



PROTECTIVE LIVING FOR WOMEN LEAVING ABUSE

live life empowered

SEPTEMBER 2008

CONTACT US

QUOTE

“Let us more and more insist on raising funds of love, of kindness, of understanding, of peace.”

~ *Mother Teresa*

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Annual Dinner November 6, 2008

Mark the date in your calendar! Please come out and support our Annual Fundraising Dinner.

This year promises to be an extra special one. We're launching our 'Live Life Empowered' Campaign and we need as much support as possible to build awareness and momentum around Alpha House and our goal of breaking the cycle of abuse.

The evening promises to be inspiring. You can also expect a beautiful four course meal, musical entertainment, prizes, a silent auction and more.

Winnipeg Free Press Journalist and accomplished writer, Mike McIntyre will be our host for the evening and a guest speaker from the House will share her story of empowerment.



Families are succeeding at living lives free of abuse thanks to their courage and your continued support.

Dinner Details

The Fort Garry Hotel
(7th Floor Crystal Ballroom)
Thursday, Nov. 6, 2008
6:00 p.m. Cocktails
7:00 p.m. Dinner
Tickets \$75.00
(\$35.00 tax receipt)

To order tickets please visit our website at www.alphahouseinc.ca or contact the Dinner Chair at 633-6480.

We hope to see you there!

As one door closes another opens

Moving into Alpha House gives you the opportunity to break the patterns of the past and establish a new and successful life for you and your children. All it takes is the strength to take that first step. Realize that you are worth more than the abuse makes you

feel you are. You deserve respect, love and a better life.

If you or someone you know is in an abusive relationship and needs help please visit our website at www.alphahouseinc.ca for more information or call us at **982-2011**



We can be here for you when you make the choice to leave.

A Letter from a former resident



“You can not change the past but you can build the future...”

This former resident of Alpha House shared her thoughts with us on what Alpha House has meant to her and her children. She has done an exceptional job expressing herself even though English is a second language to her.

Now when we are moved from Alpha House and settled down into a new life, I would like to take a minute for a couple of words.

I would like to appreciate for this wonderful time that we have spent in Alpha House. Our life change, life's directions are changed, the way of thinking and realizing life, world changed as well.

I would like to appreciate

for every one in Alpha House's staff for their dedication and incredible job that they do for every one of us.

Personally, I could see how my children have gotten a new life. How mentally healthy, strong, high self esteemed their become. Now they have keys to open different life, life that I would never been able to provide for them by myself. I enjoy to see them every minute how do they know to describe their feelings, emotions and situations they going through.

We were fortune family to be part of Alpha House programs. All individual and group counseling that my children and I have participated, have

had big impact on our position in the life now.

My way of thinking have changed, I can feel how much easier it is become for me to cope with different life situation. You can not change the past but you can build the future, and that what I definitely learn being in Alpha House.

To the end, expressing emotionally, I would like to emphasize that we just love and miss this place. It was secure, safe, educational, always good company, warm and quiet place for us. Thank you very much to all staff. We hope, how we won't forget all of you, you will some times remember about us.

News from the House

Make Alpha House a Home Project continues to bring positive changes to the “house” with the renovation of resident bathrooms almost complete thanks to The Winnipeg Foundation and the Window Covering Project complete thanks to Investors Group Employees In Action Community Projects Fund.

Our summer program was a success thanks to

the summer student who planned over 25 fun filled activities for the families, our thanks to Winnipeg Goldeyes Field of Dreams Foundation for sponsoring this program.

We are looking forward to our Thanksgiving, Hallowe'en and Christmas activities. Celebrating holidays while living in a shelter is often isolating and can be a difficult time for the families.

Our families will be experiencing their 1st Christmas away from their abusive partner which adds stress and confusion with questions of “have I made the right decision”. Providing an atmosphere of community, safety and support while living in a nurturing, compassionate, environment helps women with their transition.

Glenda Dean, Exec.Dir.



We're continually striving to make Alpha House a place to call Home.

The Campaign to ‘Live Life Empowered’

We work with women and children to heal the past and succeed in the future by focusing on four pillars of living life empowered.

We invite you to be a part of the campaign to “Live Life Empowered”.

The Live Life Empowered Campaign is about inviting the community to participate in creating an even greater impact on ending the cycle of abuse. Here’s how:

Recognize – Stats Canada published that “Fifty one per cent of women in Canada have experienced at least one incident of physical or sexual violence since the age of 16” Abuse is happening and it is wrong.

Together we can: build awareness around the issue of

abuse and how Alpha House and the community can continue making a difference in the lives of women and children.

Respect – We all have intrinsic value in the world and deserve to live free of fear and intimidation.

Together we can: ensure that Alpha House is well maintained and families feel secure, safe and welcome throughout their transition.

Act – To affect positive change we need to act proactively toward achieving the goal of breaking the cycle of abuse.

Together we can: increase the success rate of graduates from the program to move forward living lives free of abuse and intimidation.

Believe – *Together we can affect positive change!*

You can participate in a variety of ways:

- Come to the Annual Fundraising Dinner on November 6 and bring

your friends and family.

- We’re selling ‘Wings of Empowerment’ pins this year to build awareness of Alpha House and remind everyone to Live Life Empowered. Consider purchasing a pin and helping to spread the word about Alpha House by selling them.
- Are you a part of an organization that would like to sponsor Alpha House? If so, call Karrienne at 951-9803 or email kscott@alphahouseinc.ca.



Join the team and be a part of ending the cycle of violence.

Live Life Empowered!

Volunteering at Alpha House

Our volunteer program continues to grow and we welcome individuals who are interested in child minding, donation program or library work.

Child Minding:

If you love children and are available during the day, we need volunteers to watch the children while Mom participates in counselling programs.

Donation Program:

We need assistance in coordinating in-house donations and pick-up of new and used items that have been donated by the community.

Library Work:

If you are excellent at organizing this volunteer opportunity would be a great fit for you. We have an extensive library of books

and videos that we need catalogued for easy access to these important resources.

Volunteers are very much appreciated and so important to the enhancement of services for the women and children who reside at Alpha House.

Please contact us at 982-2011 if you would like to volunteer.

“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.”

~Sherry Anderson

THANK YOU CBC MANITOBA!



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at Six

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Contact Us

Mailing Address

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To contact the House:

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E-mail: executivedirector@alphahouseinc.ca

To contact the Foundation:

Phone: (204)-982-2011

Fax: (204)-254-2602

E-mail: foundation@alphahouseinc.ca

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



Alpha House Foundation Membership or Donation

Please circle one of the following:

I wish to become a member of Alpha House \$10.00

I wish to renew my membership \$10.00

I would like to make a donation of \$ _____

I would like to remit payment using my Visa or MasterCard:

Total Charge: \$ _____

Card Type (please check off Visa or Mastercard): Visa MasterCard

Card Number: _____

Expiry date: _____

Signature: _____

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____

Email address: _____

Please make your cheque payable to **Alpha House Foundation Inc.** and mail to: **P.O. Box 37015, RPO St. Vital Centre, Winnipeg, Manitoba, R2M 5R3**

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