

Quarterly Newsletter

Alpha House Project Inc.

April 2026

The Mission of Alpha House

Alpha House is dedicated to helping women and children who are committed to leaving an abusive relationship. We provide a full-time program consisting of counselling and practical supports within a protective living environment.

What we offer:

Our program offers women and their children an opportunity to heal from the impacts of intimate partner violence. Our healing program includes wrap around supports, including individual counselling, group counselling, and systems navigation. When women are ready to exit the program, we work with them on finding housing in the community. Women and their children are welcome to attend the follow-up counselling and support programs once they have completed the program.

Alpha House also offers non-residential counselling; an option for women who are looking to heal from the effects of intimate partner violence, but who are safe to remain living where they are living. This program is free of charge.



Land Acknowledgement

Alpha House Project is located on the original lands of the Anishinaabe, Cree, Anisiniwew, Dakota, and Dene peoples, and on the Homeland of the Métis Nation. We respect the treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

Message from the Executive Director



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

As we wrap up the fiscal year and head into a new fiscal year, I want to take this opportunity to thank all our supporters, partners, staff, and board for your dedication to Alpha House. Together, we provided a safe place for families to heal, strengthen their relationships with their children, learn healthy coping strategies, rebuild their self-worth, and develop practical skills. Most important, after living at Alpha House, they can re-enter communities with the skills and confidence necessary to sustain productive, peaceful, and healthy lives for themselves and their children.

One of the clients who completed the program this past year shared the following in her end of program evaluation.

“The whole year at Alpha House was a period of learning and internal growth. In my abusive relationship I was totally lost somewhere. There was no confidence left in me. With the help and support I received at Alpha House, I rediscovered myself. They helped me dig out my hidden talents I wasn’t even aware I possessed. I am ready and confident to move forward.”

The strength and courage the women and children possess is inspiring. We are honoured to be part of their healing journey.

Royal LePage Prime is holding its annual *Slice4Shelter* fundraising golf tournament in support of Alpha House on July 21st at Glendale Golf & Country Club. If anyone is interested in becoming a sponsor or golfing at the event, please contact Michael Froese, Managing Partner, at (204) 293-5919. It is always a great day!

I wish you all a wonderful spring and summer, filled with time spent with family and friends. Here’s hoping for a long, hot summer!

Warm regards,

Cherie Hennessey
Executive Director



Team Spotlight



Hello, my name is Michelle and I am the Children's and Family Therapist at Alpha House.

My colleagues often catch me saying that I have the best job at Alpha House; I get to play with the amazing strong children and youth who live here. I am privileged to get to work with families, as they make a huge transition setting up a world away from intimate partner violence. I see everyone for individual sessions, five years old and up, while they are living at Alpha House. I create a safe and welcoming environment where they can process their current and past worlds. I root my work within an attachment framework using many modalities and theories, including play, Theraplay, sand-tray, sensory play, and art.

One of the strongest aspects that is embedded into our work at Alpha House is supporting the relationship between mom and her children. I offer family sessions centering activities to build trust and strong connection between the parent and child using supplies that are easily carried into their home, funny ways to enter the room, blowing and popping bubbles, and playing catch with feathers, to list just a few of the activities in the family sessions where building and rebuilding positive connections happen. I work individually with each mom in our program supporting, validating, and strengthening their confidence, as they get their feet back on the ground, and build a new world for themselves and their children. One of my favourite things here

in our program includes family outings, where mom and children get to have fun activities together.

A small portion of my role includes system navigation and support. Our families are often connected to large systems and often many steps involved in the process. These systems can be both intimidating and significantly impactful on the family. For a variety of reasons, it can be hard for woman to find personal supports to sit next to them, and it is a very powerful feeling to be able to do so when they feel alone across from a large number of people on the other side of the table.

I wanted to share something that I will never forget. I had a mom who was sharing that her young child was often running to the corner when there was a loud noise and the child was described as quite fearful and hard to console. We had come up with a plan, and less than a week later, that corner became filled with comfort items and her mom was able to comfort her more, the fearfulness decreased, and in less than two weeks, her little one was running to her when hearing loud noises.

Kind regards,
Michelle



April is Sexual Assault Awareness Month

Sexual Assault Awareness Month plays a crucial role in highlighting the important issue of sexual assault and its profound effects on individuals and communities. It serves as a call to action for people to engage in conversations about consent, respect, and the importance of creating safe environments. This month is dedicated to raising awareness, promoting prevention, and fostering healing and support for sexual assault survivors.

According to a new report released on March 31, 2026 by Statistics Canada, 7.1 per cent of Manitobans aged 15 years or older were victims of physical or sexual violence in the 12-month period before the survey was conducted from October 2024 to July 2025.

Sexual abuse/assault can show up in an intimate partner relationship in many ways.

Some examples include:

- Implied consent: Considering the involvement in the relationship as a guarantee of consent.
- Psychological sexual violence: Threatening to cheat on the victim or manipulating the victim to have sex.
- Sexual gaslighting: Using false accusations of infidelity to gain the right to control or monitor the victim.
- Imposing unwanted sexual practices: Controlling how, where, how much, and how long sexual activity takes place.

Sexual assault is a traumatic event and, therefore, can be difficult for individuals to talk about. Often survivors feel numbness, guilt, shame, anxious, depressed, and fearful. Survivors may re-experience the assault through flashbacks or nightmares. Some of the reasons sexual assaults are underreported to authorities include the victim blaming themselves, being afraid of the consequences of coming forward, or simply wanting to forget the assault ever happened.

**Slice4Shelter Golf
Tournament in
Support of Alpha House**



On **Tuesday, July 21, 2026**, Royal LePage Prime will host its annual charity golf tournament at the *Glendale Golf & Country Club* in support of Alpha House. It's going to be a par-fect day!

Become a sponsor, player, or supporter!
Visit slice4shelter.ca for more information.

Let's end domestic abuse once and for all!

Contact Information:



Alpha House Project



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Alpha House Project



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www.alphahouseproject.ca