

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

**404th Edition**

National Mental Health Week Unmasking Mental Health



Celebrating Mental Health Week together!

@ 10 Paris Drive, Unit 6 Elliot Lake ON

705-848-2879



Monday May 5th/2025

EVENTS		
11 am	Unmask Mental Health together as a community	Enjoy a FREE brunch at Club 90 with presentations to follow
12 pm	Presentation by Larry's Place, the men's shelter, on unmasking stigma in our community	Men who survived addictions and mental health issues will unmask and tell their personal story through their eyes
2 pm	Presentation by James on his personal experience with Stigma	James will talk to us about unmasking the stigma by taking the first step to get help and how he cops with mental health

Tuesday May 6th/2025

EVENTS		
12pm-3 pm	FUN Community BBQ/Open House	Info tables from East Algoma Mental Health, Seniors' Mental Health Program, and Alzheimer's Society
1 pm	Presentation-Counselling Centre of East Algoma on Unmasking Mental Health	Unmasking anxiety with coping strategies
	Our Gift to You	Come to Club 90 to plant Daisy seeds in disposable pots to plant at home to watch Mental Health Grow

Wednesday May 7th/2025

EVENTS		
11am-12pm	Showing our true selves, Talent Show with our friends from Karis	Enjoy a free show put on by Club 90 and Karis
1 pm-2 pm	Community Lunch	Enjoy sandwiches and salad with refreshments
2:30 pm	Movie "Cake" hiding behind a mask, Starring Jennifer Aniston	Jennifer Aniston's performance shows how pain (mental and physical) is often hidden behind a mask of control.

Thursday May 8th/2025

EVENTS		
1 pm	Presentation from the Counselling Centre of East Algoma on Unmasking Mental Health	Unmasking depression with coping strategies
2pm-3:30pm	Community activities create your mask to unmask mental health	On the front of the mask, draw how people see you. On the back, write or draw how you feel on the inside
2pm	Peel back your mask	Step into your Identity With makeup or face painting Done by Melanie

Friday May 9th/2025

EVENTS		
1-3pm	What is unmasking? Join the Mental Health Unmasking Challenge	It can be hard to know where to start when it comes to removing the mask that you may have been wearing for a long time. Proactive Measures to Remove Masks Learn with us at the Club how to be your true self with different activities to remove the mask



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MENTAL HEALTH WEEK



UNMASKING MENTAL HEALTH



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 4pm on Thursday's
2. Pickup your iChef from Club 90 between 12-4pm on the Friday
3. Share your brilliant meals you

iChef

Join us at Club 90 every Friday from 12-3:30pm

(weather permitting) .

Enjoy burgers, hot dogs, pop and baked goods!





Mental Health Week May 5th-11th

Unmasking Mental Health

Masking is hiding or suppressing something about ourselves—emotions, personality, traits, behaviors or symptoms from others. It's a coping mechanism used to stay safe, hide in plain sight or fit in, and we may even do it without being aware of it.

People mask for a lot of different reasons, including social acceptance, economics necessity and sometime fear. Masking can be a helpful tool in our day to day lives—it can help people navigate social situations, feel safe and maintain personal boundaries and privacy. We don't always want to share everything about ourselves with every person we interact with, and masking lets us decide who gets to see which parts of us.

Unfortunately, people with mental illnesses and addictions often feel the need to mask to keep a job, find housing, or simply be accepted. When asked how we're doing, many of us respond with the socially acceptable "I'm fine" or I'm good" even though we might be having a bad day.



Come to Club 90
on the 15th to
celebrate !!

**Diane, Glen, Lynn,
Sherry, James,
Francine, Bonnie, Diane,
Maurice, Georgi**



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



At Club 90 we encourage the members to be an integral part of the day to day operations which include:

Café Unit: Service from the café is available at a nominal cost to members

Clerical Unit: Members participate in general administration operations

Maintenance Unit: Members maintain premises and equipment.

Members and staff are responsible for developing or updating the various skills necessary for the proper operation of the club units. The work habits and abilities will enhance the members' potential and go a long way to renewing self-confidence and self-efficacy

If interested please contact Heather or Ajay 705-848-2879

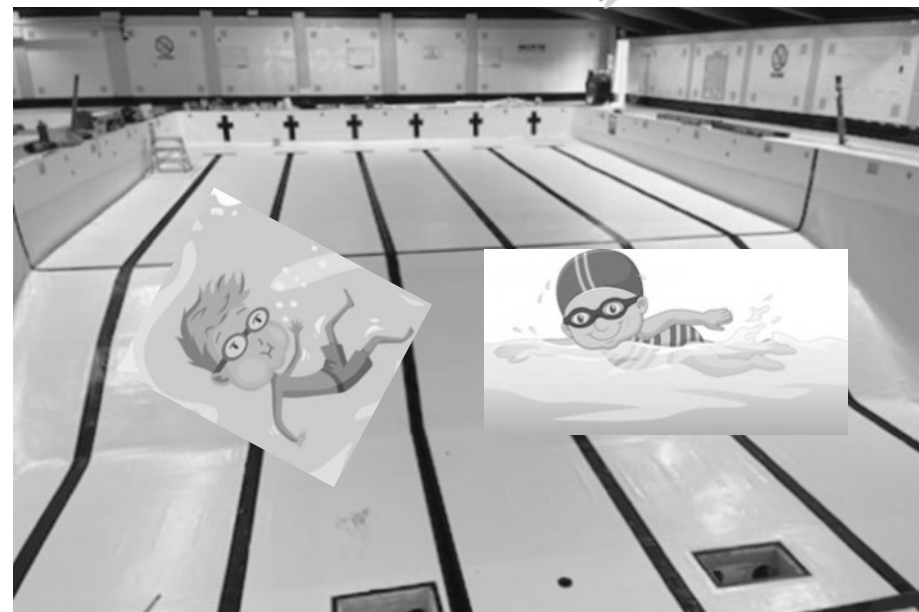
This disclaimer informs readers that the views, thoughts, and opinions expressed in Stepping Stones belong solely to the author, and not necessarily reflect Club 90's and/or North Shore Community Support Services, Inc. opinion.

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

Ontario invests \$1.5 million in Elliot Lake pool upgrades

The Ontario government provided more than \$1.5 million to the City of Elliot Lake for upgrades to the Ruben Yli-Juuti Centre municipal pool, helping to create jobs, protect the economy and promote health and well-being in northern Ontario.

"Our government is helping northern communities upgrade recreational infrastructure," said George Pirie, Minister of Northern Economic Development and Growth. "Important community hubs, such as the Ruben Yli-Juuti Centre, contribute to the overall quality of life of northerners and bring economic opportunities to their municipalities. Through our funding, we are supporting the development of an energy efficient and vibrant aquatic centre in Elliot Lake that will service the community for generations to come."



NSCSS / CLUB 90 will be participating in the Alzheimer walk starting at noon. So come on down to the Collin's Hall to cheer us on!

Did someone say pancakes??? Sign me please, contact Heather at Club 90 to purchase your tickets to the

Join Us!

Alzheimer Society

Pancake BREAKFAST

Sunday May 25th, 2025
Collins Hall Elliot Lake

Doors Open 8:30am to 11:00am
THE WALK FOR ALZHEIMER'S STARTS AT NOON

Live Music Starts at 10am
Special Musical Guests
Jim Graham, and Mr & Mrs

SUPPORTED BY
ELLIOT LAKE



HAPPY
HOUR
DELIVERY
SERVICE

IN SUPPORT OF
IG WEALTH
MANAGEMENT
**WALK FOR
ALZHEIMER'S**

Posters & Tickets Printed and
Designed Locally by North Shore
Advertising & Printing



Tickets \$10 each
To purchase a ticket please call:
705-848-8145
or email:
samantharalph@alzheimeralgoma.org

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:



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, meals, friendships, fun and laughter.
- * Obtain skills in the clerical, maintenance and kitchen units.
- * Give back to your community through volunteer initiatives.
- Work on furthering education and career



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



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