



The Vision Continues

In the mid-1960s, a group of Mennonite churches had a vision to establish a mental health hospital where professional care and treatment could be provided to those living with mental illness. Since then, that vision has been sustained through ongoing partnerships with the province, health region, churches, and the community,

and has expanded to include Residential, Employment, and Counselling services for those facing mental health challenges. Manitoba is experiencing an unprecedented demand for mental

health services, and Eden is preparing to address this challenge through visionary and data-informed growth strategies in the Winkler, Steinbach, Portage la Prairie, and Winnipeg regions. Through continued strong partnerships with the province and health regions and the faithful leadership of churches, communities, and donors, Eden's vision is poised to provide hope, healing, and community to people on a mental health journey in new and expanding ways.

We ask that you come alongside us as we chart a new chapter in Eden's history that is grounded in the same compassion our founders had in the 1960s yet envisions a new and compelling course for the future of mental health care.

Brad Unger
Chief Executive Officer | Eden Health Care Services



Stories of Hope, Healing, and Community

In my first months as Director of Development, I have spent time surveying Eden's people, places, and processes. I have also spent time listening to the stories of Eden clients, tenants, and patients, and I am struck by two things: one, the deep care and professionalism of the people providing care to those

on a mental health journey, and two, the life-giving and life-saving impacts that care is making in people's lives.

Excerpts of some of Eden's impact stories are provided in this letter. Read the complete stories by going to our website or clicking on edenhealthcare.ca/our-impact. The stories are inspiring and I encourage you to take time to read them, knowing that your generous donations make it possible for these stories to be told.

In this Christmas season – a time to celebrate the greatest story ever told - would you consider partnering with Eden to create more stories of hope, healing, and community for those on a mental health journey?

Merry Christmas to all,
Dave Sawatsky
Director of Development | Eden Foundation

“Praise be to the God and Father of our Lord Jesus Christ, the Father of *compassion* and the God of all *comfort*, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

Your donations at work

Your donation helps provide essential mental health support, bringing hope to many. Every dollar makes a difference in making mental health services accessible to those in need. Read more about the programs and services your generosity supports and join us in creating lasting change.



Utilizing a recovery-oriented approach and informed by leading practices in acute psychiatry, **Eden Mental Health Centre** provides inpatient and outpatient psychiatric treatment as well as Community Mental Health and Addictions services for adults in the Southern Health-Santé Sud health region. Our treatment team consists of psychiatrists, general practitioner, psychologist, nurses, and social workers. Patient care is enhanced by recreational therapy, occupational therapy, spiritual care, and music therapy.

Your donation funds a Volunteer Coordinator who engages the broader community in providing support and encouragement to people seeking healing and coping with mental health issues. The Volunteer Program develops one-on-one relationships with patients and clients, adds variety to the daily schedule through fun activities, and provides spiritual care and many other supports that contribute to the mental wellness of those receiving professional care.



For people with mental health illness and/or addiction, access to affordable and supportive housing is critical to their recovery and well-being. **Eden Housing and Supports** operates five housing complexes with 145 units in Winkler, Steinbach, and Winnipeg, using a recovery-oriented model to support community integration. Programming varies from a transitional group home offering 24/7 support, to a supportive housing program offering onsite supports 40 hours per week, to community-based programs for individuals living independently.

Your donation supports the ongoing development and operation of Eden's housing complexes, including renovations and repairs as well as new building projects and upgrades to support the growing need for affordable and supportive housing for people in need.

"I am grateful for my time spent at Eden Mental Health Center. A total of two and a half months as an inpatient, where I had good days and extremely difficult ones. Dr. Dyck was my psychiatrist during my stay, and he still sees me every few months since I left Eden. Thank you for the art of listening, caring, and especially administering the exact medication needed. Today, some days are harder than others, and I can sometimes get depressed. I pray a lot and always have, which helps me, but I know to reach out when I need. I can now say it was the best thing that happened to me."

Eden Mental Health Centre patient

"My days are very structured here. I've been able to keep my room clean all the time, it's very rewarding. I feel like I'm accomplishing something, and I feel great if I have a structured day. It keeps my mental health stable and balanced. After 10-12 years of my mental health journey, I feel I have a beautiful, bright future – so bright, I have to squint to look at it. My experiences, even the bad ones, shape what I am today. I have learned you can take ashes and turn them into diamonds, with a lot of hard work."

Resident of Eden Housing in Winkler



Mental illness is experienced by **1 in 3 Canadians** during their lifetime. Many Canadians are affected by it either directly or indirectly through family, friends, or colleagues.

Government of Canada



With 23 certified masters-level counsellors working in Winnipeg, Winkler, and Steinbach, **Recovery of Hope** provides professional counselling therapy to individuals, couples, and families who are looking for support in their journey with mental wellness. Recovery of Hope strives to meet client needs using a holistic and best-practices approach to mental health, incorporating biological, social, spiritual, and mental considerations.

Your donation supports the sliding fee scale program which provides access to counselling for those with limited financial means. Last year, almost 2,000 counselling sessions were provided to individuals, couples, and families who otherwise would not be able to afford necessary and life-altering counselling therapy.



Segue Career Options supports individuals who are experiencing challenges and/or barriers to finding employment and improved quality of life. Participants work through an individual employment readiness plan together with Segue staff and are supported by coaching and follow-up, allowing them to grow their confidence as they move towards employment.

Your donation provides stable benefits for Segue staff supporting clients with employment challenges, allowing Segue to recruit and retain high quality staff. Additionally, donations provide staff training, IT supports, and bridge funding for government grant programs.

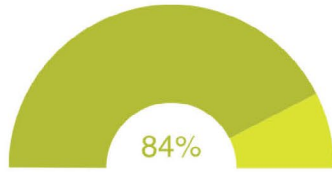
“If this program did not exist, the impact to me would be great suffering, to the point of considering taking my own life, because I would have no one to help me, no one to listen to me, no one to care for me, no one to help guide and advocate for me, no one to have faith and belief in me, no one. Accessing mental health is a luxury item for those that are disabled, that are low-income or no-income, and that are dealing with mental health issues. If you are wealthy, then you can afford help. But if you aren’t, then what?”

Recovery of Hope sliding fee scale client

“The first thing Segue did for me was to do a vocational assessment. Once that was done, I was placed with a Job Coach for a work experience at a local restaurant. During the first few months, the Segue Job Coach dropped in regularly to make sure things were going well. Almost four years later, I still love my job. Segue has been a great support from day one and continue to be there for me if I need assistance. Segue, along with my employer, have given me the opportunity to live a normal, productive life and I cannot thank them enough for this.”

Segue program participant

OUR YEAR IN REVIEW



From April 1, 2023 to February 29, 2024, there were 211 admissions to **Eden Mental Health Centre** with an occupancy rate of 84.45%.



Eden Foundation's annual Head for the Hills fundraiser surpassed \$2 million in total funds raised.



7 years

The average length of stay for **Eden Housing and Supports' CV4** tenants has reached 7 years.

FUNDRAISER
\$12,000

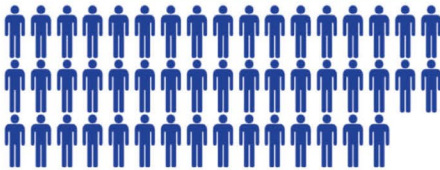
Recovery of Hope raised \$12,000 for their Sliding Fee Scale program at the Music for Mental Health fundraiser concerts.



Eden Housing and Supports residences have an occupancy of over 95% in Winnipeg, Steinbach, and Winkler.

49

Tractor drivers in **Eden Foundation's** annual Tractor Trek fundraiser.



464 NEW CLIENTS



Recovery of Hope welcome 464 new clients and have conducted just over 4,900 sessions.

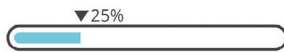


Eden Housing and Supports' Community Wellness Initiative provided housing support services to 68 clients.

Eden Mental Health Centre completed 1,027 outpatient assessments and 3,111 follow-up and on call/professional consults.

210 Participants

Eden Housing and Supports' Community Choices provided programming to 210 participants.



Segue Career Options assisted 114 participants and helped to find employment for 28 clients.



Average length of a client's stay at **Eden Mental Health Centre** was 27.7 days.

Eden Foundation's annual Tractor Trek has raised \$1 million since it started 17 years ago.



60%

Segue Career Options had a 60% increase in online application form submissions from November to March.



Yes, I want to **DONATE!**

I'd like to make a: One-time donation Recurring donation | Monthly Bi-monthly Semi-Annually

Donation amount: \$50 \$100 \$250 \$1,000 Other \$ _____

I'd like to make this donation by: Cheque (Please make cheques payable to Eden Foundation)

Visa Mastercard Card #: _____

Expiry: _____ CVC: _____

Secure donations can be made ONLINE by clicking on the DONATE button found on edenhealthcare.ca

E-transfer donations can be made to foundation@edenhealthcare.ca (Include mailing address in the message box)

Please mail tax deductible receipt to: Name: _____

Address: _____ City/Town: _____ PC: _____

Donations made using this form can be mailed to: Eden Foundation, 309 Main St., Winkler, MB R6W 4A4. Planned giving options are available. Contact foundation@edenhealthcare.ca for more information. Eden Foundation DOES NOT exchange lists of names of its donors with any other organization. Charitable Registration Number: 10156 9697 RR0001