

Third Tuesday of every month

2:00pm - 3:00pm

Eden East Mental Wellness Centre
#11-380 Stonebridge Crossing
Steinbach

Refreshments Provided

Free

**MENTAL
HEALTH**
Matters

MENTAL HEALTH SUPPORT GROUP

- Emotional & practical support
- Hope, encouragement & connection
- Open to all adults on their journey of recovery from a mental health challenge or mental illness.



**Next
Meeting:**
January 20
2026

PLEASE REGISTER



Contact Kim at
431-205-6530
kim.heidinger@edenhealthcare.ca

