



friends of Interval House

WINTER
2003

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Interval House New Shelter Campaign: Helping Rebuild the Home that Rebuilds Lives

Interval House is celebrating its 30th anniversary as the first shelter for abused women and children in Canada by launching a bold new initiative to raise \$4 million over the next 5 years for a new, bigger shelter and to provide ongoing support for our B.E.S.S. (Building Economic Self-Sufficiency) program.

The Interval House New Shelter Campaign is one of the most ambitious Capital Campaigns for a women's and children's shelter in Canada. As a supporter of Interval House, you know that we are starting from a position of strength.

Interval House already makes an enormous impact on the lives of the women and children escaping violence who have been knocking on our door for over three decades. Over 80% of the women who come to Interval House go on to live a life free from violence. At Interval House, women and their children heal their brutal physical wounds and also heal the invisible wounds of a shattered self-esteem.

You are a partner in our work. You have helped us build and sustain a truly remarkable shelter for abused women and their children. And now the time has come for us to start a new journey: to rebuild the home that rebuilds lives. We wanted to let all our friends and supporters know about these exciting new initiatives before we announce our Capital Campaign publicly.

It's an exciting and ambitious plan. We will buy and build a new shelter that will provide increased capacity to accommodate 30% more women and children fleeing violence. Interval House is always at maximum

capacity: we often have women sleeping on floors, in the basement, on the office couch and sometimes we have to send women and children to other nearby shelters that aren't necessarily properly equipped for children. With more space, we can help more women and children.

In addition to being able to have more women and children at Interval House, we have a design plan that means more comfortable space for the residents. More beds and more space will help prevent crowding, which sometimes happens here and can slow the healing process. For example, in our current shelter, a woman with a teenage son might end up sharing a room with a woman and 2 infant children.



Rebuild the home that rebuilds lives.

INTERVAL HOUSE • NEW SHELTER CAMPAIGN

One of the most important changes to our shelter will be that our new shelter space will also be wheelchair accessible for women and children with disabilities. There have been women who have had children in wheelchairs at our shelter and they had to lift their children up the stairs. We examined the cost of putting in lifts or even putting in an elevator and they were prohibitive given our old Victorian house. We would have lost a bedroom if we had put in an elevator. So finally we can reach out to women and



Our Home Tells Stories: Stories of abuse and violence, stories of rebirth and recovery. At the Annual Open House, donors heard the stories of healing.



David Young, Interval House Capital Campaign Ambassador Chair

Earlier this fall, Interval House opened its doors for the annual Thanksgiving Open House. “Thanks to all our friends and supporters who joined us in our home in October,” says Nadine Chan from Interval House.

“It was a bittersweet Open House this year because of our plans to build a new shelter and eventually move out of here,” Chan continued. “I can’t believe how much we are going to miss this place. Over thirty years of constant activity may have worn

out the floors in parts and we’ve had more than a few leaky ceilings, overflowing toilets and disasters in the kitchen – it may not be glamorous, but it’s a special home to us.”

In keeping with the theme of change, Jo Ann Millar and Magda Marzcky, two Interval House ex-residents spoke about the changes that Interval House brought in their lives. Both told their inspirational and moving stories of their journey to freedom at Interval

House and Magda expressed her deep gratitude for what the B.E.S.S. (Building Economic Self-Sufficiency) program gave to her: “without B.E.S.S., I don’t know where I would be right now...B.E.S.S. gave me the precious gift of confidence.”



L to R: Dianne Usher, Royal LePage, Central Toronto Branch • Michael Young, Interval House Capital Campaign Chair • Sheherazade Hirji, Executive Director, Royal LePage Shelter Foundation

Lesley Ackrill from Interval House says, “Our Open House is a wonderful night for us. And this year we have a lot to celebrate with our plans for a \$4 million New Shelter Campaign to build a new, increased capacity shelter and invest in our B.E.S.S. program. We were also pleased to introduce Michael Young, our Chair.”

Michael Young, Interval House’s New Shelter Campaign Chair and his brother David Young, a Campaign Advisor were on hand and spoke about their leadership roles with the Capital Campaign. Michael talked about his admiration and respect for the organization and David spoke of his belief in the transformative work that Interval House carries out on a daily basis that helps women rebuild and reinvent their lives. ✨



L to R: Jane Marshall, Loblaws Real Estate, Lesley Ackrill, Capital Campaign Co-Director, Marlene Dubois, Ontario Exports, Nadine Chan, Capital Campaign Co-Director

An Exciting New Phase for Interval House

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children with disabilities because we will be able to provide an accessible shelter.

If you've visited our shelter, you know that every inch of space is dedicated to our residents. As we've grown over the years, we have been eroding our space for office staff and administration in order to make more room for the women. There are times when women who have just arrived are telling their stories or being counselled with the crisis reception phone ringing and other office administrative distractions in the same room. We have even had to move some staff to a neighbouring building. With more space, we will be able to reunite all our critical administrative and crisis phone activities in the same building – and keep them separate from the women in counselling.

Four years ago Interval House commissioned a study of what women wanted to help them recover from abusive relationships because we realized we could never truly house every woman fleeing abuse and that some women would never access a shelter. In that study, women told us the single biggest hurdle they face in recovery is finding economic self sufficiency. They didn't want to be poor, single mothers reliant on government assistance. They needed to find dignity in their work. In answer to this study, we developed and

built B.E.S.S. with your help and generous support.

So in addition to building a new shelter, we plan to invest an additional \$500,000 in B.E.S.S. Our B.E.S.S. program supplies women with the tools to rebuild, reinvent and transform their lives – providing hope for the future and confidence to dream of a different tomorrow. B.E.S.S. focuses on seeking out solutions for practical re-entry into the workforce and education programs. Finally, as part of our plans for strategic growth, we will continue to provide our core community services: Counselling, Court Support, Children's Services (including Boys and Girls Groups, Art Group and Kids Meeting), and Ex-Resident programs.

As you can tell, this is indeed an exciting new phase for Interval House. We are energized and motivated by the Interval House New Shelter Campaign and we are confident that our call for people to "Help Rebuild the Home that Rebuilds Lives" will resonate in our community.



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Please cut along lines, fold and return in the postage-paid envelope provided.

Yes, I'd like to help women and children escape the cycle of violence.

Here's my gift of: \$35 \$50 \$100 OR I'd like to give \$ _____

I've enclosed a cheque in the postage-paid envelope provided.

OR Please charge my: VISA MasterCard

Card No. _____/_____/_____/_____ Expiry Date ____/____

Signature _____ Date _____

Name _____

Address _____

City _____ Province _____ Postal Code _____

I want to become an e-friend. Please send me the Interval House newsletter by email.
Here's my email address: _____

www.intervalhouse.on.ca Tel: 416-924-1411 ext. 225 Fax: 416-928-9020 E-mail: interval@web.net

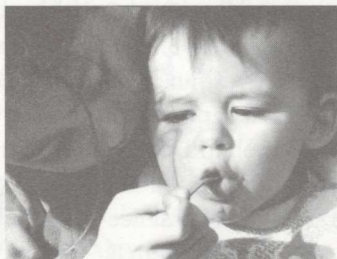


You are a partner in our work.

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Our most important message to you is that the spirit of Interval House – the spirit that you help build with your support – will move with us to our new home. Our vital and most essential service to the women who suffer horrific abuse and untold violence is Interval House's unshakable commitment and deep-rooted belief in the remarkable courage, strength and ability of the women who come to the shelter.

You will be hearing more about this campaign as our plans unfold. If you would like more information now, please contact us at interval@web.net. Early in



the new year we hope to have a special section on our website www.intervalhouse.on.ca that is dedicated to the Capital Campaign to build a new shelter. There we'll keep you posted about the funds we're raising, the events we're hosting, the new friends we're gaining and most importantly how you can get involved to help us build the shelter. It's a grand initiative that's been created to give women and children the freedom they so

desperately want and deserve. And most importantly our donors and supporters have been part of building this dream from the very beginning. ✨

Capital Campaign Leadership

Chair

Michael Young

Steering Committee Chair

Fred Waks

Campaign Advisors

Sheila Botting

Lynnette Browne

John Dill

Mitchell Goldhar

Janet Graham

Shanitha Kachan

Doug McGregor

Jane Marshall

Mandy Scully

Rose Simone

Kip Southam

Andrea Stephen

Anne Marie Stewart

Tim & Susan Walker

David Young

Campaign Ambassadors

Margaret Atwood

Louise Dennys

Gord Downie

Atom Egoyan

Ira & Maxine Gluskin

Ron Graham

Don & Denise Green

Milton Harris

Sam Kalias

Kathy Lee

Jon & Nancy Love

Nancy McFadyen

Linda McQuaig

Michael Ondaatje

Steven Page

Sarah Polley

Anna Porter

Jonas & Lynda Prince

Jack Rabinovitch

Bill & Meredith Saunderson

Linda Sims

Ed & Fran Sonshine

Wayne & Maureen Squibb

R.H. Thomson

Joanne Tod

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Interval House

Shelter Tel: 416-924-1491
Bus. Office: 416-924-1411 ext. 225
TTY: 416-924-4833
Fax: 416-928-9020
Email: interval@web.net

B.E.S.S.

Tel: 416-593-6995
Fax: 416-593-1854



www.intervalhouse.on.ca