ISSUE #6

# Fall Newsletter

Alpha House Project Inc.

November 2026

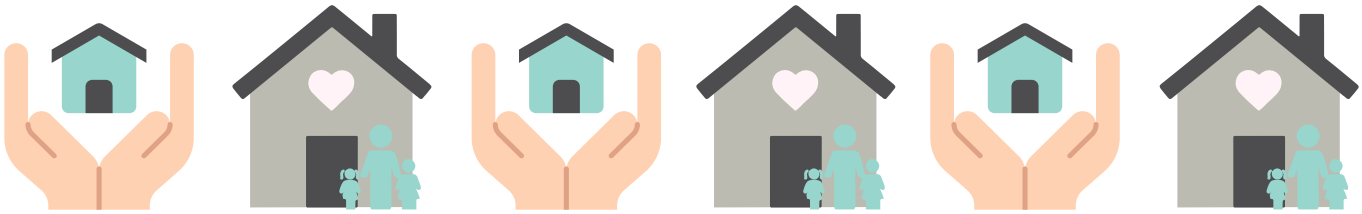
## The Mission of Alpha House

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, Anisininew, 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.

November is Domestic Violence Awareness Month. Having a month for awareness provides us with an opportunity to bring this issue into the open and remind survivors that they are not alone. Domestic violence affects all of us and tragically the number of women who have been abused continues to grow. Domestic violence affects individuals and families every day of the year with Manitoba having one of the highest rates of domestic violence in Canada. Domestic violence is more than physical violence. It includes emotional abuse, sexual violence, intimidation tactics, isolation, financial control, and coercive control. Many of these behaviors happen behind closed doors, and the abuse is not always visible to others. It is important to learn to recognize and support victims of domestic violence.

We continue to operate at full capacity, and sadly, the number of women reaching out to be part of our program exceeds the number of spaces we have available. We also receive phone calls daily from women reaching out for emotional support and referrals to community resources. Our non-residential counselling program has seen an increase in the number of women wanting to access this resource.

The summer and fall have been busy, as usual, with providing counselling and practical support to clients, helping new families get settled and getting children registered into school. In addition to the counselling programs, we provided opportunities for fun, laughter, and a sense of community. We provided outings and activities for the children throughout the summer months. We have had opportunities to celebrate clients birthdays, held a Thanksgiving dinner, and had a Halloween party for all the families. We are now looking forward to planning for the Christmas season.

On October 17th, we held our annual fundraiser. One of our clients came and shared her story. This is always such a special part of the event. This year's speaker has been at Alpha House for a year. Due to the trauma and abuse she has experienced throughout her life, the first six months living at Alpha House were about helping her feel safe and supported. Most of the time, she was in a dissociative state. She has come so far and is finally gaining her voice and starting to build her self-esteem and self-worth. It was such a powerful and moving moment seeing her stand up in front of a room full of strangers and share her story. As staff, we are incredibly proud of her, and in awe of her strength and determination. We are excited to see what the next chapter holds for her and her two children. Together we are creating safer, healthier, and brighter futures for the women and children who have been impacted by intimate partner violence.

I want to acknowledge and extend a heartfelt thank you to all our donors and supporters who have helped us this past year. We truly could not do this without your support. I wish you all a wonderful holiday season and all the best for 2027!

Warm Regards,

Cherie

*Cherie Hennessey*
*Executive Director*

# Team Spotlight



## Hello, my name is Karleigh and I am the Comms and Dev. Coord. at Alpha House.

My position at Alpha House is unique, as I work part-time, fully remote, and in the evenings and weekends. As social media evolved, so did the need for companies to require a designated position for monitoring and posting to social media. This is where I come in!

I am responsible for posting to Alpha House's social media on a regular basis. However, there are a few more duties to my position. I also do the layout and email out the Alpha House newsletter. And last but not least, I do the graphic design pieces used at Alpha House's yearly fundraising event. I also attend, do photography, and lend a hand at the fundraiser.

I hold a diploma in Creative Communications and have been working in the industry for the past 15 years. I fully enjoy creating marketing collateral that helps reach an audience for an impactful experience.

When I first joined the Alpha House team two years ago, my knowledge on intimate partner violence and women's shelters was small. However, over the past two years, I have learned a lot and it has been quite an eye opening experience.

I am fortunate to say that I am part of a team that is making a difference in the lives of women and their children. The work that Cherie and the team do on a day-to-day basis is inspiring and I am proud to contribute in my own way through a visual medium.

Welcome to the newsletter recipients who signed up at the 2026 Sip, Savour, and Support Event. We look forward to sending you Alpha House news!

# Client Quote

As mentioned in Cherie's message, one of Alpha House's clients shared her story at the 2026 Sip, Savour, and Support Event. Below is a special excerpt from her personal experience. We are proud of how far she's come and her readiness to share her story.

**"Alpha House has given me a safe environment, support, patience, encouragement, and understanding. They gave me the time I needed, without rushing me, before I began to heal. It hasn't been easy, but I am learning to give myself the same compassion and kindness I give others through counselling, groups, and sharing experiences with other women. I've learned a lot. I am learning to tell the difference between who I am and who I was told I was. I can now have my own thoughts and opinions, make my own choices, and trust myself. Now, the voices in my head are no longer of my ex's, but those of my counsellors and my own voice, fighting to become stronger."**



# Sip, Savour, and Support Event 2026

Our Sip, Savour, and Support Event on Saturday, October 17, 2026, held at Gateway to the Arctic in the Journey to Churchill exhibit at the Assiniboine Park Zoo, was a wine-derful success! It was an absolutely extraordinary sold out evening full of superb wine, delicious food, fantastic prizes, and great guests (including the appearance of the polar bears and seals!).

We would like to extend a huge thank to all who attended, sponsored, donated, and supported.

An immense 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 Chrissy Troy, morning show host on Virgin 103.1's Ace Burpee Show, for being our emcee for the evening!


















# 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!

We also accept donations of gift cards to **Walmart** or **Superstore**.

These gift cards will be put towards purchasing our most needed items at this time of year, which include the following:

- Pantry items
- Soap
- Shampoo
- Body wash
- Toothpaste

To make a gift card donation, please call our office.







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Alpha House Project

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