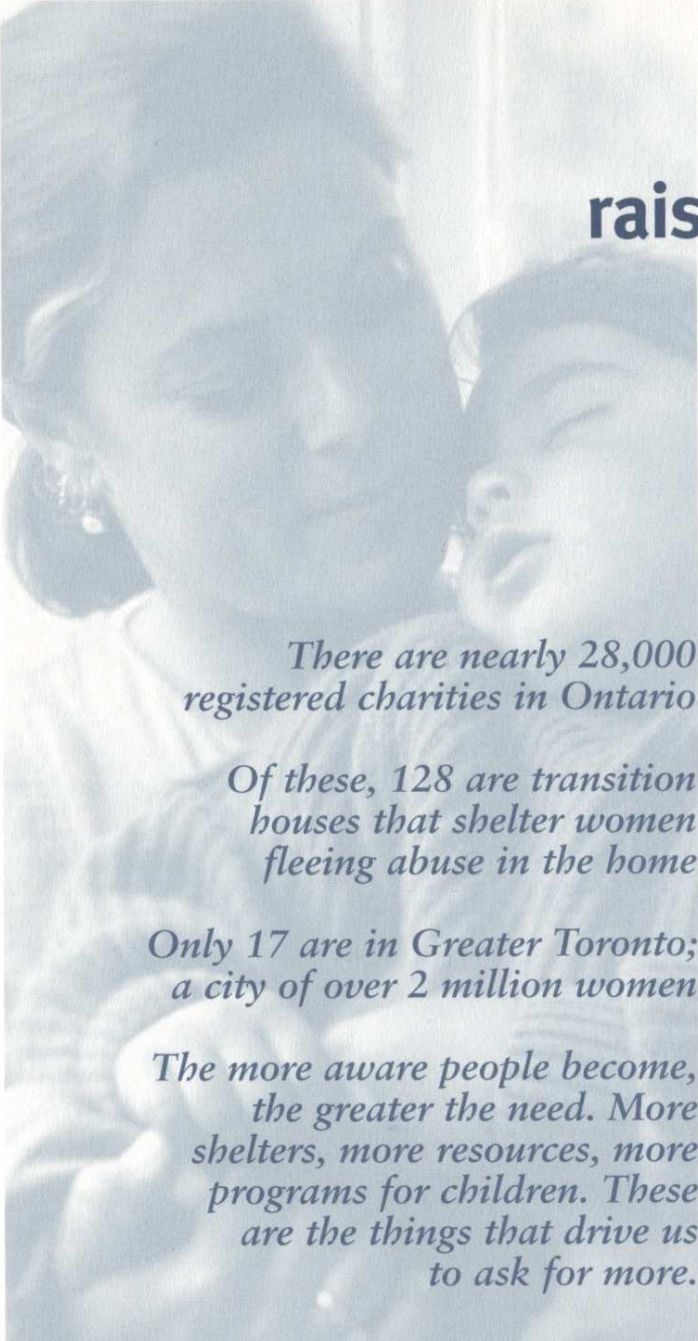




raising awareness

*There are nearly 28,000
registered charities in Ontario*

*Of these, 128 are transition
houses that shelter women
fleeing abuse in the home*

*Only 17 are in Greater Toronto;
a city of over 2 million women*

*The more aware people become,
the greater the need. More
shelters, more resources, more
programs for children. These
are the things that drive us
to ask for more.*

In 1999 we laid the groundwork for a Direct Response Television program, "Journey to Freedom". It launched in Spring 2000. If you see our new documentary-style approach on television this year, remember our mission and the core commitment at the heart of all we do; to help more women help themselves against needless violence and to be a visible symbol of support from the community.

The women who volunteered their stories and participated in these riveting accounts of abuse are in no danger. They are a testament to the process of recovering their lives and were eager to help Interval House in its continuing efforts to raise awareness and funds. To Marie, Janice, Kathy, Esi, Margaret, and Jennifer we offer our respect and deepest gratitude.

The visibility we earn in the coming months will focus attention on the needs of the support system: more counseling, more facilities, more post-shelter/post-violence services, more for children.

We know many women will see our television program and we anticipate they may reach out for help. So we enlisted the aid of The Assaulted Women's Helpline. This 24-hour emergency telephone counseling service is critical to the responsible success of our television exposure.

reaching into the community

In searching for a simple, grassroots approach to outreach, we've invented the Interval House Help Card program. Now we can start enrolling our friends and partners in the process of "getting the word out." It's an important first step to giving individuals the opportunity to help us make a difference.

As a beginning, we're including help cards with every new donor package. It's a small gesture to the issues we face, but a vital move to include our own supporters in the drive to communicate to every corner of the province, the country and perhaps even further afield.

ABUSE HURTS!

If you're being abused and want to know, here's some important advice:

IF POSSIBLE:

- Don't tell your partner that you're thinking of leaving
- Tell your children with you
- Take valuable documents with you
- Leave your tracks to your partner can't find you

Remember you're not alone

Call your local crisis centre, the number is in the back of the phone book.



GET
HELP

making friends

With "Journey to Freedom," our ambition is also to secure a steady funding base for future development. As a "Friend of Interval house" new donors will commit \$21 per month to our programs. In return, they receive a welcome package that orients them in the programs and goals of Interval House. The Help Cards, T-Shirt and Thank you card will remind them of our active and important role in their community.



The Help Card is a discreet, and safe way of distributing the idea of Interval House in the workplace, shopping centres, schools and places of worship in neighbourhoods across the province.



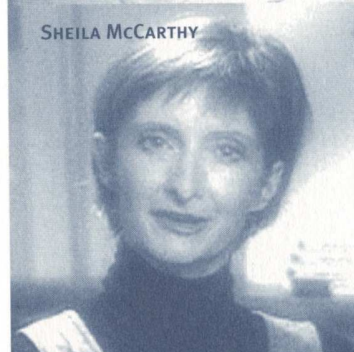
LINDA SIMS



ERICA EHM

"You can make a difference. As a friend of Interval House, you can make sure that women have a place where they are safe from violence." L.S.

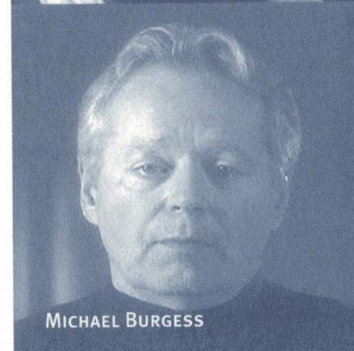
"It's not an idle threat. In fact, in Canada, women are murdered at the hands of their husbands or partners, sometimes for doing nothing more than trying to leave." E.E.



SHEILA MCCARTHY

journey to freedom

In "Journey to Freedom," we also welcomed the participation of well-known Canadian spokespeople to our cause.



MICHAEL BURGESS



SHAE LYNN
BOURNE

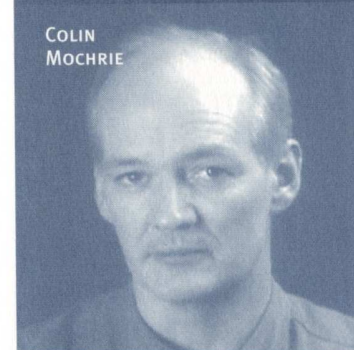
"The victims of violence may have young children for which they are responsible. They want to believe their partners can change. At Interval House, we see the destruction of those dreams." S.M.

"The reason they do not leave sooner is fear. A real fear grounded in the sense of imminent danger." M.B.

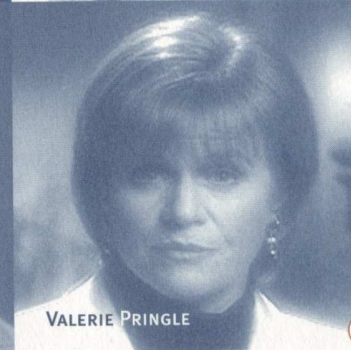
"When violence escalates, no one is safe. Sometimes it can mean targeting their rage at children." S.B.

"The courage these women summon when they leave is extraordinary. With Interval House they won't face the next challenges alone." C.M.

"Interval House provides an invaluable resource to women as they make critical decisions about their lives. It's important that those in need know about it." V.P.



COLIN
MOCHRIE



VALERIE PRINGLE