

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

**408th Edition**

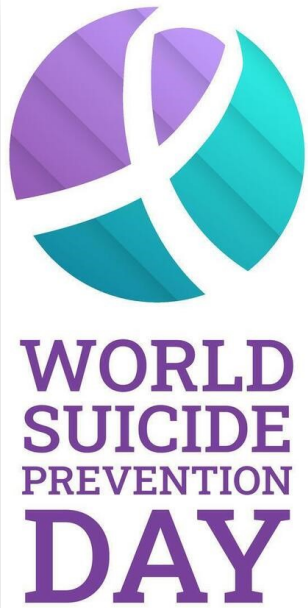
SEPTEMBER IS

NATIONAL
**ALCOHOL &
 DRUG
 ADDICTION**

RECOVERY MONTH



September 10th



Join Club 90

Wednesday, **September 10th**
at 1:30pm for a presentation
from the Counselling Centre
of East Algoma

Crisis Plan / Took Kit!

Today might be a good day,
but tomorrow is not known,
so be prepared for the bad
days ahead, as you are never
alone!

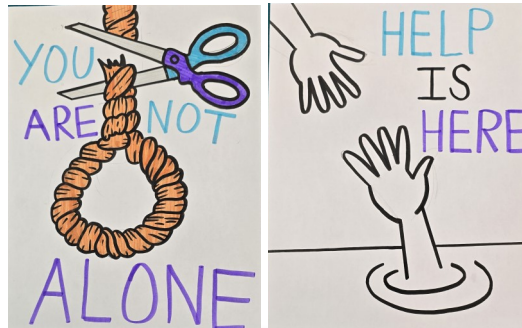
**At CLUB 90,
Everyone Is Welcome
and Valued.**

Austin, one of our talented
members, shares their artistic
gifts by creating beautiful-
ly illustrated words of affir-
mation to inspire and uplift
others.

WE ARE HERE TO HELP!

YOU ARE NOT ALONE!

YOU ARE ENOUGH!



Let's celebrate people on their path to recovery and re-
mind them they're not alone.

When it comes to recovery from addiction, support
makes a big difference. Let's celebrate people on their
path to recovery and remind them they're not alone.

Join us at Club 90 **Tuesday Sept 16th and 23rd at
11am to celebrate recovery.**

Club 90 is hosting breakfast with coffee, water and
friendly chats from the community All are welcome.



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:



If you do not have a family physician, please call:

Health Care Connect

1-800-445-1822

If a new physician comes to Elliot Lake - they will take patients from this list first.



*Deborah, Lynda, Jamie, Dan, Alois,
Scott, Rene, Samirah, Caroline, Donna,
Tyrina, Emily, and Jacob*


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

Morning Glory Villa

ACCOMMODATIONS IN ELLIOT LAKE



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

Can be Viewed
on VRBO.com

Monthly Presentations

The Counselling Centre of East Algoma will be here on **September 11th** to do a presentation on Budgeting. Then again on **September 25th** for a presentation on setting boundaries. Join us at Club 90 1pm



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



STRONGER TOGETHER


Rise Up. Stand Strong. Move Forward

Open to men of all ages

When: Every Friday, starting September 5
Time: 1:00 p.m. – 3:00 p.m.
Where: ELNOS Board Room (3rd Floor, ELNOS Building, Elliot Lake)



Questions/Info
jeremyh@cmhassm.com/705-849-4115
bpaul@counsellingcentre.org/ 705-848-2585 ext 702



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

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
Blind River,
Nations, S

provide various loan and
ions for your business. We
provide financial and
ive support for various
imunity 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



Ivan, a member of Club 90, recently returned from a week-long tour of the southern region and is eager to share his experiences and stories from the journey.

Written by Ivan:

On Saturday July 19th at Monster Jam in Massey, I got to ride in a monster truck for the first time. Then I got to watch the show and my favorite monster truck was the "SHARK" but he broke down. I also got to see 2 motorcycles doing trick jumps on the track and they were jumping over each other. It was a very, very, very awesome time, and spending time with my little brother.

We then headed to Toronto New Market to a car show and got to see my favorite car "General Lee, and my second favorite car was the Trans Am Smokey and the Bandit. It was awesome, awesome, awesome.

My favorite sport is hockey and I went to the Hockey Hall of Fame and got a picture with my favorite, favorite, favorite team The Florida Panthers. We also got to shoot hockey pucks and try to score on a goalie.

The last stop was Niagara Falls. It was my very first time there, the Falls were very awesome. I got to ride on the Maid of the Mist boat and we VERY close to the falls but it was so awesome and we got very wet. The best part was I got to ride in a Helicopter and see the falls from way up there. It was VERY awesome.





Magic the Gathering started at Club 90 every
Wednesday from 12pm-3pm.

Even if you don't know how to play, come and learn
something new and meet some great friends in the
mean time!

Camp Thompson



Club 90 will be heading to Camp Thompson for
the last time on **September 17th**. Our friends
from Karis Disability Services will be joining us for the **1st annual**
Camp Thompson Survivor. We will be in 4 teams to Outsmart,
Outlaugh and Out fun to earn team points. Yes that means if you
play Crib and win you get a point towards your tribal team.

Please sign up by September 10th. Fee is \$7.00 and bus leaves at
9:45am and back at 4pm. Tribal Buff, BBQ lunch, snacks and drinks
will be provided!!



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

Club 90 provides a safe, non-judgmental and sup-
portive environment where people can come socialize,
participate in recreational activities and develop new

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, volun-
teers and members greet you when you arrive.

