

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



Club 90

Thanksgiving DINNER

October 8th

1pm or 3pm Seating

Featuring:

- 🍁 Turkey
- 🍁 Ham
- 🍁 Mashed Potatoes
- 🍁 Carrots
- 🍁 Desserts and Treats

📞 Call to Sign Up
705-848-2879

Club 90

Halloween PARTY

October 30th
1pm - 4pm

Come dressed for...

- 🎃 Party Games
- 🎃 Finger Foods
- 🎃 Treat Bags

Costumes,
fun, food
& friends!

📞 Call to Sign Up

705-848-2879

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:



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

Wednesday October 19th until 3pm

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



ONTARIO WORKS & O.D.S.P.



*Derek, Beverly, Rebecca,
William, Adam, Norma*

HAPPY THANKSGIVING!

I remember a cute cartoon by "Tales of the Wizard Of Oz" called Game The Cobbler from 1961

When tinman tried to catch Gabe The Gobbler, Gabe wasn't going out without a fight and in fact Gabe kissed strawman. Anyways no one in the end really wanted to hurt Gabe the Gobbler but yet they thought Gabe was a goner (roasted turkey). But they all felt real said, they were all happy to see Gabe the Gobbler turkey at their Thanksgiving meal sitting on a chair ready to share Thanksgiving feast.

I thought this was such a cute cartoon on YouTube. Gabe the Gobbler Turkey is so adorable. Love this Cartoon.



Thanksgiving by
Candice (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

October 6th...workshop on recovery by Ryan

September 17th...Self Love by Shari



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

CLUB 90

Connect • Participate • Belong

OCTOBER MENTAL HEALTH NEWSLETTER



Mental Health Matters • Education • Compassion • Support • Hope

UNDERSTANDING DEPRESSION

Focus: Education & Compassion

WHAT IS DEPRESSION?

Depression is more than simply feeling sad. It can affect a person's mood, energy, motivation, sleep, appetite, concentration, and interest in everyday activities.

Depression can look different from person to person. Someone may appear fine on the outside while struggling on the inside.



SIGNS OF DEPRESSION

Watch for changes such as:

- Feeling sad, empty, hopeless, or numb
- Losing interest in activities once enjoyed
- Feeling tired or having little energy
- Difficulty getting motivated
- Sleeping too much or too little
- Changes in appetite or eating habits
- Trouble concentrating or making decisions
- Feeling worthless, guilty, or like a burden
- Withdrawing from friends, family, or activities
- Increased irritability, frustration, or anger

*Depression isn't always obvious —
and it isn't always sadness.*



ENERGY & MOTIVATION

Depression can make everyday tasks feel difficult. Getting dressed, preparing a meal, cleaning, making a phone call, or leaving the house can sometimes feel overwhelming.

This doesn't mean someone is lazy or doesn't care.

*Instead of saying:
"Why don't you just try harder?"*

*Try asking:
"What's one small thing I can help you with today?"*

Small steps count.



CLUB 90 — A PLACE TO CONNECT & BELONG

At Club 90, you don't have to face difficult days alone.

*Come in. Connect. Participate. Talk.
Take a break. Take one small step.*



HOW CAN WE SUPPORT SOMEONE?



LISTEN

Let them talk without judging or trying to immediately fix everything.



CHECK IN

A simple "How are you doing?" can remind someone that they are not alone.



BE PATIENT

Depression can affect motivation and everyday functioning.



OFFER HELP

Small practical things, such as sharing a meal or helping with a task, can make a difference.



ENCOURAGE CONNECTION

Invite someone to participate without putting pressure on them.



ENCOURAGE HELP

Remind them that reaching out to a doctor, counsellor, or mental health professional is a sign of strength.



HOPE & RECOVERY

Depression can make the future feel hopeless, but feelings can change and support can help.

Recovery looks different for everyone. Professional support, counselling, medication, healthy routines, physical activity, social connection, and peer support can all be part of someone's journey.

REMEMBER:

You don't have to do everything at once.

- Take one day at a time.
- Take one step at a time.
- Ask for help when you need it.
- Stay connected.



If you or someone you know is experiencing thoughts of suicide or is in immediate danger, seek urgent help.

In Canada, Talk Suicide Canada:
1-833-456-4566



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.

HOW TO create a MENTAL HEALTH BULLET JOURNAL

Join Heather on Tuesday's at 11am
and 2:30pm to create your own
mental health Journal.



Join Heather on Thursday's at
2:30pm for Round Table Coffee
Social. Each week will be a
different topic to discuss!

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

iChef

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

Lived Experiences Heard: Real Voices, Real Change

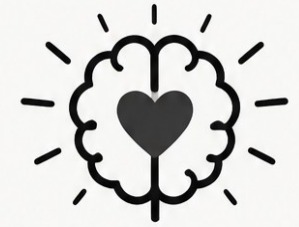


Join Heather at Club 90 on Friday October 9th @ 12pm
Mindfulness Group Activity of Colouring and Mandala Art
Wear GREEN to support!!



Mental Health Awareness Week

SMALL STEPS • BIG IMPACT

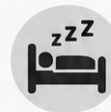


A healthier mind
leads to a brighter
tomorrow



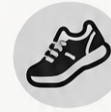
Mental health matters — and it starts with you.
During Mental Health Awareness Week, take time to focus on your well-being. You don't have to make big changes all at once. Even small steps can make a real difference in how you feel, think and cope.

Here are some things you can do for your mental health:



Get Good Sleep

Quality sleep helps your mood, focus and energy. Aim for 7–9 hours a night.



Move Your Body

Physical activity boosts your mood, reduces stress and supports overall well-being. Find an activity you enjoy!



Eat Well

Nourishing your body gives your brain the fuel it needs. Choose healthy, balanced meals and stay hydrated.



Stay Connected

Reach out to people who support you. Talk, share, and spend time with those who lift you up.



Take Breaks

Give yourself permission to rest. Step away, breathe, and do something that brings you joy.



Be Kind to Yourself

You're doing your best, and that's enough. Practice self-compassion and celebrate your progress, no matter how small.



Manage Stress

Try deep breathing, mindfulness, or journaling. Do what helps you feel calm and in control.



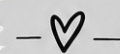
Ask for Help

It's okay to reach out. Talking to someone you trust, or a mental health professional, can make a big difference.

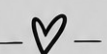


Find What Gives You Purpose

Do what you enjoy, set meaningful goals and focus on the things that make you feel good and give your life value.



Better mental health isn't a destination...
it's a journey, and you're not alone.



Support.
Encourage.
Be the difference.

2nd Annual Survivor with Karis

