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| Grace Groups of WinnipegMental wellness support groups for women who are walking alongside someone with mental health challenges or walking their own mental health journey.Every other Wednesday @ 7:30 p.m. at Eastview Community Church or every other Friday @9:30 a.m. at Douglas Mennonite ChurchContact Helen at:<https://helenguenther64.wixsite.com/website-2>or call 204-771-1702 for more info or to reserve a spot. | * Explore common mental wellness topics * Provide understanding, encouragement and support * Discover insight and tools for each of our, or our loved ones, journeys * Discover God’s grace, healing and steadfast love for better days to come |