

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

March 2026



414th Edition

Happy St. Patrick's Day!

Hope your day's filled with good vibes, a little luck, and maybe something green to celebrate. Sláinte!



St. Patrick's Day Supper



Potato & Bacon Soup

Served hot with fresh bread



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March 17th @ 3pm

St. Patrick's Day Supper



Potato & Bacon Soup

Served hot with fresh bread

St. Patrick's Day Supper
at **Club 90**

Karis Disability will be joining us at Club 90 on
Wednesday March 25th from 11am to 2pm

So dust off those shoes, sharpen your voices and tune up
those instruments, as we host the 1st annual Elliot Lake
Got Talent with our friends. Sign up today!



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



East-Algoma
Connects

Available on:



Ontario Works and ODSP will be here on

Tuesday March 17th until 3pm

**Need help with dental, medical
aids or general questions**



ONTARIO WORKS & O.D.S.P.

**Happy
Birthdays**

Elizabeth, Carey, Bonita, Mel,
Endogeny, Tayden, Ivan, John,
Roxann, Demetrius, Stephanie



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

www.Elliottlake.ca

705-848-2287

 Find us on
Facebook

fb.com/cityelliottlake

DUNGEONS DRAGONS

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



Are you looking to be more social, unplug from electronics and interact with people, all while simulating your mind and laughing... then D&D is calling your name.

Don't know how to play?...no worries we will teach you, and you make new friends while doing so!



ELF GNOME HALF ORC DWARF HUMAN HALFLING HALF ELF

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 @ 12:30pm

March 10th ...Men's Mental Health, learn what men go through with mental health

March 19th...Goal Setting and how to successful stay on track

March 24th...Food Addiction learn tips and tricks



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

♥ RDSP – REGISTERED DISABILITY SAVINGS PLAN ♥

SAVE FOR YOUR FUTURE

WHAT IS AN RDSP?

A savings plan for people with disabilities to help build money for the future.

WHO CAN OPEN ONE?

- ✓ You qualify for the Disability Tax Credit (DTC)
- ✓ You live in Canada
- ✓ You are under age 60

WHY OPEN AN RDSP?

- ★ Government adds money to your savings
- ★ Your money grows tax-free
- ★ No yearly contribution needed
- ★ Family and friends can help too!

EXTRA GOVERNMENT MONEY

CANADA DISABILITY SAVINGS GRANT
→ MATCHES WHAT YOU PUT IN

CANADA DISABILITY SAVINGS BOND
→ UP TO \$1.000 PER YEAR
→ EVEN IF YOU DON'T CONTRIBUTE

WHEN CAN YOU USE THE MONEY?

- ✓ For later in life (age 60+)

NEED HELP?

Talk to:



Your Bank



A Financial Advisor



A Support Worker

♥ START TODAY – YOUR FUTURE MATTERS! ♥

Join Ajay at Club 90 on
Thursday March 5th at 12:30pm
learn more about starting a RDSP
Saving Plan for your future!

\$

\$



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.

MAGIC

The Gathering®

UNPLUG

What are you waiting for?
Want to make new friends and be creative
with your mind at the same time?
Wednesdays 12p.m to 3 p.m.



Morning Glory Villa
ACCOMMODATIONS IN ELLIOT LAKE

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

Can be Viewed
on VRBO.com

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

Activities

Hosted by Member's

Journaling with Moe
on Wednesday's at 10am

Crafters Corner with Jennifer and Cindy on Mondays at 12:30pm

Mental Health

Tip of the Month!

Small Steps, Big Impact

Mental wellness doesn't come from big changes all at once — it's built through small, consistent steps. Some things that support mental health include:

- Keeping a daily routine
- Eating regular meals
- Getting enough rest
- Moving your body, even gently
- Talking to someone you trust



At Club 90, activities like cooking programs, social events, and creative projects help members practice these skills in a supportive way.

Join us at Club 90 on Friday's at 11am, for a coffee social at the round table to learn the following

Daily Living & Stability

- Creating a Healthy Daily Routine
- Motivation on Low-Energy Days
- Personal Hygiene & Self-Respect
- Managing Appointments & Responsibilities

I am Strong
I am Smart
I am Happy
I am Kind
I am Important
I am Amazing
I am Loved
I am Special

Addictions is not just drugs and alcohol. There are many types of addictions, some you don't even realize you might be addicted too.

Join **Ryan from The Counseling Centre of East Algoma** on **March 24th at 1:30pm** to understand different types of addictions and how to get assistance and support.

TYPES OF ADDICTION



ALCOHOL



NICOTINE



CAFFEINE



ILLEGAL DRUGS



PRESCRIPTION DRUGS



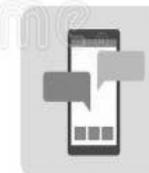
GAMBLING



SHOPPING



FOOD



INTERNET AND SOCIAL MEDIA



VIDEO GAMES



WORK



EXERCISE



SEX



PORNOGRAPHY



CODEPENDENCY

Volunteer at the Food Bank



Club 90's Mental Health Workers and staff were able to give back to the community and volunteered their time. Len, the President of the Elliot Lake Food Bank directed us in sorting donations, as well as prepping food bags for the public. If you are able to spare some extra time, the foodbank is always

TIME TO GIVE BACK

to the community and volunteered their time.

donations, as well as prepping food bags for the public. looking for some much needed help, to feed the community.

TO THE COMMUNITY!!

