

Community Supports

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

October 2025



409th Edition

HAPPY
Thanks
Giving
DAY



Club 90

Thanksgiving

MAIN COURSE

Turkey, Ham
Cranberry Sauce, Stuffing
Green Beans, Turnips, Glazed Carrots
Mashed Potatoes and Gravy

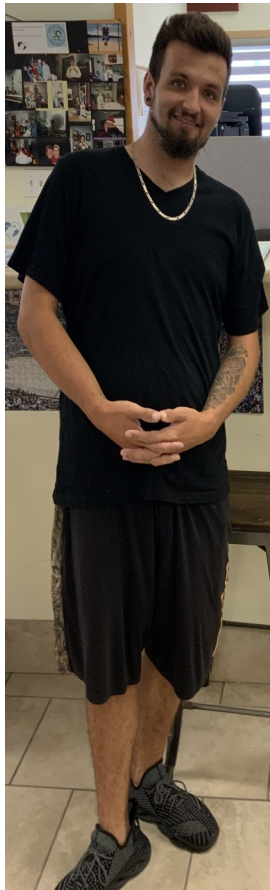
DESSERT

Spiced Pumpkin Cake
Apple Crisp and Pumpkin Pie

Thursday October 9th
1pm seating and 3pm seating

Please sign up at Club 90 or call
705-848-2879 before October 3rd

October 9th 2025

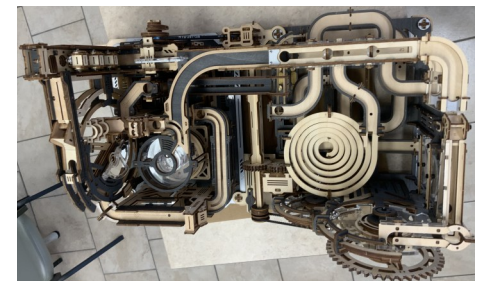
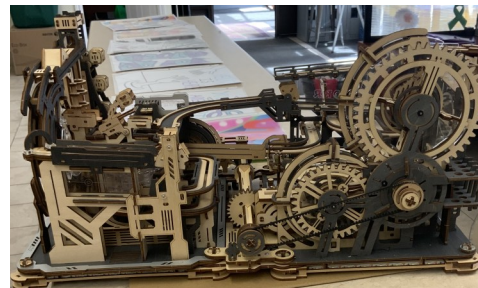


Meet Austin one of Club 90's members.
He loves fixing electronics and putting things together.

His latest project has been building trucks and machinery out of Lego, which one is remote control. Each one of these pieces has taken him a to build.

His new challenge was putting together the Marble Run, which took him 3 days to mastermind.

If you have any electronics that need repair, come talk to Austin as he might be able to assist.



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:



If you do not have a family physician, please call:

Health Care Connect

1-800-445-1822

If a new physician comes to Elliot Lake - they will take patients from this list first.



*Dave, Derek, Beverly, Rebecca,
William, Adam, Catherine,
Norma, Dennis*


City of / Ville d'
Elliot Lake
is proud to support
Stepping Stones and
the members of
Club 90

www.Elliotlake.ca

705-848-2287



Find us on
Facebook

fb.com/cityelliotlake



Club 90 will be hosting a friendly round table discussion on “what makes me happy”. Create your own mural to display and hang on the wall at Club 90

Starts at 1:30pm and don't forget to WEAR GREEN!!



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 presentations @ 1:30pm

October 2nd on Boundaries

October 10th on Recovery and Mental Health

October 16th on Healthy Communication

October 30th on 6 Doctors of Health & Well Being



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

MAGIC

The Gathering®



Magic the Gathering started at Club 90 every
Wednesday from 12pm-3pm.

You don't know how to play? Come and learn something
new and meet some great friends at the same time!

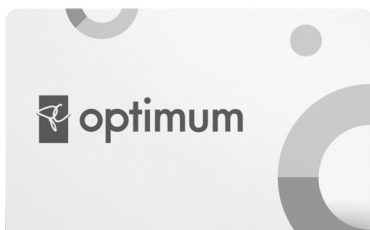
Saving's Corner

PC Optimum: Collect points when you shop and redeem them for discounts.

Flipp App: Check flyers, compare prices, and plan your shopping list.

Combine Both: Use Flipp to find deals, then scan your PC Optimum card to save even more.

Scene: Collect points when you shop and redeem later



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.

PLEASE JOIN
CLUB 90 FOR SOME
FUN, GAMES AND PIZZA
DURING OUR

HALLOWEEN PARTY

OCTOBER 31
12PM-4PM

COSTUMES ARE MORE THAN WELCOMED!

PLEASE SIGN UP AT CLUB 90
OR CALL 705-848-2879

Morning Glory Villa

ACCOMMODATIONS IN ELLIOT LAKE

TEXT OR CALL

705-849-5291

EMAIL

morninggloryvilla35@gmail.com

Can be Viewed
on VRBO.com

October 19th to 25th

Invisible Disability Awareness Week

Bringing Awareness, Education, and Support

Types of Invisible Disability

Mental health condition, Chronic pain conditions, Neurological conditions, Sensory Impairment, Learning Disability.

This awareness week is crucial because it helps bring visibility to the invisible. By bringing awareness, we can work to conquer the stigma associated with these conditions and create a greater societal understanding of what these conditions are like.

October is ADHD Awareness Month

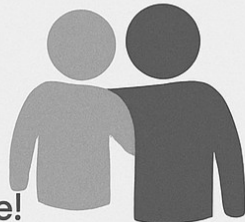


Let's learn, support, and spread awareness about Attention-Deficit/Hyperactivity Disorder (ADHD).

- **What is ADHD?**
A neurodevelopmental condition that affects focus, attention, and self-control
- **Common Signs:**
Difficulty focusing or staying organized
Restlessness or constant movement
Impulsivity (acting before thinking)
- **How We Can Support:**
Be patient and understanding
Encourage strengths and talents
Share helpful resources and coping strategies



Remember: ADHD doesn't define a person — it's just one part of who they are. With the right support, people with ADHD can thrive!



Let's work together to break stigma and build awareness.



This year's theme is

Mental Health and Substance Use Health: A RIGHT, NOT A PRIVILEGE

Mental Illness Awareness Week (MIAW), held annually during October, is Canada's national campaign aimed at enhancing awareness of mental illness and substance use health, reducing related stigmas, and illuminating the real experiences of those affected.

Keeping with this year's theme, **Club 90 will have guest speakers** to share their stories and recovery with substance use.

Joining them will be Ryan who is an Addiction & Mental Health Case Manager from the Counselling Centre of East Algoma.

Friday October 10th at 1pm please join us and share your story!



1st Annual Camp Thompson SURVIVOR GAMES!!!

Club 90 and our friends from **Karis Disability Services** came together for our **1st Annual Camp Thompson Survivor Games** — what an unforgettable day it was!

Team spirit was off the charts, with everyone jumping in and making the event a huge success. From laughter to friendly competition, every moment was filled with energy and joy.

At the end of the day, *everyone was a winner* — and we all got to take home these awesome, cool hats as a reminder of the fun we shared.

We can't wait for next year!

