

ELICIA'S *story*

I first reached out to Interval House through their crisis line.

I wasn't ready to leave my husband yet—he'd controlled every aspect of my life for so long, and I hardly knew where to start. But when I heard my eldest son repeating the horrible things his father would say about women, I knew I had to make a change before it was too late.

That call was the first step on my family's journey. It gave me the information and the empowerment I needed. For the next 7 months, my 3 children and I lived in safety at Interval House.

"I wake up now and I think—life is a gift. I no longer feel I have all of these obstacles that I put up in response to the fear. Now I feel I can do anything I want."

In that time, I got the support I needed to re-build my life. I opened my first bank account and found my first apartment. The kids and I learned a lot of new skills through counselling—how to really listen, how to make sure everyone feels heard.

Today, we're in our own place and I'm planning to go back to school to study environmental science. I am a better parent. My kids are confident and smart. **We are a stronger family—thanks to your support of Interval House.**

