

# Quarterly Newsletter

Alpha House Project Inc.

November 2025



**Hello! My name is Cherie Hennessey, and I am the Executive Director at Alpha House.**

It is hard to believe it is November and that 2025 is almost over. It has been a good year at Alpha House with many new initiatives and resource and programming enhancements to better support the families we serve.

This fall, we have been busy supporting the many new families who have moved in and joined the program. In addition to the counselling and support sessions they receive, many hours have been spent helping to register and get the children settled into their new schools, helping families to get their basic needs looked after, such as connecting them with doctors, dentists, and eye doctors, and helping them apply for legal aid and settle into their new home and routine.

With December right around the corner, we are now busy working on preparing for the Christmas season and ensuring that the families at Alpha House have a special holiday season. For most of the families we work with, Christmas has been a very stressful time filled with fear and anxiety.

We strive to make it a festive and happy occasion where they can create new traditions and happy memories. We welcome and appreciate donations to help cover the cost of the hamper supplies, Christmas activities, and the Christmas dinner we host each year.

On October 24, 2025, we held our annual fundraiser. This year it was decided to try something new, and we held a Sip, Savour, and Support event at Piazza De Nardi. Thank you to everyone who joined us. The support of the community is essential in helping us provide women and children leaving abusive relationships an opportunity to heal and move forward to live happy and productive lives. We truly could not do it without your support!

On behalf of the Board of Directors and staff, we wish you all a wonderful holiday season spent with family and friends and all the best in 2026!

Warm Regards,

*Cherie Hennessey*  
Executive Director



# Team Spotlight



**Hello! My name is Lana and I am the Program and Support Coordinator at Alpha House.**

I have many varying duties in my role. Some of my key responsibilities include working with clients to arrange aid from outside agencies (such as Legal Aid, Manitoba Housing), offering practical support in areas like money management, providing one-on-one restorative (nervous system and spiritual health) care, and administrative assistance for the Executive Director.

Alpha House provides wrap-around services for our clients. When a woman begins our program, we start with her basic needs. Women and children often come to us with no hope, no resources, and only the clothing on their backs. In the first few weeks, I help them establish safe homes/practices and adequate food.

In addition to food, clothing, and shelter needs, our clients and their families often arrive with unaddressed health issues. This could look like a woman navigating the world nearly blind because her glasses were broken by her abuser. It could be that she is in dire need of dental or health care because she was not allowed to leave the home for years, especially after being subject to physical violence. These matters are essential to address early on.

Once their urgent needs are addressed, I start introducing practices to help regulate women's nervous systems and develop feelings of purpose and

belonging. Not only have our clients recently experienced crisis, but they inevitably have a long history of trauma. Their exposure to fear and harm has left them sensitive and reactive to perceived danger - but also numb and disconnected from their life and bodies. Trauma and abuse can cause challenges with reasoning, logic, memory, focus, and emotional wellbeing. These factors make healing and rebuilding perspective extremely challenging.

When our clients finally have their basic survival stabilized, they have the capacity to address other aspects of their lives. This is the point at which they get the most benefit from assistance with life skills, such as cleaning and organizing, meal planning and shopping, as well as money management. Together, we begin to prepare for their future independence. This means looking at housing and furnishing options. It also means assisting the client with developing resources that will help her continue moving toward a better future. Nothing is more heartwarming in this work than a past client reconnecting to share their happiness and success.





# Sip, Savour, and Support Event

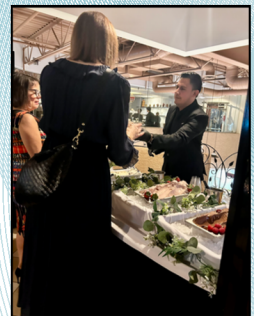
Our Sip, Savour, and Support event on Friday, October 24, 2025, held in the beautiful event space at Piazza De Nardi, was a spectacular success! Our guests were guided through a selection of six wines, savoured deliciously curated appetizers, and enjoyed a variety of decadent desserts, gelato, and an espresso bar.

All funds raised go directly to supporting the women and children in our program by providing valuable resources for counselling programs, childcare, and family activities. We are very grateful for all of the support from our incredible community members.

Thank you to our great staff and dedicated board members for all their hard work in planning and executing the event.

A special thank you to our wonderful sponsors and prize donors.

We hope our guests enjoyed the evening as much as we did!





# Support Our Mission

During this festive season, we would like to highlight the importance of donors that help support our mission.

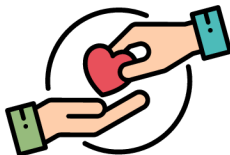
50% of our annual funding comes from generous donors like you! Monetary donations are extremely helpful, as they directly support the clients in our intimate partner recovery program.

Your donations assist in the following ways:

- Food hampers for each family for Christmas
- Socks for the women and children
- Warm mitts and toques for both women and children
- Special outings and activities for the children during the Christmas break
- Toilet paper, paper towels, facial tissue, cleaning supplies, and new toys for the childcare room

Visit our website and click on **“Donate”** to make a donation.

We appreciate your support!



# Join Our Board!

Join the Alpha House Project Board of Directors! We're looking for individuals who:

- Believe in the power of strong board leadership.
- Bring experience in disciplines such as PR, fundraising, HR, finance, etc. along with a commitment to equity, diversity, and inclusion.
- Are willing to actively engage as advocates, ambassadors and connectors for Alpha House.

## Board Member Expectations:

- Attend monthly in-person board meetings
- Commit approximately 4 hours per month.
- Understand and support Alpha House's mission, programs, and financial goals.
- Participate on a committee or task force.
- Leverage your network and lived experience to support our mission.
- Engage in learning opportunities to deepen their understanding of the community we serve and challenges they face.
- Respect and elevate diverse voices and perspectives around the board table.

Visit our website and click on **“News”** to read the full description!

# Contact Information:



Alpha House Project



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Alpha House Project



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