

Interval House Annual Report 2003



A little shelter that grew



New Beginnings

The clay is all potential, all hope waiting to be realized. With the generous support of donors, friends, volunteers, and dedicated staff, we at Interval House felt we could have the whole world in our hands.

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Canada's first shelter for abused women and their children was willed into being three decades ago by pioneers with a fire in their bellies and determination in their hearts.

Short on resources, but with an abundance of grit, they made history and created a safe haven for women and children in crisis. These early crusaders passed the baton to a collective of women, who were committed not just to helping women in need, but also to advocating on their behalf in the public arena.

Their efforts helped to educate the public on the reality of violence against women and pushed governments to enact legislation to protect women and children. They brought spousal abuse out of the closet and changed public attitudes and policy.

As the early 1990's ushered in an era of fiscal cutbacks and the non-profit and social service sectors braced for the worst, Interval House's Collective and Board decided the organization had to evolve if it was going to continue to thrive. Alternate funding sources needed to be tapped. The internal organization needed to be strengthened. New partnerships needed to be forged. Interval House had to evolve from delivering crisis intervention to providing a continuum of services, designed to lead women on a solid path to independence.

As Interval House sought to broaden its scope, it became clear that it needed a new home so as to meet under one roof all the needs of the families it serves.

So the little shelter that grew dared to dream and dream big. In the year marking its 30th anniversary, Interval House launched a major Capital Campaign to raise funds for a new larger shelter. Through the efforts of many, the dream will become a reality when Interval House opens the doors of its new shelter this fall.

To all those who have nurtured and supported Interval House for the past 30-plus years, as the shelter marks another new beginning, we thank-you for continuing to help us give so many women and children the chance to start their lives anew.



A vision, once formed, must be impressed upon the clay. With the help of a new group of volunteers, the Capital Campaign team, this dream will become a reality with the opening of the new shelter this year.

"We needed a new shelter."

A message from Anne Marie



Interval House is an exceptional organization, and a successful organization. The women who have worked as staff and volunteers have made it special, and their ability and willingness to change with the times over the last three decades has made it flourish.

When I joined the Board eight years ago, the non-profit sector was experiencing serious cutbacks in funding and support. Since then, the staff and board have come together to form a true partnership, and this partnership has enabled the creation of new programs and the new shelter.

The shelter is the keystone of our services for abused women and their children. The shelter program provides emergency care and protection in the time of crisis. After the initial crisis, women need more services in order to rebuild their lives successfully. When women leave the shelter, they need to have decent housing, and a way to support themselves and their children. Interval House began to see these needs on a continuum and we started to think about our services as addressing the passage from crisis through transition to independence.

To this end, the Building Economic Self-Sufficiency (B.E.S.S.) program was launched four years ago. This program is open to any woman who has left an abusive situation and wants to prepare herself for employment. The program recognizes the specific barriers that abused women face in rebuilding their lives and helps women set the goals and participate in the activities that will enable them to be independent and successful.

As we worked to create more possibilities for the women Interval House serves, we imagined a bigger and better building that would provide these expanded services under one roof. We needed a new shelter. With the help of a new group of volunteers, the Capital Campaign Team, this dream will become a reality with the opening of the new shelter this year.

When I look back over the past eight years, I am truly impressed with the efforts of the hardworking women of the Collective and Board. I believe that the key to Interval House's longevity is the commitment to end violence against women and their willingness to transform the organization so that it continues to serve the needs of abused women and their children effectively.

It has been my pleasure to have worked with these creative and dedicated women and witness the dream of a new shelter becoming reality.

A handwritten signature in green ink that reads "Anne Marie Stewart".

Anne-Marie Stewart
Chair, Board of Directors 1995-2003

A message from Barbara



Interval House was the first organization in Canada to identify the issue of wife abuse and provide shelter for abused women and their children. This year we celebrated our 30th anniversary. Over the years, we have continued to develop and change and have added important new programs and services.

The past year has been an extraordinary year of change at Interval House. Our Capital Campaign to raise funds for a new shelter has been a success and we have acquired a wonderful new site that will accommodate the shelter and all our other programs. With this new site, we will be able to increase the number of shelter spaces for abused women and their children, and we will be able to add an accessible suite. Our other programs will also be accessible. Renovations to the building began in May and we expect to move into the new space in the winter of 2004.

We are also excited about the developments in our program 'Building Economic Self-Sufficiency'(B.E.S.S.). This program addresses the particular problems abused women face in becoming self-sufficient and offers the participants the support and focus they need to rebuild their lives and provide for themselves and their children. Our program participants will have access to even more resources and opportunities through the partnerships we have established with new volunteers and other agencies.

In the past year, we have also made improvements to our management systems, our infrastructure, and our quality control, all of which will result in a more efficient and effective service.

We are particularly appreciative of the members of our Capital Campaign Team, headed by Michael Young, David Young, Janet Graham, Lynnette Browne, Lesley Ackrill and Nadine Chan, who have worked so hard to raise the funds for our new building. We are also grateful to our loyal donors and funders, both private and public, who have recognized the value of the work of Interval House and have maintained their support.

Finally, I want to pay tribute to Anne-Marie Stewart, our retiring Chairperson, and a member of the Board of Directors of Interval House for the past eight years. Ms. Stewart's leadership, particularly in the areas of program and organization development, has made a significant contribution to Interval House.

Interval House now offers abused women and their children a continuum of services, from crisis through transition to independence. We are committed to working with our residents to support them in their journey to independence.

A handwritten signature in cursive script that reads "Barbara Freedman". The signature is written in a dark ink on a light background.

Barbara Freedman
Chair, Board of Directors

Nurturing the project to completion requires hands both firm and flexible, and that maintain a feel for guiding principles. Our Capital Campaign team has helped to coordinate donors, funders, staff and volunteers.

It takes a community of contributors





A place for healing

Patience and focus are crucial in building such a safe place, and in making it work for women in need. The right tools are also necessary, and so Interval House offers programs to help complete the healing and promote independence.

A young mother stepped into the darkness last night...

She hastily gathered up her two small children and a few belongings and made the brave decision to step into the unknown.

The only thing she knew for certain was that she had to flee the shattering violence of her home. Her desperate flight for a safe haven propelled her forward. Frightened, confused, but determined, the mother with her children in tow arrives on the doorstep of Interval House's new shelter and stepped into a place designed for healing. Too preoccupied to fully take in her unfamiliar surroundings on this first night, the mother and her children would eventually be settled into a spacious second floor bedroom, with an en suite bathroom. Just down the hallway from her room is an intimate lounge, equipped with a kitchenette where she can fix a late night snack for her children.

It is a long and sleepless night for this dislocated family. The next day the mother tentatively ventures down to the first floor with her kids. She is taken aback as she steps into the residence's main living area – a combination kitchen, dining room, living room and informal play area for children. Sunlight streams in from huge windows that surround the entire room and the views outside are breathtaking. The young mother has the sensation that she is cocooned in a tree house as she looks out at the panoramic view of the shelter, cradled by a wooded ravine.

The road to overcome the years of domestic abuse will be arduous, as will her effort to build a new life for herself and her children. But she is finally in a safe, supportive and therapeutic environment where she can begin the healing process.

Later, when she is ready, she will find counselling services located just in the lower level of the shelter. There she will also find programs available for herself and her children.

Once she arrives at the point where she is preparing to leave the shelter, she will discover there is a donation room with many household items to help set her up to start life anew.

As she ponders her need to upgrade her skills to improve her ability to support herself and her children, she will be steered to the B.E.S.S. – Building Economic Self-Sufficiency program located on the first floor. Even after she leaves the shelter, B.E.S.S. will continue to offer her tangible support to help her meet her goal of true independence.

The account of this particular young mother is a fictional example. But the shelter, which nurtured her, is in the final stages of becoming reality.

Our new home

Interval House purchased a site and building for its new shelter last year thanks to an incredibly successful Capital Campaign, to which so many generously contributed. In May 2004 renovations began on the 24,000-square foot building, originally constructed in the mid-1950s.

The new shelter, which will accommodate more women and children than before, is scheduled to open its doors in the winter of 2004. The expanded shelter will allow Interval House to bring all its services and administrative offices under one roof.

Project architect Charles Rosenberg of Hilditch Architect, said the well-chosen site and building offers a wonderful opportunity to design a shelter conducive to the needs of the women and children it will serve. "It is a well-constructed building. There are incredible panoramic views. There is a sense of dignity and peace of mind associated with the site."

"It is an appropriately located and situated building."

As an architect, Rosenberg said, his primary task was focused on taking a large existing structure and helping to transform it to a more intimate human scale. Rosenberg set out to design a home-like environment for women and children in need.

One of the architect's challenges was to configure the building in such a way that it houses not only the shelter, but also has ample space for the B.E.S.S. program and Interval House's administrative offices. The building had to serve a number of purposes, which needed to coexist and yet still retain a sense of their own autonomy. It was imperative for shelter residents not to feel like they were living in an office space, but it was also important for Interval House to gather all of its services.

Working together with the women in the Collective, Rosenberg said, allowed this fine balance to be achieved.



Basement



Ground Level

The shelter's features will include an accessible first floor bedroom, with en suite bathroom and laundry facilities. The second floor bedrooms have been configured in such a manner that no more than two bedrooms will share an en suite bathroom. "You walk out of the bedroom into a little vestibule and it leads into a washroom," Rosenberg said. A woman will not be required to walk down any long corridor to get to a bathroom. The architect has focused on details, designed in mind to increase the comfort level of the women and children, who will use the shelter.

The shelter will have a number of family suites, with adjoining bedrooms, which can comfortably accommodate a large family or perhaps one with older children. There will be room in these suites for children to have their own space, including areas to quietly do homework.

There will also be a lounge equipped with a kitchenette, situated on the second floor, so that during the night residents can make themselves a cup of coffee or warm up a baby's bottle, without having to venture to the shelter's spacious kitchen on the main floor. A laundry room will be located adjacent to the second floor lounge. Again, the building has been designed for ease of use and the comfort of the shelter's residents.

The main floor, with its large windows and panoramic views, will be a focal point for residents. This large space will be divided into intimate living and dining areas as well as an informal play area, where kids can safely occupy themselves under the watchful eye of their parents.

A user-friendly domestic kitchen will coexist with a commercially equipped industrial size one, complete with walk in freezer. Whether it's an intimate breakfast, a communal dinner prepared by residents or a formal fundraising banquet, the shelter's new kitchen will be able to accommodate.



Second Floor



Third Floor

On the lower level, there will be a large area dedicated to programs for women as well as a formal space to provide services for children. The shelter's administrative offices, including the boardroom, will also be housed in the basement. There will also be a room set aside to store items donated by the public and there is space for the shelter's volunteers to carry out activities. The B.E.S.S. program will find a home in a spacious area on the main floor. One of the most exciting aspects of the new building is that there is capacity for future growth. There is space for further expansion in years to come, whether that might mean increasing the numbers of beds or adding new programs.

Interval House's dream of a new shelter, designed and built specifically with the needs of women and children seeking refuge in mind – is well on its way to becoming a reality.

Interval House has been blessed by strong community financial support and success in securing an ideal building and location for the new shelter. After three decades we are beginning anew and we could not have done it without the unfailing support of so many.

Interval House

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"Interval House's dream of a new shelter..."

*Our hope is that the new shelter's
secure foundation and fertile,
welcoming soil will offer the best
possible environment for regrowth.*



Helping to make magic



Janet Graham, a volunteer on Interval House's Capital Campaign and Real Estate Committees, called it sheer magic. This is how Graham described the process, which led to Interval House securing the ideal site, and building for its new shelter scheduled to open this fall. Her friend and colleague Michael Young, Capital Campaign Chair, brought Graham to the dynamic team. Graham's background is in organizing real estate financing and she naturally felt it was in this area that she could best lend her support.

Graham said she was amazed and delighted how quickly things fell into place once the search had begun for a new home for the shelter. The location was found through word-of-mouth with the help of one of the many eyes and ears in the community looking out for Interval House. The delicate business of obtaining financing for the new property was secured through networking, which one of Graham's contacts helped facilitate. "This was meant to be. It was like magic."

"It has been a real privilege to be involved," Graham said. She sees herself as a grassroots, hands on kind of person and really appreciated working with members of the Interval House collective, who she describes as "very efficient, very, very highly effective."



Lynnette Browne, another member of the Capital Campaign Team and Real Estate Committee, came on board around the time the new site was secured. "It's a great location, there is a lot of square footage with expansion capabilities," Browne said. "The sheer size, space, brightness and the privacy" of the new location impressed Browne, who also hails from a real estate background.

But Browne said what she found most rewarding about her involvement with Interval House was the spirit of co-operation she discovered in the people involved with the shelter. "Their dedication to this service is just amazing. It's a vocation. They're motivated truly by helping the women and children who come to the shelter."

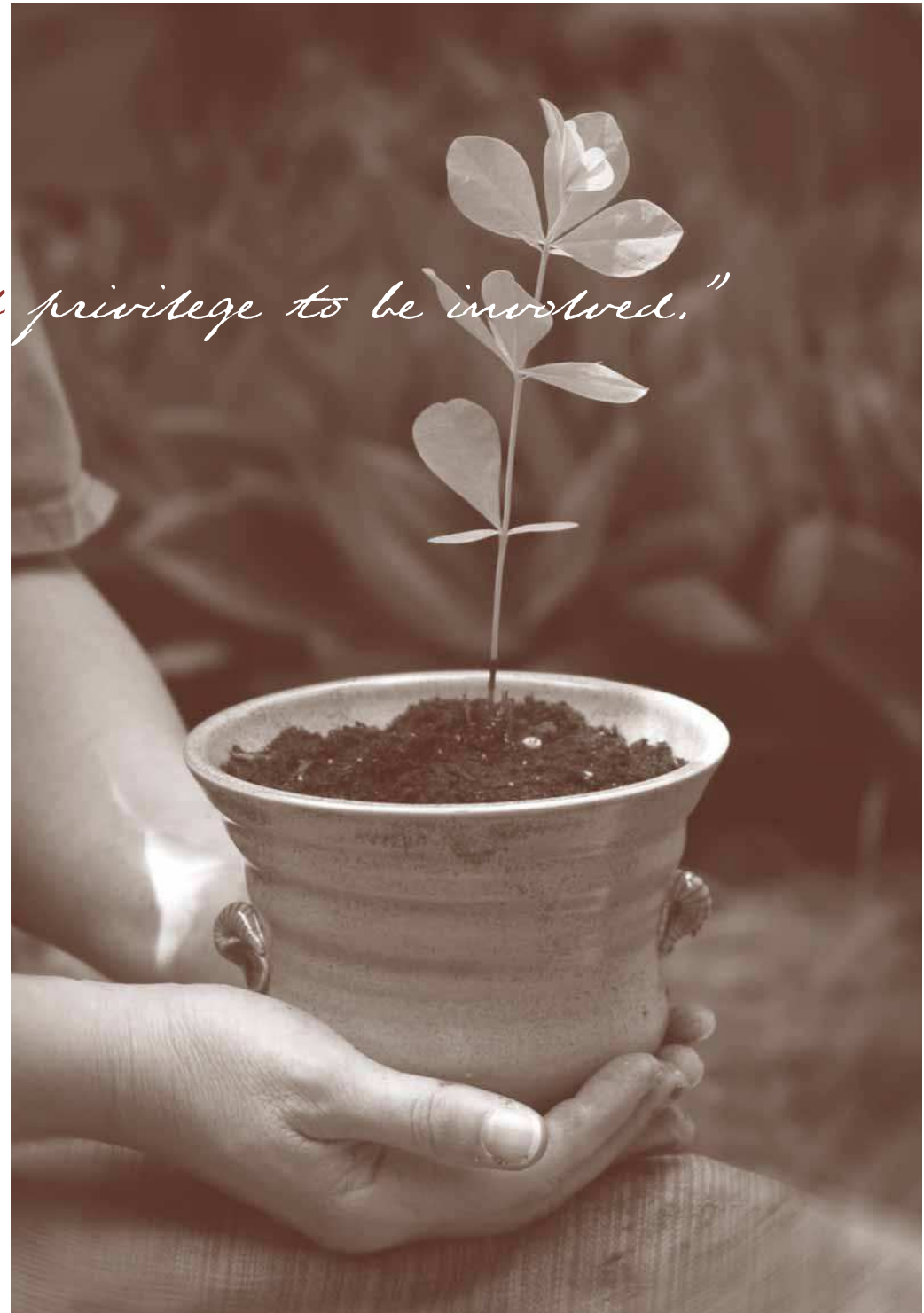
Now that work on the new shelter is underway, Graham and Browne continue to meet biweekly as members of the renovation committee and will help oversee in detail, the transformation of the building to the new shelter. They both feel their connection with Interval House will be long term.

"They will be in my life forever," Graham said.

"It has been a real privilege to be involved."

Fully formed, the new shelter stands as a statement and a contribution. It stands as a practical symbol of what can be achieved in the lives of women who have experienced violence.

It means that we have rebuilt the home that rebuilds lives.



INTERVAL HOUSE

September 30, 2003

SUMMARIZED STATEMENT OF FINANCIAL POSITION

	Capital Fund	Reserve Funds	General Fund	2003 Total	2002 Total
ASSETS Current					
Cash and temporary investments	\$1,017,333	\$287,071	\$99,017	\$1,403,425	\$909,860
Prepaid expenses and deposits	-	-	18,728	18,728	22,797
GST receivable	-	-	14,117	14,117	10,841
Deposit on land	100,000	-	-	100,000	-
	1,117,337	287,071	131,862	1,536,270	943,498
Long Term Investments					
Capital Assets	242,853	733,891	-	976,744	938,736
TOTAL ASSETS	1,470,166	1,020,962	131,862	2,622,990	1,982,224
LIABILITIES					
Current Accounts payable and accrued liabilities	-	-	\$38,547	\$38,547	\$43,853
NET ASSETS					
Invested in capital assets	1,470,166	-	-	1,470,166	99,990
Externally restricted	-	129,306	-	129,306	123,476
Internally restricted	-	891,656	-	891,656	1,588,451
Unrestricted -	-	-	93,315	93,315	126,454
	1,470,166	1,020,962	93,315	2,584,443	1,938,371
TOTAL LIABILITIES AND NET ASSETS	1,470,166	1,020,962	131,862	2,622,990	1,982,224

INTERVAL HOUSE YEAR ENDED

September 30, 2003

SUMMARIZED STATEMENT OF OPERATIONS • 2003 2002

	Capital Funds	Reserve Fund	General Total	2003 Total	2002 Total
REVENUES					
Government	26,249\$	6,231\$	637,690	\$670,170	661,660\$
United Way	-	-	202,967	202,967	199,221
Donations	631,953	151,840	892,059	1,675,852	1,019,666
Other	26,840	59,780	27,777	114,397	151,427
	685,042	217,851	1,760,493	2,663,386	2,031,974
EXPENSES					
Charitable programs	-	32,198	1,273,283	1,305,481	1,203,609
Public Awareness and outreach	-	61,260	204,418	265,678	246,451
Fundraising	-	-	136,279	136,279	134,980
Administration	-	21,620	146,513	168,133	146,337
Capital Campaign and New Shelter	41,734	83,747	-	125,481	97,283
Amortization of capital assets	16,262	-	-	16,262	16,214
	57,996	198,825	1,760,493	2,017,314	1,844,874
Surplus (deficit)	627,046	19,026	-	646,072	187,100

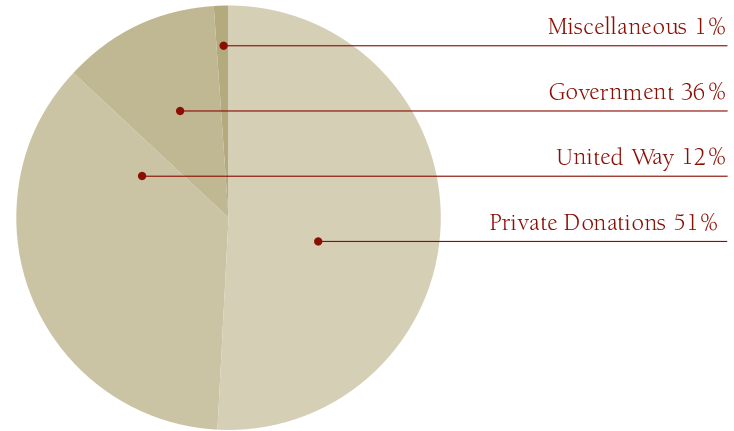
NOTE TO THE SUMMARIZED FINANCIAL STATEMENTS

- The summarized statements of financial position and operations are derived from the complete financial statements of Interval House as at September 30, 2003 and for the year then ended. The full audited financial statements are available upon request.

Paying for Programs

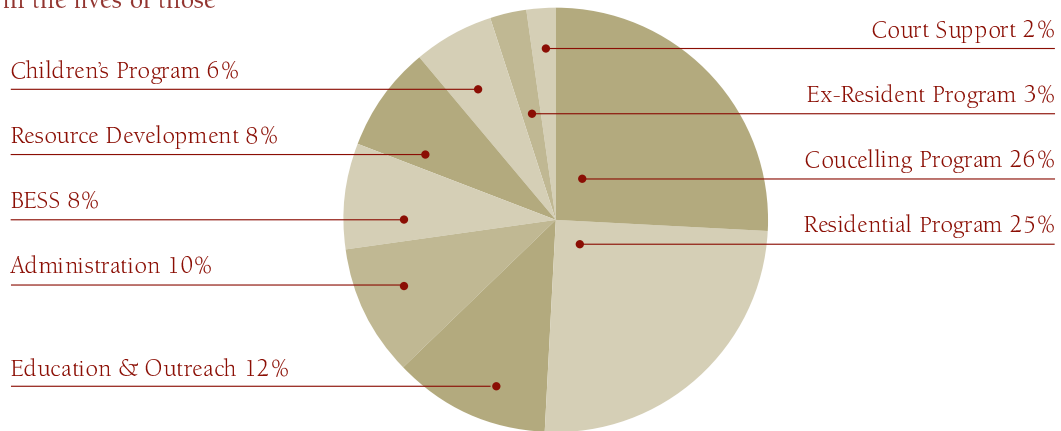
REVENUE

With the generous support of an array of private donors and corporations, the assistance of the Ministry of Community, Family and Children Services (MCFCS) and the United Way of Greater Toronto, we are able to help women and children pick up the pieces of their shattered lives and begin anew.



EXPENSES

We are committed to making every dollar we spend count in providing a range of services to the women and children who come to Interval House seeking a safe haven. From our Counselling Services to our Education and Outreach Programs, Interval House is making a lasting impression in the lives of those we serve.



Thanks

CAPITAL CAMPAIGN DONORS

Carolyn Archibald
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