

<u>Community Supports</u>	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 Support .....	.....1-800-721-0077
WARM LINE.....	.....1-866-856-9276

# STEPPING STONES

January 2026



412th Edition



# Social Media Security



Scammers are on the rise. Are you safe from social media scams? Do you have proper security set up to protect yourself? Join Ajay at Club 90 on Tuesday January 27th at 1:30pm to learn how to protect yourself while using Social Media

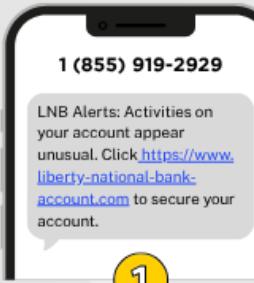
OPP Officer Phil Young, will be at Club 90 on **Tuesday**

**January 13th at 1:30pm**

He will be presenting and talking about currently Scam that are going around, from texts, emails, phone calls and even from banks.

How do you spot a

## PHISHING TEXT MESSAGE?

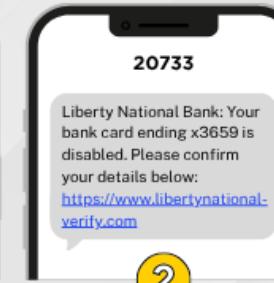


1 (855) 919-2929

LNB Alerts: Activities on your account appear unusual. Click <https://www.liberty-national-bank-account.com> to secure your account.

1

It asks you to click unusual links

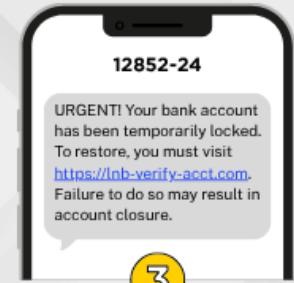


20733

Liberty National Bank: Your bank card ending x3659 is disabled. Please confirm your details below: <https://www.libertynational-verify.com>

2

It asks you to verify personal information



12852-24

URGENT! Your bank account has been temporarily locked. To restore, you must visit <https://lnb-verify-acct.com>. Failure to do so may result in account closure.

3

It uses high pressure language

### Signs of a Scam



Professes love quickly.



Claims to be from the U.S., but is overseas for business or military service.



Asks for money, and lures you off the dating site.



Claims to need money — for emergencies, hospital bills, or travel.



Plans to visit, but can't because of an emergency.



# 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](http://www.eastalgomaconnects.com) or download our app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



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

[www.Elliottlake.ca](http://www.Elliottlake.ca)  
705-848-2287

 Find us on  
Facebook

[fb.com/cityelliottlake](http://fb.com/cityelliottlake)

# DUNGEONS & DRAGONS®



Back by popular demand. D & D everyone's favorite game is back with DM Erica in the house!

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



*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

**January 15th** on 6 Doctors of Health & Wellbeing

**January 21st** on Couping Skills for Addictions

**January 29th** on Building Resilience



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](http://www.elnos.com)

31 Nova Scotia Walk, Suite 306  
Elliot Lake, ON P5A 1Y9  
705-848-0229/1-800-256-7299



# HearingLife



"Our hearing care professionals offer comprehensive services including free consultations, custom ear plugs, hearing aid fitting, adjustments, repairs and more. They also offer the essential guidance needed to fully leverage the government programs and benefits available to you."



Tyler Strutt  
Hearing Instrument Dispenser

Heary Heary....

Tyler from HearingLife will be at Club 90 on  
**Thursday January 9th from 12pm to 3pm.**

Tyler will be doing mini hearing tests and  
checking ears.

Members please sign up for a free tests and  
meet Tyler!!



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](mailto:ElliotFoodBank@gmail.com)



**C**lub 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®

If D&D isn't our forte, check out  
Magic The Gathering  
Wednesdays 12p.m to 3 p.m.



Do you want to be your own personal 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

 Chef

**Morning Glory Villa**  
ACCOMMODATIONS IN ELLIOT LAKE



TEXT OR CALL  
**705-849-5291**  
EMAIL  
[morninggloryvilla35@gmail.com](mailto:morninggloryvilla35@gmail.com)

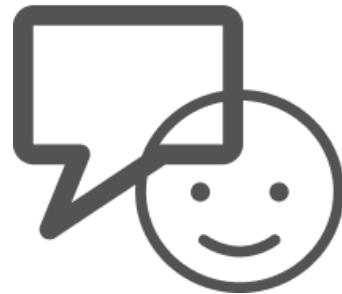
Can be Viewed  
on VRBO.com

## New Year...New You!

Join us at Club 90 on Monday's and Wednesday's for 30 min Workouts and meditation. New year...New Year....Time to take care of your personal self!!



 **FITNESS**



# Bell Let's Talk

## January 21st

Bell Let's Talk Day is January 21, 2026, marking the 16th annual event focused on mental health awareness, acceptance, and action.

The 2026 theme is "**Taking a moment for mental health**," encouraging Canadians to pause, reflect, and give mental health the priority it deserves

Bell committing \$10 million to Canadian mental health initiatives on this day!!

Join us at Club 90 on **Wednesday January 21st** for a day full of activities geared towards, your own personal Self Care like a fun dance exercise and positive reflection creating Vision Boards.

Ryan from **The Counseling Centre of East Algoma** will also be here at **1:30pm** to help with coping skills for any addictions to better your personal self care.

7

"I can't save money"

"I don't have the money to save"

"I don't know where to start"

Do any of these saying sound familiar? Well now is the time to start saving and by the end of the year you will have \$1378 .

Join us at Club 90 on Friday's to motivate and stay on course with this savings challenge! Sign up and visually keep track!

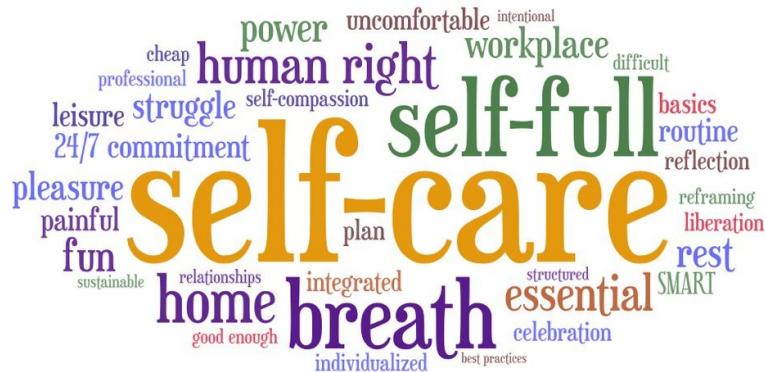
### 52 Week Savings Challenge



\$1	\$2	\$3	\$4	\$5	\$6	\$7
\$8	\$9	\$10	\$11	\$12	\$13	\$14
\$15	\$16	\$17	\$18	\$19	\$20	\$21
\$22	\$23	\$24	\$25	\$26	\$27	\$28
\$29	\$30	\$31	\$32	\$33	\$34	\$35
\$36	\$37	\$38	\$39	\$40	\$41	\$42
\$43	\$44	\$45	\$46	\$47	\$48	\$49
\$50	\$51	\$52	<b>TOTAL = \$1378</b>			

*Save a Dollar a Week*

# January Self Care



## 8 types of self care



## Club 90 Self Care Month

### Physical Self Care

- ⇒ 30min workout at 2:00pm on Monday & Wednesday's

### Mental

- ⇒ Friday's at 11am Round Table Social mindfulness talk

### Emotional

- ⇒ Friday's at 11am journalling

### Spiritual

- ⇒ Monday's at 2:30pm

### Intellectual

- ⇒ Learning from The Counseling Centre of East Algoma

### Environment

- ⇒ Online social media security, Scams

### Social

- ⇒ Connecting with friends and making new friends daily at Club

### Financial

- ⇒ We will teach a new saving challenge to save money over the whole year and save around \$1300+