

## Central Commons Grand Opening

On September 24th, the community celebrated the official opening of Central Commons Housing in Winkler with a ribbon-cutting ceremony —a milestone five years in the making. The new development offers 28 safe, affordable homes, including 14 units that will receive dedicated support from Eden's Housing & Supports program. This support ensures residents have the tools and guidance they need to thrive and get back on their feet.



Health Minister Uzoma Asagwara and Minister of Housing, Addictions and Homelessness Bernadette Smith joined leaders from Eden, Central Station + Central Community Homes to mark the grand opening of Central Commons.

As part of Eden's Housing and Supports program, Central Commons reflects our mission to provide hope, healing, and community. Supportive housing is more than a roof; it's a launching platform for independence, dignity, and renewed purpose. All of the units filled immediately, underscoring the urgent need for housing that fosters mental wellness. Eden will continue to maintain and support this development, ensuring residents flourish. Central Commons is a testament to what can happen when community organizations and their supporters work together to create spaces that nurture dignity, healing, and new beginnings.

### Meet Brandon

(Supportive Housing Client Story)

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.

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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.**



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, that and the compassionate staff at Eden really help me to stay on track. 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.

# 2025 COMMUNITY REPORT

## EDEN'S YEAR IN REVIEW

Eden Foundation

Recovery of Hope Counselling

Segue Career Options

**\$641,208**

Funds Raised

**5**

Fundraising Events Held

Improved marketing efforts have grown our social media engagement leading to better event attendance (e.g. Number of Facebook views increased from 4,000 to 21,000 during the summer months.)

**6170**

Counselling Sessions

Increase in EAP & Third-Party Sessions Since 2024



6170 marks our highest number counselling sessions in ROH history. Our counseling services are increasingly integrated with employer assistance programs and insurance partners. This growth means reducing barriers and expanding affordability.

**2132**

Client Connections

**31**

Next Steps Class Participants

In 2025 Segue Career Options celebrated 20 years in service. We hosted a celebration event with many different community attendees including 40 employers, staff, funders and community partners who make our work possible.

Eden Mental Health Centre



Occupancy Rate (2022-2024)

Occupancy Rate (2025)

The optimal standard occupancy rate for inpatient hospital care is 85%. Having reached the peak of the high occupancy threshold in 2022-2024, we have now exceeded beyond the standard occupancy rate in 2025. Exceeding this target reflects the increased demand for mental health services. This upward trend shows both the growing need in our community and the importance of maintaining capacity for urgent admissions and to avoid turning people away.

Eden Housing and Supports

**145 + 14 = 159 units** Total

Eden Housing and Supports has achieved some major milestones this year. With the opening of Central Commons in Winkler we have added 14 units of tier three support. This brings us to a total of 159 units across Winkler, Steinbach and Winnipeg. This allows us to transition more of our residents into different stages of semi-independent housing to support their healing journey.



**Brad Unger**  
Chief Executive Officer  
Eden Health Care Services

## Words From The CEO

At Eden, we feel a great privilege and calling to be the hands and feet of Christ as we provide mental health care in southern Manitoba. Eden exists as a response to a calling that came from the Mennonite churches in the 1960s to do more for those living with mental health concerns and mental illness.

While we know the needs today are great, our strategic plan is challenging us to enhance what we do well and scale our programs for greater impact. We are excited to have partnered with Central Station + Central Community Homes to expand our specialized care in Winkler.

With the opening of Central Commons, Eden is actively planning with other partners in Steinbach & Winnipeg to develop even more social housing and specialized supports as demand far outweighs the supply.

We need support to accelerate growth in mental health services. Eden is actively working to expand our partnerships with the community, donors, businesses, non-profits, health regions, government, and others to strengthen and develop a fully integrated system of mental health and addiction services. Together we can take the next steps in providing hope, healing, and community!