

<u>Community Supports</u>	<u>Phone Number</u>
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
Karis Disability	(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
After Hours Crisis Support	1-800-721-0077
WARM LINE.....	1-866-856-9276

STEPPING STONES

September 2026



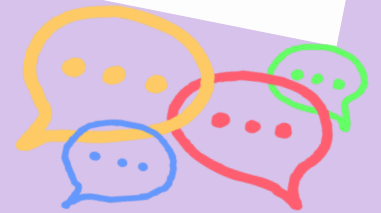
420th Edition

Let's talk about Recovery ...

September
8th
12:30 P.M.
@ Club 90



Join Heather and Ajay @ Club 90 on
Thursday September 10th at 12:30 p.m.
to talk about Suicide Prevention and
creating YOUR Safety Plan.



JOIN CLUB 90

— • ON • —

**TUESDAY
SEPTEMBER 22ND**

AT 2:30PM

With Special Guest

JAMES



James went through drugs and recovery and now 5 years clean and sober.

James will be sharing his story and recovery process and gladly answer any questions.



Real stories. Real hope. Real recovery.

EVERY JOURNEY CAN INSPIRE SOMEONE.

September

National Recovery Month

Do your part in
reducing stigma.



INSTEAD OF

"addict"

"clean/dirty drug test"

"relapse"

"former addict"

"user"



TRY THIS

"person with a substance
use disorder"

"negative/positive drug
test"

"return to use"

"person in recovery"

"person who uses
substances"



**Let's break the Stigma
together!!**

Join us at Club 90 for an
open discussion on
September 8th @12:30pm

**Together we can make a
difference!!**

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:



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.



Ontario Works and ODSP will be here on

Wednesday September 19th until 3pm

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



ONTARIO WORKS & O.D.S.P.



Deborah, Lynda, Dan, Alois,
Scott, Rene, Donna, Tyrina,
Emily, Jacob, Michael,
Penelope, Cameron



Thank You, Elliot Lake Vikings!

A huge thank you to the **Elliot Lake Vikings** for generously donating season passes to the members of **Club 90**! We truly appreciate your support and the opportunity to enjoy some exciting hockey together.

You can count on us to be there cheering on the Vikings **at home, from puck drop to the final buzzer!**

Thank you for supporting our members and our community!



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 lunch and learns @ **12:00pm**

September 8th...workshop on recovery by Ryan

September 17th...Self Love by Shari



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

Mental Health

Tip of the Month!

September: Mental Health & Routine

Focus: Structure & Stability

Routine can play an important role in supporting mental health. Having some structure in our day can provide a sense of stability, predictability, and purpose—especially during times of stress or change.

Topics to Explore

- **Why routine supports mental health** How regular routines can reduce stress, improve motivation, and create a sense of control.
 - **Coping with change and transitions** Understanding that change can be difficult and exploring healthy ways to adjust when routines are disrupted.
 - **Creating healthy daily habits** Small, realistic habits such as getting enough sleep, eating regularly, taking medications as prescribed, getting outside, connecting with others, and setting daily goals.
- Club 90 as a steady support system** How having a welcoming place, familiar faces, activities, meals, and social connections can provide consistency and support.

Mental Health Tip

You don't have to change everything at once. Start with one small habit and build from there. Even a simple routine can be a step toward feeling more grounded and in control.

At Club 90, every day is an opportunity to connect, participate, and take another step forward.



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 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.

HOW TO create a MENTAL HEALTH BULLET JOURNAL

Join Heather on Tuesday's at 11am
and 2:30pm to create your own
mental health Journal.



Join Heather on Thursday's at
2:30pm for Round Table Coffee
Social. Each week will be a
different topic to discuss!

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 Thursday's
2. Pickup your iChef from Club 90 between 12-4pm on the Friday

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

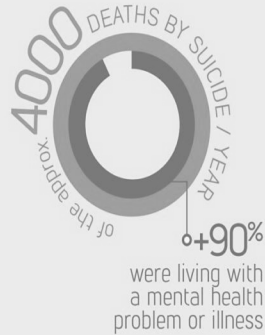
Can be Viewed
on VRBO.com

SUICIDE PREVENTION AWARENESS MONTH

An average of

10

PEOPLE die by suicide EACH DAY in Canada



9th LEADING CAUSE OF DEATH in Canada



ACROSS THE LIFE SPAN

CHILDREN AND YOUTH (10 to 19 years)

- Suicide 2nd leading cause of death
- Males account for 41% of 10-14 year old suicides, increasing to 70% of 15-19 year olds
- Self-harm hospitalizations 72% females

YOUNG ADULTS (20 to 29 years)

- Suicide 2nd leading cause of death
- Males account for 75% of suicides
- Self-harm hospitalizations 58% females

ADULTS (30 to 44 years)

- Suicide 3rd leading cause of death
- Males account for 75% of suicides
- Self-harm hospitalizations 56% females

ADULTS (45 to 64 years)

- Suicide 7th leading cause of death
- Males account for 73% of suicides
- Highest suicide rate across lifespan observed among males 45 to 59 years
- Self-harm hospitalizations 56% females

SENIORS (65+ years)

- Suicide 12th leading cause of death
- Males account for 80% of suicides
- Males aged 85+ experience the highest rate of suicides among seniors
- Self-harm hospitalizations 52% females

FOR EVERY **1** THERE ARE:

5 SELF-INFLICTED INJURY HOSPITALIZATIONS

25-30 ATTEMPTS

7-10 PEOPLE PROFOUNDLY AFFECTED BY SUICIDE LOSS

Public Health Agency of Canada analysis of Statistics Canada Vital Statistics Death Database and Canadian Institute for Health Information Hospital Morbidity Database. Published data underestimate the total number of deaths by suicide, due, in part, to the stigma of suicide and other factors that may lead family members, health professionals, coroners, and others to avoid labeling or reporting deaths as suicides.

September 10 National World Suicide Prevention Day

Join Heather and Ajay at Club 90 on Thursday September 10th at 12:30pm, to talk about Suicide and making a safety plan. There is always help for anyone who is thinking about suicide, and we can help assist in getting the right help you need.

4500 lives are lost to suicide every year in Canada.

On World Suicide Prevention Day, stand with us to take action.

We all have a role to play in Suicide Prevention



World Suicide Prevention Day

Start the conversation. Change the narrative.

IF YOU'RE WORRIED ABOUT SUICIDE, ASK DIRECTLY.

It's okay to ask.

“Are you thinking about suicide?”

Talking about suicide does not increase risk. It can help someone feel less alone and open the door to support.



Call or text

9-8-8

for suicide crisis support in Canada, anytime.



Call

9-1-1

if there is immediate danger.





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



1 GOLD and 2 BRONZE medals for Tyrina.

Gold medal in the 400 meter run relay race

Bronze medal in Javelin

Bronze medal for finales of 400 meter run.

Tyrina has been training for 9 years now. She started with just 100 meter run, shotput and long jump. Tyrina said "I've gone from barely being able to run 100 meters to competing and get gold medal in 400 meter relay. Running is my favorite but least favorite at the same time. I love running because it pushes me to my limits, but it is painful with all the training. I train daily by myself on my street and with my trainer 2 day a week.

Tyrina mentioned that her favorite part of being in Medicine Hat AB, was getting out of her comfort zone. The time difference and weather...no so much fun.

