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PROTECTIVE LIVING FOR WOMEN LEAVING ABUSE

live life empowered

2010 SPRING ISSUE

QUOTE

“It is not the ship so much as the skillful sailing that assures the prosperous voyage”

~ George W. Curtis

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Membership form & Volunteer Opportunities

Message from the Executive Director

This has been another exciting year of growth and change. We have continued to build on our programs of empowering women to take back their lives after leaving an abusive relationship and have seen the positive impact and outcomes of our services for our families.

In October of 2009, we welcomed a new Children's Counselor, Sherri Pierce, who has been busy with the children and moms ensuring that the program responds to the needs of families and promote the strengths and resiliency of our children and women.

My thanks continually are extended to all who support Alpha House by donating clothing, household items, financial donations and more. Community support is what keeps Alpha House going and without that support we would truly struggle. Due to the economic recession we have received some financial cut-backs, and now, more than ever we rely on the generosity of the community. Abuse has not declined like the economy. We

continue to provide services at capacity and are reminded daily of the support that surrounds Alpha House.

Our agency appreciates the support from the Family Violence Prevention Program, Department of Family Services. Thanks to the Thomas Sill Foundation we were able to have the common room freshly painted and purchased some much needed office furniture. The common room is welcoming and instills a feeling of tranquility and peace.

Thanks to the MB Community Services Council and all the "bingo" volunteers, we were able to replace the intercom system. It has been upgraded and provides additional safety and security for the women.

This past year we have been faced with numerous problems with the boiler (heating) system. Providing heat for our residents is an absolute necessity. I wish

to extend our huge, huge thanks to the Winnipeg Foundation for providing us with a grant to cover over half of the cost of a replacement boiler. After some stressful times of not having heat, we were able to have the work completed in January. This new heating system is wonderful. We have thermostats that now work in the suites and have consistent heat and our residents no longer have to rely on portable heaters to keep warm. Our appreciation and thanks to the Winnipeg Foundation for making this happen!! The Winnipeg Foundation has continued to be a strong supporter of Alpha House.

I am continually impressed with the commitment, dedication, and integrity that staff demonstrates on a daily basis and both Board of Directors that work tirelessly to be leaders and supporters of our program. I am proud to be surrounded by such an exceptional group of people.

~ Glenda Dean



Annual General Meeting, June 14, 2010

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 14th, 2010
Time: 5:30 pm Refreshments will be served..
Come on down!

*“What other people may find in poetry or art museums, I find in the flight of a good drive.”
~Arnold Palmer*



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PRESENTS

THE FIRST ANNUAL FUNDRAISING GOLF TOURNAMENT

Assiniboine Golf Course

2045 Ness Avenue | Winnipeg, Manitoba

Tuesday, August 17, 2010 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**

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



www.alphahouseinc.ca

Children's Program

When children experience violence in their homes, they may also feel a bit lost when it comes to their feelings. They may have conflicting emotions and may have difficulty labeling them. When they move with their mothers to safe housing, these feelings can intensify. While there is the relief of knowing that there is physical safety, there is also loss, sadness, anger and confusion. For school-age children, there is also the added isolation of possibly having to have changed schools and the high-level of secrecy required to insure their continued safety.

At Alpha House, we recognize that these children need a place to share their feelings and connect with oth-

ers. Our school-age group, which meets weekly, offers children a chance to talk to other kids who have similar experiences, to share and explore their feelings, hopes and fears in a healthy, supportive environment. Through games, stories and age-appropriate activities, children gain the ability to identify their emotions and learn safe and acceptable ways to express them.

Alpha House also supports children by offering a weekly group to help mothers enhance their knowledge and parenting skills. This group provides the women with an outlet to discuss the joys and challenges of parenting. As well the group creates a forum to share tips and suggestions

about managing children's behaviors, fostering self-esteem and independence and helping each child shine as a special and unique individual.

Since joining the Alpha House team in October 2009, I have enjoyed working with the children and women here. The resiliency of these children is incredible and the determination of the women to improve both their own lives and the lives of their children is inspiring. It has been a pleasure, as Children's Counsellor, to be able to support the positive changes being made by all our clients and see the impact of the work they are doing reflected in their lives.

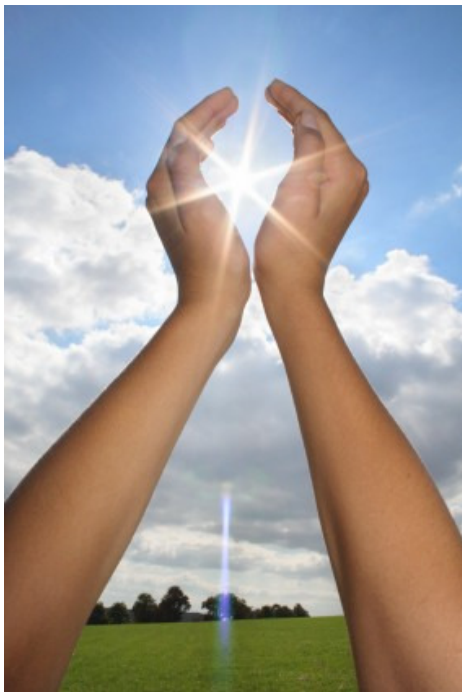
~ Sherri Pierce, Children's Counsellor

Moving Forward, a Resident's Story

I came into Alpha House very afraid, and so many worries that my head could not wrap around. The immediate supports that were available to me helped me and my children in so

many positive, nurturing and calming ways, that that support if not available would have left me and my children with no hope. Thank you Alpha House, for my ongoing support groups, and my individual sessions to work through so many hard emotional times. The craft time, outings, the healing process – it was not like a shelter but a family. We were able to have normal and for me that was huge because life in abuse is anything but "normal". This year long journey was my blessing, and the positive growth I see in myself and my children only makes me stronger. My time at Alpha House was secure, warm, nurturing and generous. This is truly a place of healing, a journey forward not back.

*~ Respectfully submitted,
Evelyne*



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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Winnipeg, Manitoba R2M 5R3

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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 coming up on 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.

Great Start to the Year!

Thanks to the generous contributions made to the Alpha House Project this holiday season, we here at Alpha House were able to organize amazing activities for both the women and children. Group trips to the Festival of Trees and Lights, family bowling, and fun craft activities were enjoyed by everyone! In addition to the various group activities, this year we were able to offer the children of Alpha House a wide range of holiday themed activities such as individual chocolate tree decorating, angel making, a create your own self care present for their mothers, and movie days. These activities are so important, as they not only provide a productive outlet for the children but also allowed the women of Alpha House some time to themselves to focus on their needs and the needs of their family.

This year's holiday dinner for all their in-house clients was a night to remember! Our 2009 holiday dinner included games complete with prizes donated by various local churches. Dinner included turkey, meatballs, coleslaw, mixed vegetables, stuffing, mashed potatoes, gravy, and for dessert, a very tasty vanilla cake.

Before the dinner each client received

their holiday food hamper. Every child received beautifully wrapped age appropriate gifts which ranged from clothing, toys, books, etc. and personalized stockings filled to the brim with candies, puzzles, toys, and more!

The gifts donated to the women staying in our shelter were equally amazing! Beautifully wrapped baskets of lotions, soaps, bubble baths, candles, and other self care products were distributed. Along with the baskets of self care products, each woman received boxes of non-perishable foods, jugs of milk, cartons of eggs, treats for their children and, gift cards for Safeway and Walmart.

We at Alpha House understand that the holiday season is a busy time for everyone and we appreciate all the time, thought and commitment each organization has demonstrated for the women and children of Alpha House Project.

Our Heartfelt Thanks to the following

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

agencies for their incredible support this year:

Accurate Dorwin
American Women's Club
Aviva Chapter, Jewish Women International
Blanketing Manitoba
Constance Shampton
Charleswood United Church
Christmas Cheer Board Delivery
Cliff and June Harris
Contempora Steel Builders
Curtis Carpets
Faith Lutheran Church
Hasting School
Joseph and Company for Hair
Mary Mother of the Church, CWL
Sanford Collegiate
St. Alphonsus Church
St. Peters Catholic Church, CWL
The Great West Life Assurance Company
University College
L. Kong, Bernard Callabaut Chocolaterie

and a special thanks to all those who supported our 2009 Fundraising Dinner.