

BESS PROGRAM

Redesign

Employment is always a turning point in a woman's journey to independence.

It opens an incredible world of possibilities, allowing her to break down the barriers imposed by her abuser. It allows a woman to support herself and her family, to build the life they want. And for many survivors of intimate partner violence, employment reinforces a sense of self-worth and value.

That's why your support of Interval House's Building Economic Self-Sufficiency program (BESS) is so important. And it's that support that enabled us to redesign BESS, first launched almost 20 years ago, to support the needs of women in 2017 and beyond.

The new BESS program takes a holistic, wrap-around approach, recognizing the unique barriers that abused women face, and the fact that women's needs change at different stages of healing.

The new BESS program introduced in 2017 is:

- Supporting women in creating and executing action plans for the goals they set
- Offering workshops covering a variety of topics, on a flexible schedule to accommodate each woman's individual needs
- Providing longer-term counselling, which many women have voiced the need for
- Opening doors for women who are looking for work; and helping women achieve their career dreams

Thanks to you, the revamped BESS program is addressing the hurdles in the road that many survivors encounter when they begin looking for work. You're helping women overcome those barriers, one by one, to give them a fighting chance on the path to healing and independence.

