



PROTECTIVE LIVING FOR WOMEN LEAVING ABUSE

*live life empowered*

2011 FALL ISSUE

CONTACT US  
204-982-2011

QUOTE

"I came for protection from my abuser but I walk away with so much more."

~ Helen  
Alpha House Resident

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Wednesday  
November 2, 2011

## A letter from a resident at the House

I came to Alpha House a completely broken woman of 47 years old. I came for protection from my abuser but I walk away with so much more.

Thru the care and gentle guidance of the amazing staff, I have slowly found the answers to the puzzle that is my life. In order for me to heal from my situation I needed to understand and heal the heartaches of my past as well as my present.



I am a stubborn woman who was too afraid to open

my heart to anyone, let alone strangers. I have learned that we need to give each other the space to grow to be ourselves, to exercise our diversity. We need to give each other space so that we may both give and receive such beautiful things such as ideas, openness, dignity, joy, healing and inclusion.

I learnt all of this thru the program at Alpha House due to the constant encouragement of the staff. I now have the courage a year later at 48 years of age to go back to school so I can pay it forward as a role model for other hurting women. My heart is now filled with acceptance of the life that has been given to me. Love, forgiveness, and self discipline are my most important rules that govern my life today. Thru that forgiveness towards myself and those whom have harmed me, I have become free at last.

Lastly, I do think about the



woman I have become lately, about the life I am now living, free of fears and sadness. I am liberated at last, to become who I am meant to be - which is victorious and not a victim. I can smile with such gratitude to all of those that have helped me.

Thank you Alpha House and the many people who support us. To know that I am not alone has helped me enormously, especially knowing that I matter. I am so very grateful, for not only believing in me, but for giving me back my life with a purpose.

Sincerely,

Helen

*Regardless of the reason, donations can make a big impact for a charitable organization.*

**Next Annual  
Golf Tournament**

**June 19, 2012**

**Help Alpha House  
and  
Help End Abuse**

## Donors Make the Difference

We would like to dedicate this newsletter to Mr. Rudy Pollock a generous donor of Alpha House.



RUDOLPH TARAS POLLOCK

With deepest sorrow we say farewell to a good man, a loyal friend, brother, uncle, and great uncle. Rudy was born September 24, 1932, and died on Saturday, June 13, 2009, in the Richmond General Hospital in Richmond, BC. Born in The Pas, Manitoba, he spent his early childhood in Cold Lake, Manitoba. Later, the family moved to Winnipeg. His love of books and his passion for Lake Nutimik Lot#28 Block 3 in the Whiteshell explain his interests in the wildlife and environment of the region. His photography records the beauty of the seasons and the form and elegance of the bird, deer, fox and other wildlife populations of the Whiteshell. Rudy worked at many Manitoba Hydro projects, always returning to his unique home on Lake Nutimik. The Lot# 28 Block 3 property became a comfortable destination for family members and friends and eventually their wide-eyed progeny eager to learn about boating, fishing, and the rules of outdoorsmanship. His dry spirit belied his true nature. He was a man of compassion and kindness

who supported and mentored younger colleagues and relatives.

We don't exactly know what prompted the donation to the women's shelter, except to say that Rudy Pollock was always extremely respectful of women. He spent his early childhood in the north end of Winnipeg and his mother raised 3 children mostly on her own with very little money. We don't know it for a fact but we believe that Mr. Pollock was probably a survivor of abuse.

### *Have You considered leaving money to Charity?*

Although a large per cent of people in this country give money to charitable causes, only a very small percent cent give a legacy to charities after their death.

There may be a raft of reasons why you give money to charity and these may be very personal to you. Regardless of the reason, donations can make a big impact for a charitable organization.

We know that the donation that Mr. Pollock contributed will help a number of the many residents of Alpha House.



## News from the House

This past year we were presented with a cheque for \$1008.00 from the All Charities 2010 Campaign. This money was used towards our summer program for the children and families to be able to participate in extra fun activities. This program is greatly beneficial in helping to reduce stress for the moms, provide some great bonding time amongst families and to help keep the children occupied. As our families are on fixed

incomes they are not able to afford these kinds of outings. Having this extra money really benefited our families and has had a positive impact. Please see summer report in the newsletter for information.

The All Charities Campaign is a workplace initiative where provincial government employees can donate to the campaign and 100% of their donation is directly donated to non

profit agencies such as Alpha House. Employees can also designate a specific organization and their donation is made directly to that agency. Our thanks to those who named Alpha House, we appreciate your support and please know that this was a valuable and worthwhile initiative.

*~ Glenda Dean, Executive Director*

## Thanks to the Golf Tournament Supporters



Our Second Annual Golf Tournament fundraiser was held on August 30th. All Golfers enjoyed Golf and Dinner at Assiniboine Golf Course and special thanks to Glen Mills and Steve Makie at the Golf Course for their interest and support.

Everyone who golfed received at least one prize and we would like to thank all those who contributed to make the event a success.

**Remember the Annual Fundraising Dinner**



# Save the Date!

## The Alpha House Annual Fundraising Dinner is coming up on Wednesday November 2, 2011.

This is an event you don't want to miss. Please mark it in your calendar and join us for an inspiring evening to support the women and children at the House.

## CONTACT US

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## Growing Up in Violence

When a mother is assaulted by an intimate partner, she is not the only casualty. The impact of domestic violence on children can be both significant and enduring.

A child who lives in a violent home experiences emotional abuse, as developing a secure and safe understanding of oneself and the world is impossible when living in fear. Although some children may not directly witness the violence, they are still affected by it; violence creates a dynamic that affects all family members.

These impacts can be far-reaching. Children from violent homes often exhibit low self esteem and may experience high levels of anxiety. It can be challenging for them to sit still and concentrate. Children from violent homes are sometimes mis-diagnosed as having Attention Deficit Disorder; they are working through the trauma and, because of their worries about their mother and home life, they can be preoccupied and find it difficult to focus.

These children may also carry a great deal of guilt. They often feel guilty for being unable to "protect" their mother or feel that the abuse is a result of something they have done.

If their mother has left her partner, children also experience guilt about missing their father or wanting to see him. The feelings of loss that accompany leaving can be overwhelming; children may have to leave their homes, pets, friends and schools, often with only a few personal belongings.

Violence in the home often impacts on children's social behaviour, as well. It can be difficult to develop new friendships, as children are cautious or ashamed about sharing what is happening in their family. Some children become aggressive with other children and/or animals, as they have seen violence as a way to meet one's own needs. These effects can be long-lasting: boys who have grown up in violent homes are more likely to become abusive to female partners than are boys who have not.

Girls who are exposed to violence in their childhood homes are more likely to accept violence in her own dating relationships. These are only a few

of the many possible effects of domestic violence on children.

It is important, however, to remember that children are resilient and it is possible to break the cycle of violence. Women are increasingly citing their children as the reason that they have had the courage to leave abusive relationships, and many of the "problem" behaviours decrease when the violence has stopped. As well, the effects of violence may be reduced if children have an area of strength in their lives to draw upon – whether that be academic or athletic strength, the presence of positive mentors in their lives, a strong social support network or a solid relationship with their mother. A mother's move away from the abuse, however, can be the most significant factor and can be the start of their journey towards a life without violence.

We're online! Visit us at:  
[www.alphahouseinc.ca](http://www.alphahouseinc.ca)

*The information included in this article was gathered from: National Clearinghouse on Family Violence (Health Canada) and Helping Children Thrive (Centre for Children and Families in the Justice System).*