24th…Men's Mental Health by Jessica

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 growththrough 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



30% of women globally have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime.

Source: World Health Organization

42% of the women who experience intimate partner violence report an injury as a consequence of this violence.

Source: World Health Organization

56% of murders of women worldwide are committed by an intimate partner or close family member.

Source: World Health Organization

Less than 40% of women who experience violence seek help of any sort, and fewer than 10% of those seeking help report to the police.

Source: UN DESA

38% of women worldwide have experienced online violence, and 85% of women who spend time online have witnessed digital violence happen against other women.

Source: UN Women

91% of the detected victims of trafficking for sexual exploitation are women.

Source: UN Women

You are NOT ALONE!

Help and support is always there for you

- Supports can be found at The Counseling Centre of East Algoma. Specialist in violence against women.
- Maplegate House of Women 24/7 crisis 705-921-9098

EMERGENCY FOOD BANK
Elliot Lake
Established1992

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
is for Friendship and Recovery

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.

Movember Contest!!

Grow out your mustache or beard for the whole month of November, No shaving.

Come to Club 90 on November 30th,a Photo Booth will be set up to take some fun photos.

The winner will be showcased in December stepping stones.



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
Can be Viewed on VRBO.com
EMAIL
morningglory villa35@gmail.com

WELLNESS & MENTAL HEALTH NEWSLETTER

November

Gratitude, Reflection & Hope

Monthly Focus: Emotional Resilience

Honouring our journey, recognizing our growth, and finding hope through life's challenges.



WEEK 1
Gratitude Without Pressure

Appreciating the little things while making space for all emotions.

ACTIVITIES INCLUDE:

- The Gratitude Tree
- My Comfort List
- Gratitude Jar

Reflection Question:
What is one small thing that brought me comfort or peace this week?

WEEK 2
Recognizing Growth Over the Year

Celebrating progress, learning from challenges, and recognizing personal strengths.

ACTIVITIES INCLUDE:

- My Year in Review
- The Growth Garden
- Letter to My Past Self
- Strengths Recognition Circle

Reflection Question:
What have I overcome, learned, or discovered about myself this year?

WEEK 3
Hope During Difficult Times

Building resilience, identifying support, and finding manageable steps forward.

ACTIVITIES INCLUDE:

- My Hope Box
- One Small Step
- My Circle of Support
- Hope Stones

Reflection Question:
What helps me keep going when life feels difficult?

WEEK 4
Reflection, Connection & Moving Forward

Acknowledging the journey and carrying meaningful lessons into the future.

Reflection Question:
What would I like to carry forward from this month into the next chapter of my life?

ACTIVITIES INCLUDE:

- What I Am Leaving Behind
- My Hopes for the Future
- Kindness and Encouragement Cards
- November Reflection Circle

ONGOING ACTIVITIES

- **Daily Emotional Check-In** – How am I feeling today, and what might I need?
- **Positive Affirmation of the Day** – Words of encouragement to uplift and inspire.
- **Mindful Moments** – Take 3–5 minutes to pause, breathe, or notice your surroundings.
- **Acts of Kindness Challenge** – Small actions make a big impact.
- **Wellness & Creativity Corner** – Colour, journal, puzzle, create and unwind.

Remember...

You don't have to feel grateful every day, have everything figured out, or be strong all the time. Your journey matters, your growth counts, and there is room for hope even on the hardest days.

Every step forward is a step worth celebrating. ♥

GRATEFUL • REFLECTIVE • HOPEFUL • RESILIENT

Wellness NEWSLETTER

HEALTHY MINDS • STRONGER COMMUNITIES • BRIGHTER TOMORROWS

November: Gratitude, Reflection & Hope

Small changes can make a big difference in your well-being.

What Do You Do When You Change Your Clock Back in November?

When we end Daylight Saving Time, we turn our clocks BACK one hour.

In Ontario, Canada, the time changes on **Sunday, November 1, 2026 at 2:00 a.m.**



5 Things to Remember

1. **Turn your clocks back one hour.** If it is 2:00 a.m., it becomes 1:00 a.m.
2. **Enjoy an extra hour of sleep!** You gain an extra hour that night.
3. **Change your clocks before bed on Saturday night.** This helps you wake up at the correct time Sunday morning.
4. **Check your clocks and devices.** Most smartphones and computers change automatically, but some clocks need to be adjusted manually.
5. **Adjust your daily routine.** It may get darker earlier in the evening, so give yourself time to adjust to the change.

Mental Health Tip

The time change can affect your sleep schedule, mood, and energy levels. To make the transition easier, try these:

- Keep a regular bedtime and wake-up time.
- Get some natural sunlight in the morning.
- Take a short walk during daylight hours.
- Make time for activities that help you relax.

A little adjustment today can lead to a healthier, brighter tomorrow. ♥



– Remember: Fall back, spring forward! –

MOVEMBER

MEN'S HEALTH AWARENESS MONTH



ONLY 1 IN 7

Ontario males with an identified mental health problem received publicly funded mental health or addictions care within a year.

In Northwestern Ontario, just 0.8% saw a psychiatrist within a year.

MOVEMBER



1 IN 3 YOUNG MEN

say mental health support is still framed around weakness, rather than designed with their needs in mind.

MOVEMBER



THE FIRST EXPERIENCE MATTERS

67%

of men satisfied with their first experience would seek help again.

vs.

26%

of men dissatisfied with their first experience would seek help again.

MOVEMBER