

**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  
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[kim.heidinger@edenhealthcare.ca](mailto:kim.heidinger@edenhealthcare.ca)

