



YOUR 2012 GRATITUDE REPORT



2011 – 2012 Interval House Statistics

RESIDENTIAL PROGRAM

63 women and 65 children lived at Interval House

63% of the children were under age 6

16 different languages can be heard at the shelter

Abuse began during pregnancy for 13 women

384 hours of children's activities were logged inside our walls

Examples of children's activities included baking, planting flowers, board game nights and crafts.

28 family excursions took place outside of the centre

Some of the family excursions planned this year included trips to the movies, Ontario Science Centre, and skating at the Harbourfront Centre.

208 hours of women's group activities were logged at our home

Some of the groups are structured with topics such as health and wellness, legal rights and life skills.

Other groups are more activity-based and included nutrition workshops facilitated by a nutritionist, laughter yoga, expressive art and movie screenings.

COMMUNITY PROGRAMS

55 women and children came to the Summer Picnic

70 women worked with the Career Developer

42 women graduated from the BESS program

BESS had a 67% hire rate

Women found jobs in industries like food services, administration, public relations, and education.

3 new employer partners brought on board

**1 Career Development client received a promotion and
3 received raises**



In 1973, we opened our doors.

There we were, in our cramped-but-cozy old Victorian home. The basement leaked, and every inch of every corner was packed with stuff. Every couch had a pillow and blanket in case we needed to squeeze just one more desperate family into our home.

People like you joined us, sharing our belief and our insistence that a better life existed for women and children fleeing violence. Our family of supporters grew...

Your continued support means that the Interval House story is about more than our physical space. In our new centre, we offer holistic care to women and their kids – we nurture families from crisis intervention to re-integration into our community with programs providing emotional support, practical help and life skills.

You give women and their children confidence on their journey to freedom, and when they leave our home to go on to lives without violence, they take Interval House with them. **Because of you**, the spirit of Interval House extends right across our city, in every neighbourhood.

Join Interval House as we show you how your impact extends beyond our bricks and mortar, beyond our four walls...



PAMELA'S STORY

BESS GRADUATE

“My experience here at Interval House was nothing short of life changing. I learned the skills necessary to cope with my personal issues and also how to prepare myself for the world out there mentally and physically – and how to support myself and my 5 children. I had nowhere to turn and you provided sanctuary.”

Pamela fled an abusive relationship when she was 7 months pregnant with her 5th child. She discovered Interval House's BESS (Building Economic Self-Sufficiency) program and her journey to freedom began. Together, we helped Pamela get into community housing, gain full custody of her children, finalize her permanent residency in Canada and rebuild her career.

During the BESS workshop, Pamela

found that her strengths were customer service and financial services. Interval House has a partnership with a BMO Bank of Montreal branch where our BESS graduates can apply for internships and jobs. Pamela interviewed for an internship, but the manager decided to hire her as a Customer Service Representative.

Today, Pamela has bought her own home, climbed the ranks and now manages the Interval House staff retirement plan. And, a true career woman, she struggles to find work/life balance, wishing she could spend more time with her children and find more time for the gym.

“I know I can knock on their door at any point in time and Interval House will be there for me. And the skills I learned here I still use every single day.”



AMANDA'S STORY

FORMER CHILD RESIDENT

"I had no clue why we were living there or why we left home. But I remember knowing we were safe."

Amanda was a child who came to Interval House with her mother and brother on a cold, dark night in 1982. At Interval House, Amanda's mother began to build a new life for her and her kids. She finished college and now works in a hospital. Amanda is an author and has come back to Interval House to help women and children with a dramatic arts program based on her children's book, *Gifts*.

"Interval House simply does it right. Oftentimes, people cross their fingers and hope their donations will be used properly. But you don't have to worry about that with Interval House. I'm living proof! And there are scores of former Interval House kids just like me over the decades who have been helped as well. You have helped us to break one devastating cycle and replace it with a new one – of love, hope and renewed self-esteem."



VINCE'S STORY

COMMUNITY CHAMPION

“We like what Interval House does. A big part of what they do involves helping women move to independence.”

Vince Brescia is the President and CEO of The Federation of Rental Housing Providers of Ontario and a proud Interval House supporter. As one of our corporate partners, they share our vision for a new affordable housing model in Toronto where women will have more say in the apartments they call home. With combined financial, employment and housing supports, women with low incomes can choose to rent in the private market – close to friends, school or work – while getting back on her feet.

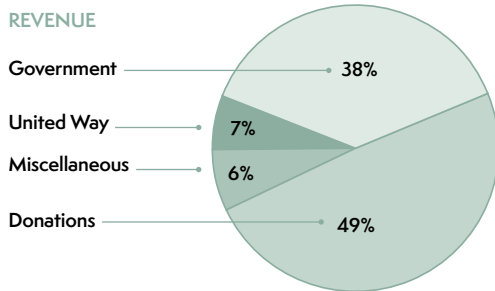
This innovative approach to housing means that women and children take Interval House with them into the neighbourhood and home of their choice.

“We’ve always been supporters of a housing allowance. Rather than the funds going to the landlord, the funds go to the tenant and they choose where they want to live.”



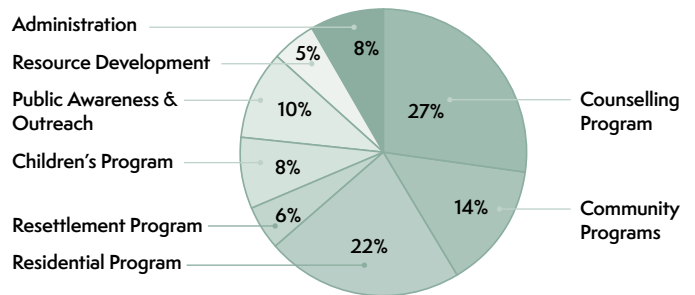
STATEMENT OF OPERATIONS

Revenue Interval House offers integrated, holistic programs to help women and children escape violence and rebuild their lives. Your gift is combined with the support of other donors, corporate and foundation partners, the Ministry of Community and Social Services and United Way Toronto. Here's how we raise our funds.



Expenses Thank you for supporting Interval House. We value your investment in our mission, and we ensure that every penny of support helps improve the lives of the women and children we serve. Here's how we spend our money.

EXPENSES



REVENUE	Capital Fund	Reserve Fund	General Fund	2012 Total	2011 Total
Government	-	-	\$ 1,018,704	\$ 1,018,704	\$ 1,494,127
United Way	-	-	192,419	192,419	194,484
Donations	142,680	-	1,196,363	1,339,043	1,582,116
Miscellaneous	56,170	92,135	7,087	155,392	93,977
	\$ 198,850	\$ 92,135	\$ 2,414,573	\$ 2,705,558	\$ 3,364,704
EXPENSES					
Programs	4,235	15,688	1,786,479	1,806,402	1,705,692
Public awareness and outreach	-	-	306,867	306,867	360,700
Resource Development	-	-	144,736	144,736	190,684
Administration	11,805	40,937	93,293	146,035	162,679
Amortization of capital assets	199,263	-	-	199,263	198,070
	\$ 215,303	\$ 56,625	\$ 2,331,375	\$ 2,603,303	\$ 2,617,825
EXCESS (DEFICIENCY)					
- CURRENT YEAR	\$ (16,453)	\$ 35,510	\$ 83,198	\$ 102,255	\$ 746,879

STATEMENT OF FINANCIAL POSITION

	Capital Fund	Reserve Funds	General Fund	2012 Total	2011 Total
ASSETS - Current					
Cash and temporary investments	\$ 1,216,187	\$ 809,469	\$ 191,256	\$ 2,216,912	\$ 2,083,386
GST/HST/Sundry receivable	-	-	33,479	33,479	36,657
Prepaid expenses	-	-	19,837	19,837	22,947
	\$ 1,216,187	\$ 809,469	\$ 244,572	\$ 2,270,228	\$ 2,142,990
Long Term Investments	713,807	489,303	-	1,203,110	1,048,777
Capital Assets	4,404,493	-	-	4,404,493	4,586,436
TOTAL ASSETS	\$ 6,334,487	\$ 1,298,772	\$ 244,572	\$ 7,877,831	\$ 7,778,203
LIABILITIES - Current					
Accounts payable and Accrued Liabilities	-	-	104,326	104,326	92,944
Current portion of mortgage payable	14,479	-	-	14,479	14,009
	\$ 14,479	\$ -	\$ 104,326	\$ 118,805	\$ 106,953
Mortgage Payable	\$ 289,787	\$ -	\$ -	\$ 289,787	\$ 304,266
NET ASSETS					
Invested in capital assets	4,114,706	-	-	4,114,706	4,282,170
Externally restricted	-	182,137	-	182,137	174,695
Internally restricted	-	1,115,703	-	1,115,703	1,087,635
Unrestricted	1,996,364	-	60,329	2,056,693	1,822,484
	\$ 6,111,070	\$ 1,297,840	\$ 60,329	\$ 7,469,239	\$ 7,366,984
TOTAL LIABILITIES and NET ASSETS	\$ 6,415,336	\$ 1,297,840	\$ 164,655	\$ 7,877,831	\$ 7,778,203

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 of September 30, 2012 and for the year then ended. The full audited financial statements are available upon request.



Interval House is so much more than our bricks and mortar, our windows and doors. You bring Interval House into homes and neighbourhoods right across our city by helping us empower and inspire women to rebuild their lives for themselves, their children and our community. And when women leave our home, they go on to live a life free from violence.

Thank you for your amazing support of Interval House.

We simply could not do what we do without you. Our donors who have helped us get this far. Our volunteers who give their all to our families. And our courageous residents, who leave Interval House and take us with them everywhere they go.

We strive each and every day to have an impact beyond our front doors. Our families know that we are there with them every step of the way, even after they move out of the shelter or graduate from BESS. To truly end violence against women and children, the spirit of Interval House must live and breathe in all our homes and neighbourhoods.

As we look ahead to our upcoming 40th anniversary, we are so honoured and grateful to have your support, enriching the lives of women and children in our home and across our city. Thank you.

Yours,

Renée Weekes, Chair

Because of you, Interval House is transforming what it means to be a “shelter”. In fact, we don’t call ourselves a “shelter” anymore. Now, we use the word “centre”. Not only does this better reflect our holistic approach to healing the women and children in our home, but it also reminds us that our families are at the centre of everything we do.

With the same feeling and energy, we strive to put our donors – you! – at the centre of our programs too. We want you to feel informed about your gift in action. We hope you feel good when you give to Interval House. And we thank you from the bottom of our hearts for your transformative support.

We constantly challenge ourselves and each other to create innovative programs, giving women and children the skills and support they need to live lives free from violence. Interval House is not a band-aid solution. Each and every day, we keep your gifts in mind. We collaborate and make sound investments in good-quality and high-impact programs that are worthy of your incredible support.

At Interval House, we demonstrate and encourage independence, but we are also building a community where women and children take Interval House with them, and leave violence behind forever.

You are with us each and every day, and we are deeply grateful that you too keep Interval House in your heart.

Yours in rebuilding lives,

**Lesley Ackrill, Nadine Chan, Arlene McCalla,
Executive Co-Directors**

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