

*Because a mental health challenge
affects more than just one person...*

Family & Friends Sharing Circle

If you have a loved one who is experiencing a mental health concern,
you are welcome to join our sharing circle.

Please register by 4:00 pm, the Friday prior to session.

Phone: 204-325-4325 (ext. 3265) &
provide your email address & phone number.

**** Offering In-Person & Virtual (Link will be emailed to you) Groups****



**Peer Support Group
Resources
Making connections
Learning from each other's stories**



mental health centre

**3rd Monday of every month
6:30 – 8:00 p.m.
Eden Mental Health Centre
Evergreen Building (east of EMHC)
1500 Pembina Ave., Winkler
204-325-4325 (ext. 3265)**