

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

April 2026



415th Edition



Club 90 will be closed celebrating Good Friday April 3rd and Easter Monday April 6th, see you on Tuesday



How many Easter Eggs can you find in Stepping Stones. Let Heather know!



Club 90's Easter Feast Menu 2026

Please join us April 9th
2 seatings : 1pm and 3pm

- *Ham*
- *Turkey*
- *Hashbrown Casserole*
- *Carrots*
- *Ambrosia Salad*
- *Brownie Dessert*



Please call 705-848-2879
or sign up at Club 90!

Happy Easter from Club 90

Candice wrote what Easter means to her:

Hop...Hop! What do I hear? It's the Easter bunny! He's got his basket full of goodies and chocolates. The Easter bunny is my friend since he is so cute. Also I love the many chocolates he brings in his basket every year. Here come Peter Cotton Tail, hoping down the bunny trail. Easter is on it's way. I love the chocolate Easter bunnies with rice crisps, the Oreo chocolate eggs are yummy also! Chocolate is us women's best friend :)

Plus I also love all my plushies (squishmellows)

Hoppy Easter Everyone! Hugs Candice :)



EASTER



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 helpines 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:



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).

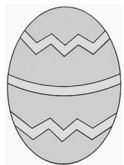
Join today! Call 705-848-2287, ext. 2104 for more information.



Ontario Works and ODSP will be here on

Tuesday April 21st until 3pm

Need help with dental, medical aids or dietary needs



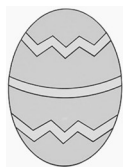
Daniel, Christine, Pim, Dakota, Gord, Jennifer, Donald, Aubrey, Jasmine, Roy, Orlena, Warren, Cody

DUNGEONS & DRAGONS

Fridays from 11 a.m. to 2 p.m.



Are you looking to be more social, unplug from electronics and interact with people, all while simulating your mind and laughing... then D&D is calling your name.
Don't know how to play?...no worries we will teach you, and you make new friends while doing so!



ELF GNOME HALF ORC DWARF HUMAN HALFLING HALF ELF

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.

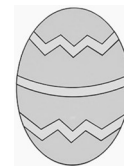
Stepping Stones, 10 Paris Drive, Unit 6, Elliot Lake, ON, P5A 2L9 Tel:705-848-2879

Monthly Presentations

The Counselling Centre of East Algoma will be joining us at Club 90 on the following days for presentations @ 12:00pm

April 16th...Goal Setting Tips and Tricks

April 21st...Food Addiction learn Tips and Tricks



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.

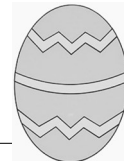
How Can We Help You?

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





NISA

NISA (Northern Initiative for Social Action) a longstanding Peer Support organization in Sudbury is currently expanding its range of group programs to support individuals living with mental health and substance use challenges.

Sharing Circle Mondays



Virtual Hangouts



Thursdays

Virtual Group Sessions

Connect with NISA here at
Club 90 on Monday and
Thursday's

Come check it out all month :)



NEWLY IMPROVED and
SPACIOUS LOCATION

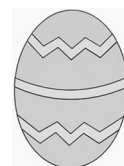
23 Timber Rd



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.

MAGIC

The Gathering®

UNPLUG

What are you waiting for?
Want to make new friends and be creative
with your mind at the same time?
Wednesdays 12p.m to 3 p.m.



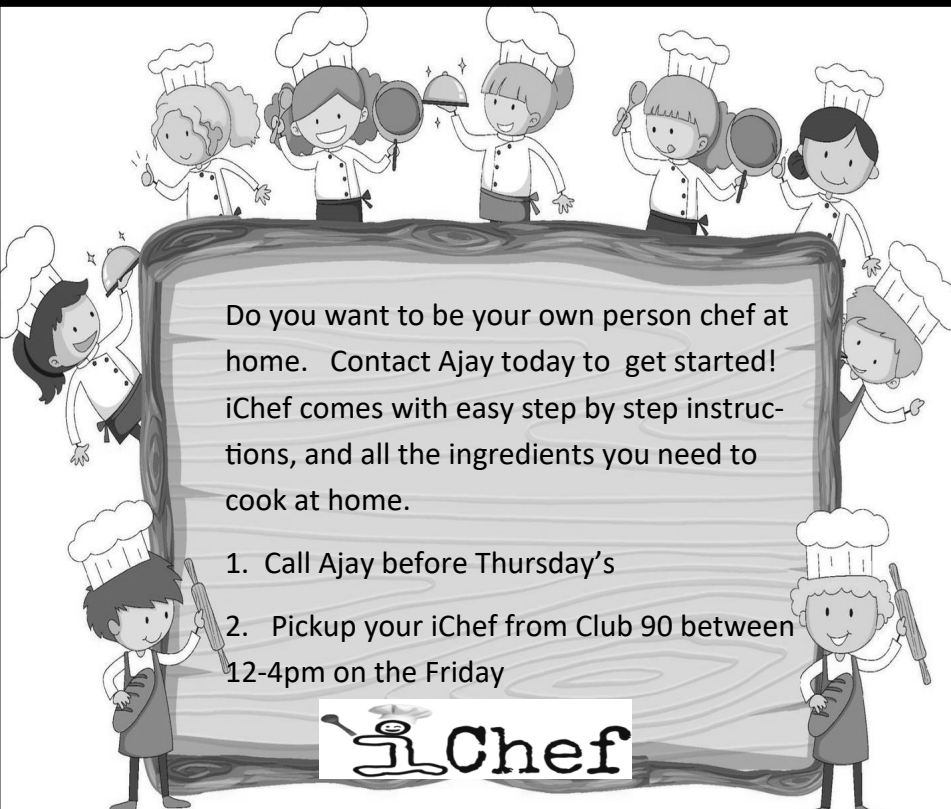
Morning Glory Villa

ACCOMMODATIONS IN ELLIOT LAKE




TEXT OR CALL
705-849-5291
EMAIL
morninggloryvilla35@gmail.com

Can be Viewed
on VRBO.com



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



Activities

Hosted by Member's




Pool Tournament

Tuesday April 14th
at 12:30pm

sign up and see if you got what it take to be pool master!

Crafters Corner with Jennifer and Cindy on Mondays at 12:30pm



Beautiful Handmade Birthday Card



Mental Health

Tip of the Month!

Get Outside and Reconnect

As spring begins to arrive, April is a great time to step outside and reconnect with nature. Spending time outdoors—even for a short walk—can help improve mood, reduce stress, and increase energy. Fresh air, sunlight, and moving all support better mental well-being.



Try this:

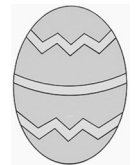
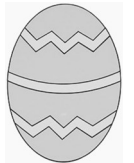
- Take a **10–15 minute walk** outside
- Sit outside with a **coffee or tea** and enjoy the fresh air.
- Invite a **friend or fellow member** to join you for a walk or chat.
- Notice small signs of spring like birds, sunshine, or new plants.

Join us at Club 90 on Friday's at 11am, for a coffee social at the round table and connect with fellow members.



Addictions is not just drugs and alcohol. There are many types of addictions, some you don't even realize you might be addicted too.

Join *Ryan from The Counseling Centre of East Algoma* on **April 21st at lunch and learn at 12:00pm** to understand different types of addictions and how to get assistance and support.





Autism Awareness & Acceptance – April



Understanding Autism

Autism, also known as Autism Spectrum Disorder (ASD), is a lifelong developmental difference that affects how people communicate, interact and experience the world.



It is called a **spectrum** because every autistic person is different.

- ✓ Sensory sensitivities (lights, sounds, crowds)
- ✓ Preference for routines
- ✓ Unique communication styles



- ✓ Preference for routines
- ✓ Unique communication styles

Autism in Adults

Autism is lifelong, and many people are diagnosed in adulthood.

- ✓ Prefers clear and direct communication
- ✓ Feels overwhelmed in busy environments
- ✓ Enjoys routine and predictability
- ✓ Has strong interests & deep knowledge



Did You Know?

- Autism is lifelong.
- Many adults are diagnosed later in life.
- Autism is part of neurodiversity.
- Listen to autistic voices.
- Promote inclusion & kindness.

Strengths of Autistic Individuals

- ✓ Attention to detail
- ✓ Creativity & unique thinking
- ✓ Honesty & loyalty
- ✓ Focused problem-solving



How We Can Support Autism Acceptance

- ✓ Be patient & understanding
- ✓ Respect sensory needs
- ✓ Listen to autistic voices
- ✓ Promote inclusion & kindness



- ✓ Listen to autistic voices
- ✓ Promote inclusion & kindness

Community Message

At Club 90, we believe everyone deserves respect, connection, and a place to belong.

♥ Different minds make our community stronger.

Club 90

