



This Christmas, we celebrate the hope that came into the world – and the hope that continues to change lives.

At Eden, we walk alongside people through every stage of their mental health journey – from crisis to recovery – with integrated care that includes psychiatry, counselling, supportive housing, and employment services.

Brandon's story gives a glimpse into his long journey with mental illness. As you read it, imagine the hopelessness you would feel if there wasn't somebody providing the right help at the right time along the way. In Brandon's case, Eden was there. There to walk alongside, there to provide healing, and there to give life-changing hope.

Meet Brandon

Living with mental health challenges isn't easy, but art has always been something that keeps me going. I grew up in Little Black River, about three hours north of Winnipeg, and I've always loved being creative. It's a part of who I am.

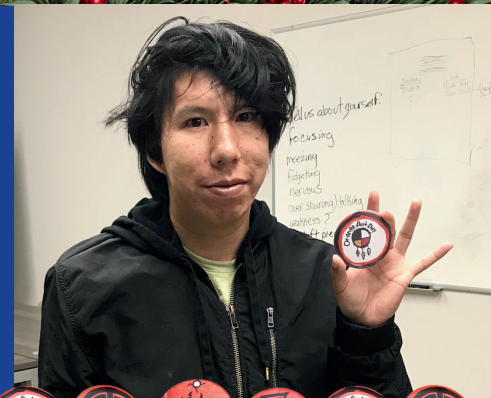
I've been at Linden Place for over two years now. It's been a good place for me, somewhere I can work on myself, my goals and feel supported.

This September, I did a project for the National Day for Truth and Reconciliation. The staff encouraged me to take it on after seeing some of my art. I made pins by hand, each one with the intention of energizing people and helping them feel the meaning behind the day. The response was really positive, Eden staff wore them across different locations, and I was proud to see my work had made a difference.

Another thing I enjoy here is cooking. We all take turns making meals for the household, and for me, it's a chance to be creative.

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Eden gives me structure. Getting up to work out or go for walks every day has been a big part of feeling better.



I like making soups and trying different ingredients, swapping things out and experimenting. It kind of feels like art in its own way.

One of the best things about Linden Place is the routine. I get up every day and either exercise or go for a walk around the neighbourhood. Exercise is good for mental health, and it's something that really helps me stay on track. The staff here are caring, and I've made some good connections with the other residents living here.

If someone is struggling, I'd say reach out to Eden. They've been there for me, and that support has made a big difference in my life. One of the biggest things I look forward to now is having my own place, somewhere that's mine. Thanks to Eden, I'm getting closer to that every day.

From The Staff at Linden Place Supportive Housing

Brandon's journey with Eden Mental Health Centre began in 2023, marking a brave start to his recovery after years of battling instability, substance abuse, and mental health challenges that left him street-wandering and lacking personal documents. Despite arriving at Linden Place with only a single plastic bag, Brandon embraced the supportive environment and has since demonstrated incredible commitment.

In just over two years, he has achieved significant personal milestones: he has successfully reestablished his network with his family and dramatically improved his self-care and utilization of social support. Today, Brandon is flourishing; he actively displays his talent in music and craft work, maintains a reliable routine, and is diligently focused on saving and budgeting learning. His consistent effort has led to remarkable stability, putting him confidently on his path toward full independence and a renewed future.

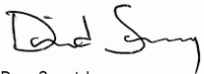
A Message From The Director of Development

Brandon's story is a powerful example of the hope and healing your gift provides. And while his journey isn't over, he's surrounded by care, community, and the promise of renewal.

Your generosity makes it possible for people like Brandon to move from crisis to stability, whether through our counselling, supportive housing, employment services, or psychiatric care. From isolation to belonging, your donations create real change. I invite you to be part of this redemptive work to bring hope into the lives of those in our community who need it most.

Thank you for partnering with us to support mental health.
For life.

Wishing you grace and peace
this Christmas season.



Dave Sawatsky
Director of Development | Eden Foundation



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Your generosity brings hope and healing to those who need it most—thank you for making a difference this Christmas.



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



Online | Visit our website at edenhealthcare.ca/donate



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



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



Mail | Donate 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. Eden Foundation DOES NOT exchange lists of names of its donors with any other organization. Charitable Registration Number: 10156 9697 RR0001