

Community Supports at Your Fingertips

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
Ontario Works	(705) 848-7153
Suicide Crisis Helpline	9-8-8
Supportive Independent Living	(705) 461-9561
After Hours Crisis Support	1-800-721-0077
WARM LINE.....	1-866-856-9276

STEPPING STONES

August 2026



419th Edition

Elliot Laker Tyrina and her team are heading to Medicine Hat, Alberta for the Special Olympics. Make Elliot Lake and Ontario Proud LET'S GOOOOO!!!!



BBQ

FUNDRAISING DAY

AT

CLUB 90

COME ON DOWN
ON
FRIDAY'S
BETWEEN
12PM-3PM

**FOR SOME YUMMY
BURGERS AND HOTDOGS!**

6-10 PARIS DRIVE



Crisis & Support RESOURCES



911 If you or someone else is in immediate danger, call 911 or go to the nearest Emergency Department.



9-8-8 Suicide Crisis Helpline

Call or Text: 9-8-8

- Available 24 hours a day, 7 days a week, across Canada
- Free, confidential support for anyone experiencing emotional distress, thoughts of suicide, or concern for someone else
- Available in English and French



Kids Help Phone

Call: 1-800-668-6868

Text: CONNECT to 686868

Website: kidshelpphone.ca

- Free, confidential support for children, youth, and young adults across Canada
- Available 24/7
- Counselling, crisis support, and mental health resources



Youthspace

Text: 778-783-0177

Website: youthspace.ca

- Emotional support and crisis chat service for youth and young adults
- Peer support available during operating hours



LGBT YouthLine (Ontario)

Call: 1-800-268-9688

Text: 647-694-4275

Website: youthline.ca

- Peer support by and for 2SLGBTQIA+ youth
- Confidential support, information, and referrals



Trans Lifeline

Call: 1-877-330-6366

Website: translifeline.org

- Peer support run by and for transgender people
- Available across Canada and the United States
- No active rescue policy unless requested by the caller



211 Ontario

Call: 2-1-1

Website: 211ontario.ca

- Free information and referrals to community, social, housing, food, legal, and mental health services
- Available 24/7



Hope for Wellness Helpline

Call: 1-855-242-3310

Website: hopeforwellness.ca

- Available 24/7 for all Indigenous Peoples across Canada
- Immediate mental health counselling and crisis intervention
- Phone and online chat options
- Culturally grounded and trauma-informed support



National Indian Residential School Crisis Line

Call: 1-866-925-4419

- 24/7 emotional and crisis support for former Residential School students and their families



Connex Ontario

Call: 1-866-531-2600

Text: CONNEX to 247247

Website: connexontario.ca

- Provides free, confidential, 24/7 information, support, and referrals for mental health, addiction, and problem gambling services across Ontario.
- Helps individuals, families, and professionals find local counselling, treatment programs, crisis supports, self-help groups, and community resources that meet their needs.



Talk4Healing

Call: 1-855-554-4325

Website: talk4healing.com

- Indigenous-led support for Indigenous women, girls, Two-Spirit and gender-diverse people in Ontario
- Available by phone, text, and live chat

You Are Not Alone

Reaching out for support is a sign of strength. Whether you are experiencing a crisis, supporting a loved one, or simply need someone to talk to, help is available. There are people ready to listen, support, and connect you with the resources you need.



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:



Ontario Works and ODSP will be here on
Wednesday August 19th until 3pm

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



*Bernard, Denise, Charles, Frank,
Janice, Roseanna, Maggie,
Jessica, Santa, Austin*



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.



Meet Club 90's summer student

My Name is Dawson and I have recently graduated high school. I am going to Brock University in September to study Biological Sciences.

My goal after school is to become a vet and eventually open my own practice. I have chosen to become a vet because of my interest in animals and how they've affected me in life. My interests are going to the gym, fishing, videogaming and hanging out with friends.



Illustrated SVG Designs for Crafters & Small Business Owners
(Commercial License Included)



Lynda M. Metcalf
SVG Design

SVG | PNG | DXF | EPS

*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*

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

August 25th...Recognizing and Preventing Scams by Jess

August 27th...Building Healthy Connections through Communication 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



**Special Olympics Canada
Summer Games**
Medicine Hat 2026
**Jeux d'été d'Olympiques
spéciaux Canada**



**NEWLY IMPROVED and
SPACIOUS LOCATION**
23 Timber Rd



Club 90's member Tyrina is off to the Special Olympics Summer Games in Medicine Hat Alberta. The week of August 11th to 16th

Tyrina will be competing in the 100 meter, 200 meter and 400 meter runs. Also in the javelin, shot put and running long jump.

Let's all cheer on Tyrina as she competes next. Hope you make Elliot Lake proud and bring home medals

GO TYRINA..... WOOHOOO!!

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

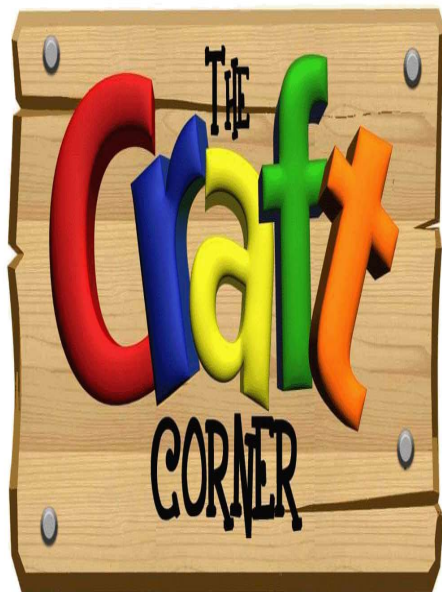
New email address: ElliotFoodBank@gmail.com



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.





Join Heather on Tuesday's
In the Journaling corner. From
bullet journaling to daily
affirmations something for
everyone



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



Mental Health
Newsletter Series

Mental Health & Independence

Focus: Confidence and skill-building

Independence doesn't mean doing everything on your own. It means having the confidence, skills, and support to make choices that are right for you.



What Independence Really Means

Independence looks different for everyone. It's not about being perfect or doing everything alone.

It's about:

- Making choices
- Taking care of yourself
- Asking for help when you need it
- Building a life that feels right for you



Small Wins and Personal Growth

Big change starts with small steps. Every little step forward counts!

Examples of small wins:

- Getting out of bed on a tough day
- Trying something new
- Completing a task
- Saying "no" or setting a boundary
- Reaching out for support

Celebrate your progress—no matter how small!



Learning Life Skills at Your Own Pace

Life skills can help build confidence and open doors to more independence.

At Club 90, we support you in learning:

- Cooking and meal planning
- Budgeting and money management
- Time management
- Communication
- Problem solving
- And more!

You're in charge of your pace. We're here to support you.



Celebrating Progress at Club 90

At Club 90, we believe in recognizing your achievements and supporting your goals.

We celebrate by:

- Cheering each other on
- Sharing successes
- Encouraging growth
- Building a positive, respectful community

Your progress inspires others!



Remember:

Independence is not a destination – it's a journey. Be kind to yourself. You're doing the best you can, and that's something to be proud of.

You've got this!

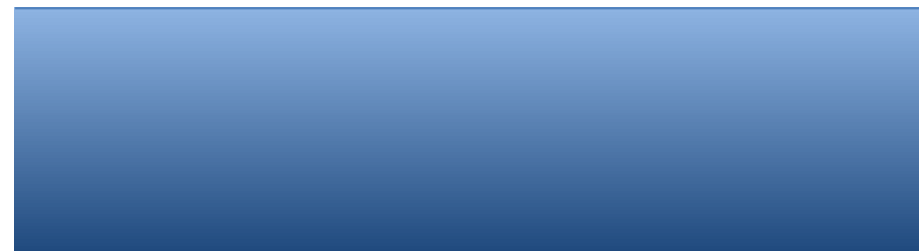
Ways We Support Independence

- ✓ Life skills programs (ICHEF, budgeting, more)
- ✓ Supportive staff and peer encouragement
- ✓ A safe place to learn, grow, and belong
- ✓ Opportunities to build confidence
- ✓ Help connecting with community resources



Take it One Step at a Time

You don't have to have it all figured out today. Just take the next right step. We're here with you.



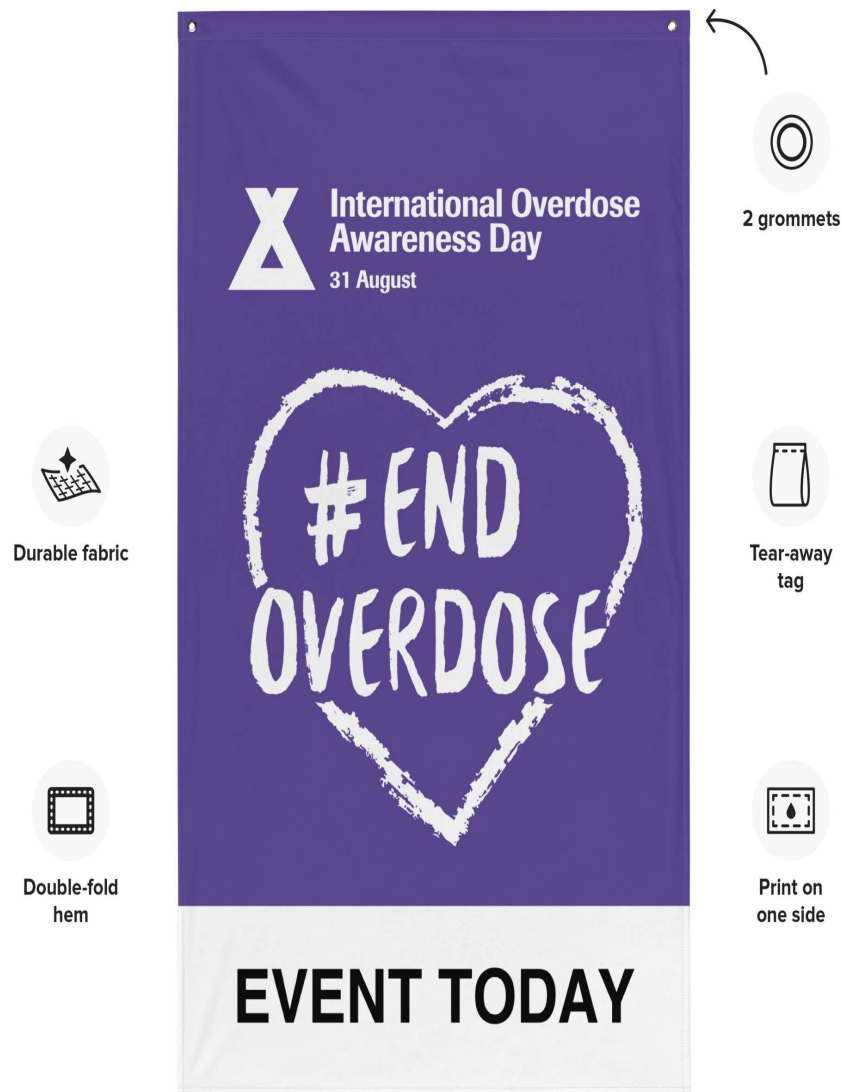
Club 90 will be attending Camp Thompson again on September 16th, 2026

Cost will be \$7 per person. Price will include access to Camp Thompson, light lunch with snacks and water. AJ Bus Lines will pick us up from Club 90 at 9:30am and we will return at 3:30pm to Club 90.

This Month's SURVIVOR Camp Thomas with Karis Disability Second annual Survivor games with Karis Disability. Outwit, Outlast and Outplay. Come and enjoy a day filled with different games and activities played in teams.

Sign up and pay before September 9th





INTERNATIONAL OVERDOSE AWARENESS DAY

— AUGUST 31 —

**END STIGMA.
END SILENCE.
END OVERDOSE.**



August 31st marks International Overdose Awareness Day. This is the world's largest campaign to end overdose, remember those we have lost without stigma, and acknowledge the grief of the family and friends left behind.

At Club 90 our core mission is to provide a safe, supportive, and judgement-free space. This day holds significant for many of our members, families, and staff. Together we stand in solidarity to raise awareness, reduce Stigma and share life-saving knowledge.

How We Are Marking the Day

Memory Wall: We invite you to leave a note, photo, or name on our dedicated memorial wall at the Club to honor loved ones.

Ryan from The Counseling Centre of East Algoma will be at the club for an open discussion on addictions.

Go Purple: Club 90 will be dress in purple on the day

