

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

Club 90 STEPPING STONES

397th Edition

October 2024



Check for
Details inside!

**Mental Illness Awareness
Week is October 6 - 12, 2024.**



North Shore Community Support Services, Inc. held their Annual General Meeting (AGM) on Sept 24/2024. The AGM is a yearly meeting that brings together all corporate members of the charity to review the past fiscal year of the organization including Audited Financial Statements, program reports and approving nominated board members for the next year. Successes and challenges as well as strategies and the performance of the corporation of the past year are shared. NSCSS has supported people for the past 29 years in Elliot Lake!

Lesley San Cartier:

A devoted and cherished member of the North Shore Community Support Services, Inc. Board of Directors since 2014 and volunteer at Club 90 since 2012.

It is with a heavy heart that we have learned of her passing on August 13, 2024 at 85 years of age. Lesley dearly loved this organization and supported our vision and mission through action. Who we are, and what we are working to become is a tribute to the work she did with our board over the past 10 years.



Lesley was an amazing person who was always committed to support so many of Club 90 members and, beyond, people in our community. Lesley LOVED her family - We were honoured to have been part of her extended family. Lesley was one of our most active and engaged volunteers, and we have valued her thoughtful insights and treating everyone with Kindness and Respect, giving of her Love and Hope.

Lesley will be seriously missed and leaves a big void.



AT CLUB 90



OCT 10TH

2 SEATINGS/ 1PM AND 3PM

It's that time of year again where we give thanks to friends, family and all our achievements.

Menu

Turkey/Ham

Mashed Potatoes

Stuffing Balls

Mashed Carrots and Turnip

Apple Pie and Pumpkin Dessert

Just a reminder to please call or come in to sign up here at Club 90. 705-848-2879



Mental Illness Awareness Week **October 6 - 12, 2024.**

CANADIAN ALLIANCE
ON MENTAL ILLNESS
AND MENTAL HEALTH



Mental Illness
Awareness Week

Semaine de sensibilisation
aux maladies mentales

The disease burden of mental illness
and substance use in Ontario is

1.5x higher
than all cancers put together.

- Centre for Addiction and Mental Health

CANADIAN ALLIANCE
ON MENTAL ILLNESS
AND MENTAL HEALTH



Mental Illness
Awareness Week

Semaine de sensibilisation
aux maladies mentales

La charge de morbidité liée à la maladie
mentale et à la toxicomanie en Ontario est

1,5 fois supérieure
à celle de tous les cancers réunis

- Le Centre de toxicomanie et de santé mentale



**Dave, Gary, Beverly,
Bill, Adam, Cath-
erine, Norma and
Dennis!**

DID YOU KNOW ??

Did you know you could attend **AA/NA** meetings from the comfort of your own home? You could join **virtual meetings Online & by Phone.**

To join a virtual meeting enter one of the following links into to your search bar and follow the directions.

If you require any assistance or don't have a device of your own, members can come to Club 90 for assistance.

<https://aa-intergroup.org/meetings/>
<https://www.orscna.org/meetings>

"Our greatest glory is not in never falling, but in rising up every time we fall."

Presentations by James Bridson and Lisa Lanktree from the Oaks Center learning about Successes and Challenges with Addictions and Recovery.



Thank you so much, Lisa & James !

Proud supporter of the Club 90 program

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Located at:
52 Ontario Ave. Elliot Lake, ON P5A 1Y1
705-848-2626

DUNGEONS & DRAGONS

Is Dungeon and Dragan's a game for you! If so Club 90 members meet every Wednesday from 11am to 3pm. Please stop by or call to sign up!! The adventure awaits!





HAPPY HALLOWEEN!

AT Club 90

**Oct 31st from 1pm to 4pm
for some Spooky Fun!**

**Show your talent with that
unique costume!**

Food and beverages availa-



Carol Hughes

MP/Députée
Algoma-Manitoulin-Kapuskasing

My office can help you:

- Immigration & Citizenship
- Revenue Canada
- Employment Insurance
- Disability Tax Credit
- Seniors, CPP, OAS, GAS
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705-848-8080
1-855-297-4200
carol.hughes@parl.gc.ca

NDP  **NPD**

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

ELLIOT LAKE EMERGENCY FOOD BANK

NEW Location: 29 Columbia Walk

OPEN

**MONDAY-WEDNESDAY-FRIDAY
10 A.M. TO 12 P.M. & 1 P.M. TO 3 P.M.**

WAYS TO DONATE:

- Use Drop boxes at various Stores.
- Drop off your food or monies at the Food Bank.

705-461-3663

PHONE



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



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

www.Elliotlake.ca
 705-848-2287



fb.com/cityelliotlake

Activities

Wow, members are having fun at Club 90! From puzzles, board games, pool, crafts, D&D, cooking and baking, They all bring their own talent and skills to the Club and teach each other.

And of course, making new FRIENDS!



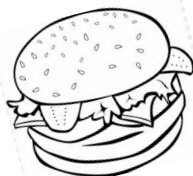
Community BBQ at Collins Hall hosted by Community Living Algoma!

On September 5th, Community Living Algoma hosted a free BBQ at the Collins Hall for the Community!

What a great time the members had making new friends and mingling with the everyone.

"Thank you"

Community Living
Algoma, for such a
great event .



Michael Mantha

MPP, Algoma-Manitoulin

Working for
Northern Ontario

Travaille pour
le nord de
l'Ontario



michaelmantha.com | 1-800-831-1899

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.eastalgomacconnects.com or download or app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



Available on:

