

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

May 2026



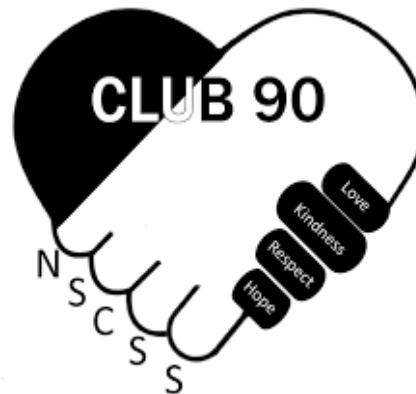
416th Edition

Mental Health Week | May 4-10

COME TOGETHER, CANADA.



Stronger connections,
better mental health.



Come join Club 90 daily the week of May 4th to May 8th, to build connections and better mental health.

Famous Persons with Mental Illness

Jim Hendrix <i>bipolar</i>	Winston Churchill <i>bipolar</i>	Princess Diana <i>Bulimia nervosa</i>	John Keats <i>bipolar</i>	Elton John <i>Bulimia nervosa</i>
Carly Simon <i>social phobia</i>	Boris Yeltsin <i>depression</i>	Cole Porter <i>depression</i>	Tipper Gore <i>depression</i>	Vaslav Nijinsky <i>schizophrenia</i>
Kurt Cobain <i>bipolar adhd</i>	Richard Dreyfuss <i>depression</i>	Tennessee Williams <i>depression</i>	Edgar Allan Poe <i>depression</i>	F. Scott Fitzgerald <i>depression</i>
Charles Schultz <i>depression</i>	Dick Clark <i>depression</i>	Leo Tolstoy <i>depression hypochondriasis</i>	Virginia Woolf <i>bipolar</i>	
Ludwig van Beethoven <i>bipolar</i>	Kitty Dukakis <i>bipolar</i>	Sarah Melachlan <i>depression</i>	James Taylor <i>depression bipolar</i>	
Charles Dickens <i>depression</i>	Sigmund Freud <i>depression</i>	Abraham Lincoln <i>depression</i>	Sylvia Plath <i>depression</i>	
Patty Duke <i>bipolar</i>	Ted Turner <i>bipolar</i>	Jim Carrey <i>depression</i>		
Harrison Ford <i>depression</i>	Courtney Love <i>depression</i>	Francis Ford Coppola <i>bipolar</i>		
Ernest Hemingway <i>depression</i>	Audrey Hepburn <i>depression</i>	Kim Basinger <i>panic disorder</i>	Winona Ryder <i>depression</i>	
Drew Carey <i>depression</i>	James Garner <i>depression</i>	Drew Barrymore <i>depression</i>	Vincent Van Gogh <i>bipolar</i>	Ray Charles <i>depression</i>
George Fredrick Handel <i>bipolar</i>	Marilyn Monroe <i>bipolar</i>	Ernest Hemingway <i>depression</i>	Theodore Roosevelt <i>bipolar</i>	
Isaac Newton <i>bipolar</i>	Anthony Hopkins <i>depression</i>	John Nash <i>schizophrenia</i>	Natalie Cole <i>depression</i>	
Irving Berlin <i>depression</i>	Paula Abdul <i>bulimia nervosa</i>	Janet Jackson <i>depression</i>	Axl Rose <i>bipolar</i>	Eric Clapton <i>depression</i>
Barbara Streisand <i>social phobia</i>	Charles Darwin <i>panic disorder</i>	Sheryl Crow <i>depression</i>		

Meet Ivan and Michel

They are both participants of Special Olympics Elliot Lake. Last month they had the honours of traveling out of town to participate in a tournament for bowling. Ivan and Michel both won 1st place, along with achieving a turkey reward. Getting a turkey in bowling means the great feat of bowling three strikes in a row.



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



East-Algoma
Connects

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. 2104 for more information.



Ontario Works and ODSP will be here on

Monday May 4th until 3pm

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



ONTARIO WORKS & O.D.S.P.



*Diane, Glen, Sherry, James,
Francine, Bonnie, Maurice,
Georgi, Michael, Mira, Jecca,
Thomas*

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 @ 12:00pm

May 19th...Mindfulness exercises by Ryan

May 21st...Team Work by Shari

COME ON DON'T BE SHY, Enjoy some free lunch and learn something new :)



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.

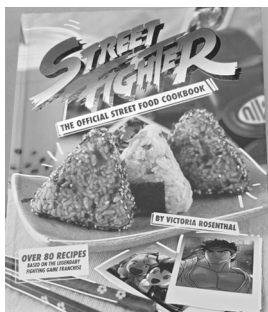
How Can We Help You?

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



Meet Aubrey, the new and upcoming Chef.

Aubrey is working with community partners like Contact North to get enrolled in a Culinary course. He is on the right path to achieve his dream of becoming a chef.

Stay tuned for special meals prepared by Aubrey here at the Club.



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.



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

Mental Health

Tip of the Month!

Mental Health & Physical Well-Being

Our mental and physical health are closely connected. When we take care of our bodies, we support our minds—and vice versa. This month is all about simple, supportive ways to build that connection in everyday life.

Try this:

- **Sleep, nutrition, and movement**

Small daily habits can make big difference

- **How cooking programs support wellness**

Build confidence and life skills, encourage social connection. Cooking together supports physical and emotional well-being

- **Energy levels and mood**

Your body and mind are always communicating

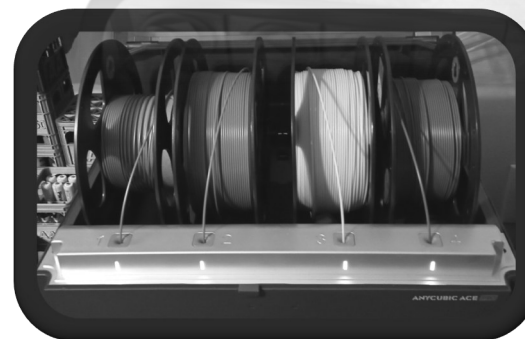
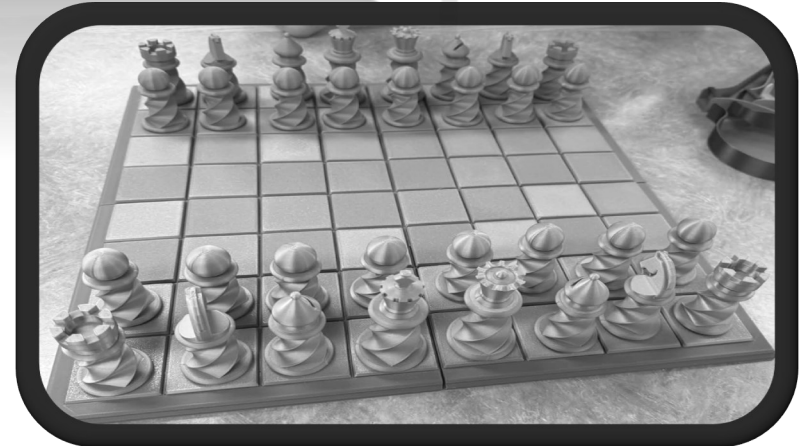
- **Gentle ways to care for the body**

Stretching, deep breathing, drink more water and take breaks



Meet Kyro. His strength involves anything to do with technology. Kyro has purchased a 3D printer and has created his own chess set. It took roughly 5 hours to 3D print and put together.

He is starting to make fidgets and other gadgets!!

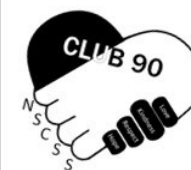


Join us at Club 90 on Friday's at 11am, for a coffee social at the round table and connect with fellow members.



Club 90

Would like to Invite you to our Mental Health
Week Open House. May 4-10, 2026
Come Together Canada!



MONDAY

OPEN HOUSE 11-3pm

- Community Partner
- ◆ Information Booths set up at Club 90
 - ◆ Activities
 - ◆ Community BBQ with hot dogs and burgers :)



TUESDAY

HEALTH & WELLNESS

- ◆ Mobile Paramedic blood pressure tests and meet and greet

FREE LUNCH

- ◆ Lunch & Learn
- ◆ With Wende from Alzheimer's Society on Brain Health
- ◆ Brain teaser games and activities all afternoon

WEDNESDAY

TEAM BUILDING 11-3pm

- ◆ Team Building / Connecting games with our friends from Karis Disability



FREE LUNCH



THURSDAY

ADDICTIONS & RECOVERY 11-1PM

- ◆ Clients from The Oaks Centre
- ◆ **FREE LUNCH –High Tea**
- ◆ Zoom chat with James about his battle with addictions and living a clean and sober life
- ◆ Donna from AA/NA sharing stories and experiences as well how the program works

FRIDAY

ART FUN DAY & BBQ 11-3pm

- ◆ Mandala Bookmarks
- ◆ Henna Tattoos
- ◆ Create your own Tattoo
- ◆ Club 90 Tattoos
- ◆ **12-2pm Mandala DOT Art with Artist Susan**
- ◆ Step by step instructions to paint your own mandala fridge magnet

