

Alpha House

PROTECTIVE LIVING FOR WOMEN LEAVING ABUSE

live life empowered

FALL ISSUE

CONTACT US
204-982-2011

QUOTE

“No river can return to its source, yet all rivers must have a beginning.”

~ Native American Proverb

INSIDE THIS ISSUE:

Letter from a resident 2

News from the House 3

Golf Tournament Supporters 3

Purchase a 4

Contact Us 4

Save the Date! 4

Children's Program 4

Insert:
Fundraising Dinner Donation form

Remember the Annual Fundraising Dinner
Wednesday
November 3, 2010

Golf Tournament a Success



Family Support Worker

The summer was very busy here at Alpha House as we coordinated a summer program full of events for the women and children living in the house. There were a variety of events both in house and out of house, which aimed to entertain and lift the spirits of the residents. During the summer in Winnipeg there is a lot going on and we tried to attend some of the major events such as Folklorama, Rainbow Stage and Kids Fringe. In addition, some of the cities most notable establishments, such as the Zoo, Manitoba Museum, Tinkertown, Imax and Birds Hill

Beach were planned as bigger trips. Everyone really seemed to enjoy these events. On the days when bigger events weren't planned, splash parks and movies were a great way to keep the kids entertained and to stay cool in the summer heat!

On August 26th we enjoyed a fun filled end of summer barbeque. This has been an annual event here at Alpha House. Hot dogs, hamburgers and salads were served for lunch and games were played. One highlight was the Piñata. The kids were very involved in the preparation

of the Piñata and were very proud of it. It turned out beautifully!

Alpha House was invited to participate in the “Field Parade” during a Winnipeg Goldeyes Game to showcase organizations that received funding. I was lucky enough to attend this event and to bring my 2 year old daughter. She was very proud to be going on the field for “mommy's work” and enjoyed meeting Goldie. We are appreciative of the support from The Field of Dreams Foundation, Winnipeg Gold-eyes.

~ Courtney Hill

A letter from a resident at the House

“The first things I noticed right away and I loved were all the intense counseling programs”

Remember the Annual Fundraising Dinner Wednesday November 3, 2010

“I know for a fact that we wouldn’t be where we are today emotionally if it weren’t for the loving staff at Alpha House.”

Hello, my name is Carlie. I have 2 sons aged 6 and 7 and we have been living at Alpha House since March 15, 2010. I’ve been separated by my estranged husband since Feb. 11, 2010 when he abused us for the last time as I had to call 911 and he was then escorted to jail.



A few days later the police decided to remove us from the home when the telephone suddenly stopped working. We were taken to my grandmother’s place where we stayed for the next month until arriving at Alpha House.

My original plan was to be placed in Manitoba Housing but I knew that both my children & I would need counseling to reclaim our lives as individuals, but I didn’t have the resources available for long term treatment.

After a few days and a couple of more visits from the police because of breaches my ex had done, my aunt mentioned that I should enter a 2nd stage program and told me about Alpha House where she had worked on the Board of Directors. I later called Glenda, looked at their web site and talked to my aunt a few more times until I decided to go. About a month later and a few more visits from the police for breach violations we were moved into the safety of Alpha House and surrounded by loving women and children who were recovering from abuse like we were.

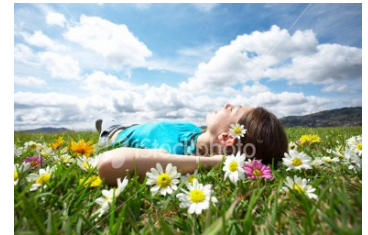
The first things I noticed right away and I loved were all the intense counseling programs for both myself & my children that are held daily, sometimes even twice a day. I also love the college dorm like atmosphere where everyone can get to know each other very closely and that we can learn from each other as well as heal together.

Now that we’ve been here for almost 6 months, I feel more comfortable in my own skin, regaining my self-esteem and start-

ing to make goals for myself and for my children. I have to thank Alpha House for all of it. When I first arrived I was doubting myself all the time and was knocking on the office door at least once a day for opinions on the littlest things because I didn’t trust myself to make choices on my own. I had no appetite and the staff had to constantly remind me to eat. All of these tasks are now resolved thanks to the Alpha House staff.

I know for a fact that we wouldn’t be where we are today emotionally if it weren’t for the loving staff at Alpha House. Thank-you for helping my boys and I reclaim our lives and finding our true selves without the influence of abuse blocking our paths of discovery.

~ Carlie



News from the House

As we take the time to reflect on our achievements and future goals for the upcoming year we are proud that Alpha House has welcomed 176 families into our program. These courageous women have taken the steps to break free from violence. This past year, we have had many successful achievements including eight graduates from the Alpha House Program. Five graduates have gone on to pursue training programs and academic endeavours. We had two participants who obtained employment before leaving our program. These successes are based on the ability of women being stable, living abuse free and most important believing in themselves.

Alpha House provides a safe place for women to express their experience, anger and fear without shame or negative consequences. Through the process of support, counselling, education and advocacy, clients begin the journey beyond abuse to healing. As women engage in programming we see their self esteem soar, they realize the abuse was not their fault and they begin to learn who

they are, to believe in and to trust in themselves.

We have had success with expanding the volunteer program which enhances the programs of Alpha House and this will be ongoing. A big thank you to these dedicated direct service volunteers who generously donate their time and energy in providing assistance with child minding, donations and general office duties. Thank you to Lisa, Lee Anne, Jovan, Jessica, Jordan, Katherine and Dasch. We continue to recruit volunteers for help with picking up donations and child minding.

We had a successful summer 2010 program providing many fun activities for families. Thanks to the Field of Dreams Program, Winnipeg Gold-eyes for funding our summer program. Over the years, we have participated in a number of community events with the display board. These speaking engagements are beneficial to be able to talk about Alpha House, abuse, recruit volunteers and to fundraise. Over the summer we have updated our display board which de-

picts Alpha House and interested groups are welcome to contact us for a speaking engagement.

In May 2010 Alpha House participated in the national fundraising campaign, Shelter from The Storm 2010 which teamed up with Clear FM radio and Breakfast Television. This campaign featured one of our former residents. Breaking the silence is key to being able to move forward and to be able to speak in public about her experiences has had a huge impact on her healing journey.

We had a blast at our 1st Golf Tournament and I thank the Golf Tournament committee who did an awesome job – well done!! We are now in preparation for the annual fundraising dinner on Wednesday, November 3, 2010 which will be a beautiful evening. Our fundraising endeavours are what keeps the doors to Alpha House open and being able to provide services. We appreciate your support.

~ Glenda Dean, Executive Director

Golf Tournament Supporters

Our first golf tournament fundraiser was held on September 14th. 35 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 those who contributed these prizes as follows:

Bust "A" Groove
Valour Tri-West Insurance Brokers
Signmeister
Nygard International
Murdoch Management
PKBW Auditors
Fort Rouge Glass
Sets on Fort
Dave & Betty Leronowich
Al & Bev Wirth
Edward Carriere Salon
Capelli Academy

Curves
Winnipeg Dodge
Safeway (1319 Pembina)
Sobeys (1939 Bishop Grandin Blvd.)
Rona (1636 Keniston)
Tan Fx Head Office
BDC
Sally Taylor
Joanne Instance
Canada's Canine Academy
Portage Family Foods (Portage & Ferry Rd)

Purchase a Wings of Empowerment Pin Today!

Wear Your Pin With Pride and Spread the Word!

By purchasing your 'Wings of Empowerment' Pin you are helping women and their children leaving abusive relationships to *live life empowered*

For just \$10.00 you can help raise awareness for Alpha House and support the women and children who reside there.

Please visit our website @ www.alphahouseinc.ca to purchase your pin today.

You can even purchase in multiples and get your friends and family involved.

Together we can help end the cycle of violence.



**We're online! Visit us at:
www.alphahouseinc.ca**

CONTACT US

At the Foundation:

P.O. Box 134 • Station L
Winnipeg, Manitoba R3H 0Z4

Email: foundpres@alphahouseinc.ca

Phone: (204)-982-2011

Fax: (204)-254-2602

Email: executivedirector@alphahouseinc.ca

Save the Date!

The Alpha House Annual Fundraising Dinner is coming up on Wednesday November 3, 2010.

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.

Children's Program

At Alpha House, we provide support to our families through the children's program. Children who have lived in violent homes often experience a confusing mixture of feelings: sadness, anger, fear, and loss to name just a few. Mothers come with not only their own fears and worries, but also with concern for their children and families.

Our children participate in both individualized and group sessions, with a variety of activities, including games, art and stories. Group meetings offer the opportunity for the children to connect with other children to learn, grow and share, through fun and engaging activities. The individual sessions give kids the chance to talk

about any private worries or problems in a safe, child-centered environment. The children's program strives to reduce violence and its impacts, promote respect and foster self-esteem.

Mothers also have the opportunity to meet with me, the children's counselor, on a weekly basis to discuss any challenges she may be having and to identify and enhance her parenting strengths. A weekly parenting group provides the opportunity to discuss the challenges and rewards of parenting. This group covers a range of topics, including how children are affected by domestic violence, behavior management, communication, fostering independence and enhanc-

ing children's self-esteem.

Having the opportunity to watch these women and children shine as their skills develop and their confidence grows is incredibly rewarding. Their strength and determination is admirable. It is a pleasure to be able to support the difficult and important work these women and children are doing while here at Alpha House.

~ Sherri Pierce

