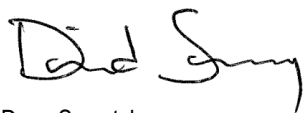


Your donations are needed to help people like Brittney and Shannon

I'd like you to meet Brittney and Shannon, just two of the many people whose lives have been immeasurably changed because Eden was there to provide them with the mental health services they desperately required. Their stories are a powerful reminder that we all may need help with our own mental wellness at some point in our lives, and when that happens Eden will be there to provide professional care, guidance, and supports, every step of the way.

In this season of renewal and hope, will you give today to support people like Brittney and Shannon whose lives depended on critical mental health services? It's your donations that make their stories of recovery possible.



Dave Sawatsky
Director of Development | Eden Foundation

Meet Brittney



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I now feel like there's a point to my life. I've had a behavioural and mindset change, and ***I'm on the right track to doing what I want to do.***

Brittney | CV4 resident and program participant

My mental health issues started in school where I was bullied. I started to self-harm, was into drugs and eventually ended up homeless and was in and out of the psych ward. I had depressive feelings, and I wouldn't leave my apartment for days. I saw life as pointless and this manifested into an eating disorder.

When I got into CV4, there were people who listened to me and helped with things like budgeting. I was taught to be more honest, and that has helped. All the workers here have had an impact on me. They encouraged me to do a hospital stay for my eating disorder which I wouldn't have done otherwise because I'm such a procrastinator. Things turned around when I started to listen to the CV4 workers' suggestions. Sometimes you just need to listen and let it soak in.

I now have a job where I have good friends and a supportive manager, and I was just promoted to 'Keyholder' which means I have keys to the store, count cash, and help to direct staff. I love science and I have plans to be a phlebotomist, the person who draws blood for testing. In my past when I was an addict, I was talented with needles and I want to turn this bad part of my history into something better.

I now feel like there is a point to my life, I've had a behavioural and mindset change, and I'm on the right track to doing what I want to do. I've learned to be patient and to understand other people's perspective instead of getting angry at them.

Brittney lives in Concordia Village 4, known as CV4, one of Eden's supportive housing residences.

Meet Shannon



“

*I am beyond grateful for the services available from **Recovery of Hope**. They have made me **believe** in my life and my **future** and I thank them daily.*

Shannon | Recovery of Hope client

I started my mental health journey with Recovery of Hope (ROH) after an extended stay in the psychiatric ward in southern Manitoba. They wouldn't let me go home until I had a plan, so I reluctantly contacted ROH and I was not disappointed. I met Lynda approximately four years ago, and she has become my Shannon-whisperer. She honestly has taught me so many things about myself and changed my life. I don't know where I would be without her. I have never been disappointed, and I have never been let down.

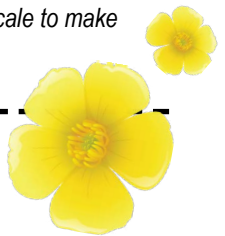
Right now, I am dealing with the death of my brother from stage 4 metastasized colorectal cancer. I am once again seeing her weekly

to try to make sense of his end of life. I wouldn't be able to take care of my brother without all that I have learned from Lynda over the past four years. And I wouldn't have the strength to deal with all the pain that comes from a significant loss of family. I am beyond grateful for the services available from Recovery of Hope. The front desk, the administration, the counsellors — everyone is professional, kind, and gracious for those of us in crisis. They have made me believe in my life and my future and I thank them daily.

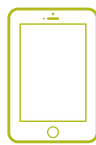
Donations help fund Recovery of Hope's sliding fee scale to make counselling affordable for those on limited income.



Here's how you can **DONATE** and help people like Brittney and Shannon



Online | Visit our website at edenhealthcare.ca/donate or scan this QR code.



E-transfer | Using your online banking system, donations can be made to foundation@edenhealthcare.ca. Please include your mailing address in the message box.



Phone | Call us at 204-325-5355 to make a donation over the phone.



Mail | Pay by cheque or credit card by filling out the donation form below and sending it back to us.

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

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

I'd like to make this donation by: ☐ Cheque (Payable to Eden Foundation)

☐ Credit Card | Card #: _____ Expiry: ____ / ____ CVC: _____

Please mail tax deductible receipt to: Name: _____

Address: _____ City/Town: _____ PC: _____

☐ Contact me about Planned Giving options (Please provide your phone number if you would like to be contacted: _____)

Donations made using this form can be mailed to: Eden Foundation, 309 Main St., Winkler, MB R6W 4A4. Contact foundation@edenhealthcare.ca for more information.
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