

Community Resources at Your Fingertips!

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

Club 90

396th Edition

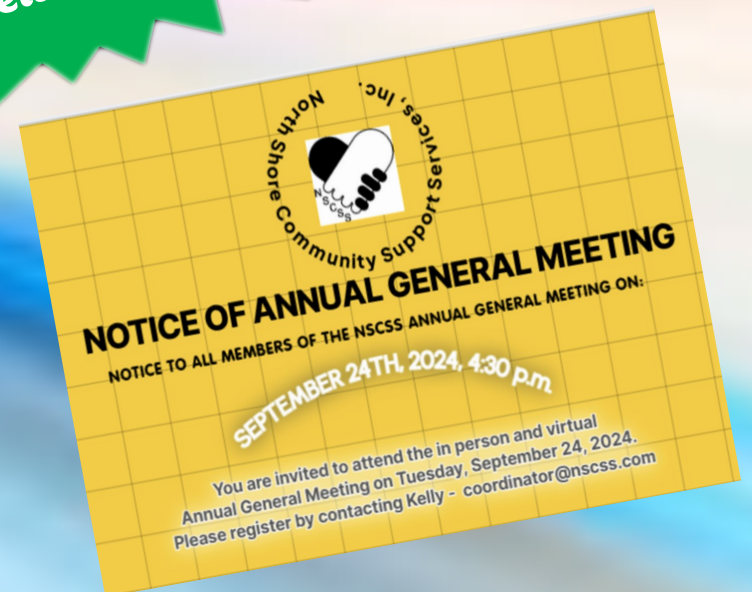
STEPPING STONES

September 2024

Celebrate with us:

NATIONAL
RECOVERY MONTH
SEPTEMBER

Read
Details inside!



What does recovery mean to you?

#RecoveryMonth
#CelebrateRecovery
f t @AMHont



Addictions & Mental Health Ontario | Dépendances & santé mentale d'Ontario

Que représente le rétablissement pour vous?

#Moisdurétablissement
#Célébronslerétablissement
f t @AMHont



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Join us here at Club 90 for Recovery Month.

Recovery means different things to different people, and every recovery story and pathway is unique.

Recovery Month aims to share positive stories and spread the message that people recover, treatment works, and stigma needs to be challenged.

September 3/12/16 and 23rd-Ted Talks on Addictions and Recovery @ 1pm.

September 17th @ 1pm. Presentation on Addictions and Recovery by James Bridson.



NOTICE OF ANNUAL GENERAL MEETING

NOTICE TO ALL MEMBERS OF THE NSCSS ANNUAL GENERAL MEETING ON:

SEPTEMBER 24TH, 2024, 4:30 p.m.

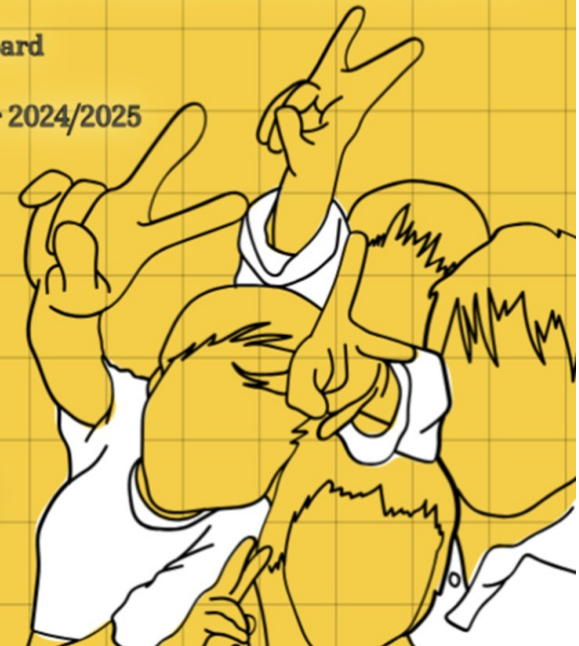
You are invited to attend the in person and virtual Annual General Meeting on Tuesday, September 24, 2024. Please register by contacting Kelly - coordinator@nscss.com

Business to be conducted at this meeting includes:

- I. Ratification of the Audited Financial Statement for fiscal year 2023/2024
- II. Election of Directors to the Board
- III. Appointment of Auditors for 2024/2025
- IV. Reports for 2023/2024

10 Paris Drive, Unit 6
Elliot Lake, 705-848-2879

People are equal and full participants in the community of their choice.



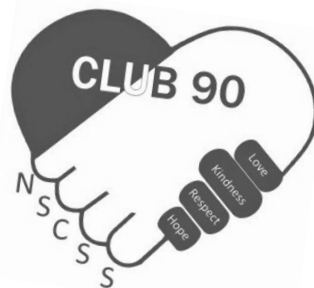


We are asking all members to please get in touch with a Mental Health Worker to update your files. We are asking for your current address, phone numbers, and emails.

Please call at 705-848-2879 or email mhsupport@nscss.com or even better, come in person and have a cup of java on us.

We are happy to connect with you by mail, email, phone and, of course, face-to-face!

STAY IN
TOUCH!!



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



Birthdays

**Deborah, Lynda, Jamie S, Dan,
Alois, Scott, Rene, Caroline,
Donna, and Tyrina!**

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>

BBQ's and Beach Days

Posters made up for our BBQ's and members love going out and advertising our BBQ's. Hamburgers, hotdogs and sausages are sold every Friday!



Karis Disability Services Free BBQ at Spine Beach was a blast. Members enjoyed free hotdogs, games, swimming and socializing



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



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





Why have a hearing test?

- Assesses and monitors your hearing health
- Diagnoses hearing loss and determines best avenues to tackle it
- Helps to adjust well with you current hearing aids and Enables you to experience the latest hearing aid technologies

Hearing Life is coming to Club 90 on September 11/2024 to assist members with mini hearing tests. If interested please call or come in to sign up.

705-848-2879



Carol Hughes

MP/Députée
Algoma-Manitoulin-Kapuskasing

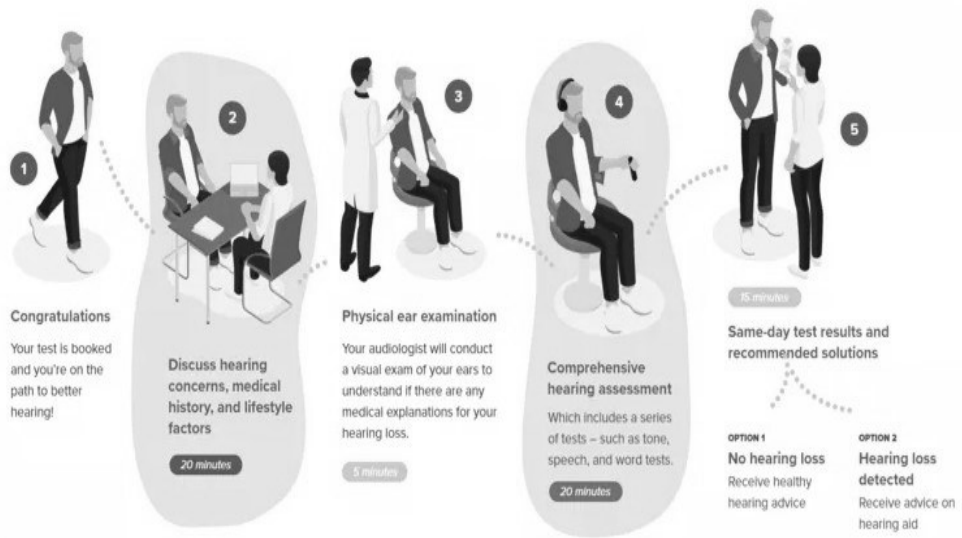
My office can help you:

- 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



What to expect at your hearing test?
The best possible treatment is simple and easy.
There are three steps to start:



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 and meals.
- * 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

Fun at Camp Thompson!

Members enjoyed a full day of activities, crafts, games and crafted their own taco's! The day was to bring a thunderstorm, that some of our members try to video coming in. Unfortunately the storm passed us, but was nice seeing the clouds coming in on video. Members grabbed their swimming trunks and had a great time swimming and jumping off the dock.





September 30th Wear Orange

Every Child Matters is a **slogan and message used to honor the innocent lives lost**. It symbolizes that every child is important, including the ones who lose their lives and the adults who are still healing from their difficult time at residential schools.



World Suicide Prevention Day (WSPD) is an awareness day always observed on 10 September every year, in order to **provide world-wide commitment and action to prevent suicides**, with various activities around the world since 2003.

Talk to your Mental Health Worker!

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



Available on:

