

CONTACT US
204-982-2011



PROTECTIVE LIVING FOR WOMEN LEAVING ABUSE

live life empowered

2011 SPRING ISSUE

QUOTE

"Never look down on anybody unless you're helping them up."

~ Jesse Jackson

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Learning Program at Alpha House

Every Thursday the residents of Alpha House spend some time with Helen in the Learning Program, an adult education program. This involves academic upgrading at all level from basic through to high school, including GED preparation. EAL (English as an additional language) is studied by the immigrant ladies. The program also provides opportunities for the learners to develop their skills in computers, including keyboarding, use of word processing and the Internet.



After initial assessment, each learner chooses what she studies so that she has a sense of ownership in her education. Often the choices are based on career plans for the future so that the learning activity is meaningful and relevant to each individual's life. The instructor also encourages the learners to work on job-related skills, exploring career interests, writing resumes and cover letters. When the students

are close to completing their time at Alpha House, she helps them find appropriate schools or colleges plus resource agencies that can help with finances and support for training. The Learning Program is unique in that it is based in the security of Second Stage housing (thus respecting women's need to learn in a safe environment), and serves as a bridge, helping them to continue, at a later date, to other education and training and to live self-sufficient lives.

The clients are of a wide range of ages and levels of education. Some have worked previously but many have no work experience outside the home. Computer skills also vary. One learner entered with such a fear of computers that she visibly trembled when trying to type but she was determined to learn computers. When she was moving out, she was able to write a letter using the computer!

Despite many difference, the clients share common needs-- all need support, a positive learning environment, encouragement and help in realizing their self-worth. They often need help in setting goals for education and careers. The clients often have patterns of incomplete or disrupted education. They have a fear of failure and devalue their own educational achievements Abuse survivors

need to reclaim a strong sense of self. Each woman needs to be supported with positive feedback constantly as she risks making the necessary changes involved in learning. As a learner experiences success in learning, her confidence grows and this enables her to make decisions and changes to help herself.

The Learning Program is individualized to meet the needs of each learner. It is important to recognize the unique pace of each person. It means encouraging her to start from what she knows and gradually build her skills.

The Learning Program is part of the healing experience for the abuse survivor and helps her see that others still like her and believe in her abilities. She can feel that it is safe, that she can take risks. With increased levels of confidence, she is less likely to become involved in abusive relationships. The instructor reminds her students that with a high school diploma and a training certificate, they will have the freedom to made choices for better jobs and they will not have to stay in a bad relationship for the sake of economic survival.

Helen Tomchak, Learning Program

“When I joined the Tour I studied the best players to see what they did that I didn’t do. I came to the conclusion that the successful players had the Three Cs: Confidence, Composure, Concentration”

*~ Bob Toski,
Golfer*



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PRESENTS

THE SECOND ANNUAL FUNDRAISING GOLF TOURNAMENT

Assiniboine Golf Course

2045 Ness Avenue | Winnipeg, Manitoba

Tuesday, June 7, 2011 12:00 pm

Or { **\$ 500.00 / Team**
(4 Players)
\$125.00 / Player

FORMAT: Texas Scramble – Four (4) Players per team

(INCLUDES 18 HOLES OF GOLF, SHARED POWER CART, LUNCH, DINNER, GIFT, \$25 TAX DONATION, PRIZES)

PHONE **(204) 284-3490**



www.alphahouseinc.ca

Supporting a Friend or Family Member

Many people who live with domestic violence don't tell others or ask for help. Most often, the only way family and friends know that something's wrong is by recognizing the signs of domestic violence:

- Frequent injuries from what the person calls "accidents"
- Increase isolation from family and friends
- Jumpiness, depression or anxiety
- Loss or decrease in self-esteem as a result of the abuse
- Avoidance of any form of confrontation
- Dramatic change in manner, mood or physical appearance
- Excessive coping behaviors: over-eating, smoking, substance

abuse, gambling

- Expressed fear of partner
- Partner's jealousy or possessiveness

• Constant criticism from partner
If you know or suspect that a family member or friend is living with domestic violence:

- Let them know that the abuse is NOT their fault
- Be supportive and listen
- Let them know there is help available and help them find resources.
- Do not give up on them, even if they are not accepting of help at first.

Resources and services for people living with domestic violence are vol-

untary. If you call any resources about family or a friend, they can only give you suggestions to handle it. They cannot help victims unless they are willing to accept help. People caught in the cycle of violence often reject help at first. Don't force them into getting help. Be supportive and give them the time they need to want outside help.

Without help, abusive relationships only get worse.

If you know someone who may be in an abusive relationship or you are in an abusive relationship call 1-877-977-0007.

Conquering Abuse through the Kindness of Strangers

I am a middle ages woman who left Ontario to come to Winnipeg to realize my dream of marriage. However, as with most diseases the abuse became intolerable and brought me to the safe confines of Alpha House.



Alpha House has enabled me not to succumb to self-pity and anger due to the strengths I find in others in my situation. Not only that, but the generous time and gifts endowed to me and others here has been truly astounding. I was almost about to feel sorry for myself at Christmas, when I received such an abundance in kindness from complete strangers.

I felt so validated in my journey, thru this pain and sadness that I sometimes feel, to regain myself as the strong capable women I am meant to be.

I am honored and humbled by the kindness I received from a gallery of strangers whom take the time to care.



"Today I am a survivor".

Anonymous resident of Alpha House

We're continually striving to make Alpha House a place to call home. Become a member today and be apart of ending the cycle of violence.

Membership

As a member of Alpha House we will keep you informed of what's happening at the House and new events we're planning. Being a member also means that you get a vote. You will be invited to attend our Annual General Meeting where you will be able to participate in the business of the day.

Communications

We collect information for the sole purposes of communicating about the House and providing tax receipts. We do not share information with any third party. We are working toward providing the newsletter via email. Please designate below your preferred means of communication.

- Please email communications
- Please mail communications

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.



CONTACT US

At the House:

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Fax: (204)-254-2602

Email: executivedirector@alphahouseinc.ca

At the Foundation:

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

Email: foundpres@alphahouseinc.ca

Save the Date!

The Alpha House Annual Fundraising Dinner is on 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 Alpha House.

We Couldn't Do It Without You!

I would like to thank the wonderful people who took the time, care, and consideration to shower myself and my children with our Christmas treasures. To know that there are such gracious individuals in the community is inspiring to us in our most difficult journey.

Sincerely the Women and Children of Alpha House.

Christmas Donations 2010

Accurate Dorwin
Associates of St. Marguerite
Association of Grey Nuns

Blanketing Manitoba
Charleswood United Church
Cheri Hyntka-Kelly
Concierge de Bourgeois
Contempora Steel
Curtis Carpets
Donna Sarna Physiotherapy
Faith Lutheran Church
Gloria Dei Church
Great West Life
Herb Society of Manitoba
Holiday Towers
Jewish Women's International- Aviva Chapter

Joseph and co. for hair
Mary Mother of the Church - Catholic Women's League
Our Lady of Perpetual Hope
St. Alphonsus Church
St. Peters Church- Catholic Women's League
St. Vital Business Girls Curling League

Our heartfelt thanks to the individuals and groups for their incredible support towards the holiday season of 2010.

Annual General Meeting, June 6, 2011

The Annual General Meeting is fast approaching and we would love to see you come out and participate.

Location:
St. James
Presbyterian Church
1476 Portage Avenue
Winnipeg, MB

Date: Monday, June 6th, 2011
Time: 5:30 pm Refreshments will be served..
Please join us!

We're online!

Visit us at:

www.alphahouseinc.ca