

**THIS IS OUR**  
*Journey*

2017 GRATITUDE REPORT



*We are all on a journey together towards equality and social justice. Step by step, we're making our way towards a future without intimate partner violence.*

back to school in 2017. **10** received departure plans, to support them after leaving Interval House. **38** families found stable, affordable housing.

It's not a straightforward trajectory. More often than not, it's one step forward, half a step back. But you are there right alongside women—falling back and going forward.

That's the real power of your support of Interval House. **You're giving women and children access to the tools and skills they need not only to build new lives, but to build better lives.**

That's been the goal at Interval House since we were founded in 1973—to give women a hand up, not a handout. **And as the needs of survivors of intimate partner violence are changing, your investment enables us to change with them.**

Thanks to you, our eye is on the horizon. *You* enabled us to specialize, self-reflect and focus our resources in 2017, to identify and address the specific, unique barriers and needs of survivors of intimate partner violence in a way that few other organizations can.

Last year, that meant hiring an additional Child & Youth Counsellor/Advocate, so kids who have experienced abuse can get more one-on-one attention. We're also thrilled to be offering counselling to non-residents for the first time, assisting women with their emotional needs while they are accessing help with employment and housing.

It's all progress. It's all a journey. And you are the guiding force that keeps us moving.

Thanks to you, Interval House doesn't only provide housing or counselling or nutritious meals. We don't just address

a single issue. Instead, your support allows us to tailor our holistic approach to each unique family, recognizing the trauma they've faced and empowering them with the skills and tools to move past it. **We see and serve the whole person, because you give us the flexibility to do so.**

It's a crucial niche in the support spectrum, and we feel privileged and deeply humbled that you allow us to fill it.

**Thank you, from the bottom of our hearts, for your hard work and unending kindness in 2017.**

**Nadine Chan**  
Executive Co-Director

**Lesley Ackrill**  
Executive Co-Director

**Arlene McCalla**  
Executive Co-Director

# *You are* **PROPELLING US FORWARD**

You made 2017 a year of extraordinary impact here at Interval House.

This past year, you invited **73 women** and their **83 children** to live, heal, and grow at the shelter. You supported them,

unwaveringly and without judgment, as they made the brave decision to leave abuse behind and pursue lives of independence and peace.

The progress these families made is nothing short of inspirational. **6** women went

# NADER'S *story*

*“My first real home was Interval House. And every woman there showed me what it means to be strong.”*

– Nader,  
Former Interval House Client

When I think back, I'm still amazed at my mother's courage.

She was a new immigrant in Canada, and spoke hardly any English.

But she knew that it wasn't safe to stay with her husband. She knew it was wrong to live in fear. And, she wanted so badly for my brother, sister and I to thrive, to have a childhood free from violence.

**My mom wanted to give my siblings and me a future.** So, in an unfamiliar country, with no support system to fall back on, she left my father and we came to Interval House.

Suddenly, my family wasn't alone anymore. **We had a whole community of people—like**

**you—rallying around us, walking alongside us towards a better life.** Knowing we had somewhere to go and someone to rely on changed everything.

Today, I'm a lawyer. I owe so much to my mom's incredible dedication to our family. That's why I still go back to the shelter from time to time, to encourage the women and children there and remind them how far they've come.

That is the real power of your support of Interval House. **The tools to build a better life, and the belief that it's truly possible, are extraordinary gifts.** And you've given these gifts to so many families like mine, who are forever changed by violence. **Thank you.**

# CHILDREN'S PROGRAM

## 286

hours spent playing and healing in Children's Groups

## ONE

chalkboard wall for children to channel their creativity

## 65

outings to fun places like the ROM, Toronto Zoo, CNE, and the movie theatre

## 2

full-time Child & Youth Counsellor/Advocates to help kids process and progress

The transition into a new, unfamiliar place can be hard.

Some kids are standoffish when they arrive, not wanting to engage with counsellors or other children. Others become protective of their moms, still traumatized by the abuse they've endured.

Our Children's Program—which was the first of its kind in Canada—helps kids who have lived through abuse begin to heal. **You are key to helping that program grow and thrive, so that kids can do the same.**

**In 2017, you made it possible for us to hire a second full-time Child & Youth Counsellor/Advocate.** This is an incredible step forward! Now,

each and every child who comes through our doors can get the time and attention they need with a professional counsellor to process their experiences, learn boundaries, and practice non-violent conflict resolution strategies.

**You also helped revitalize our children's play space with fresh paint.**

The kids are totally enamored with the bright purple walls, the gentle glow of the fish tank, and the fun activities available in the space. The moment they hear the key in the lock, they all perk up and run to the door, eager to be first into the play room!

**Thank you for giving children the tools to recover from abuse, and end the cycle of violence.**



# ELICIA'S *story*

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

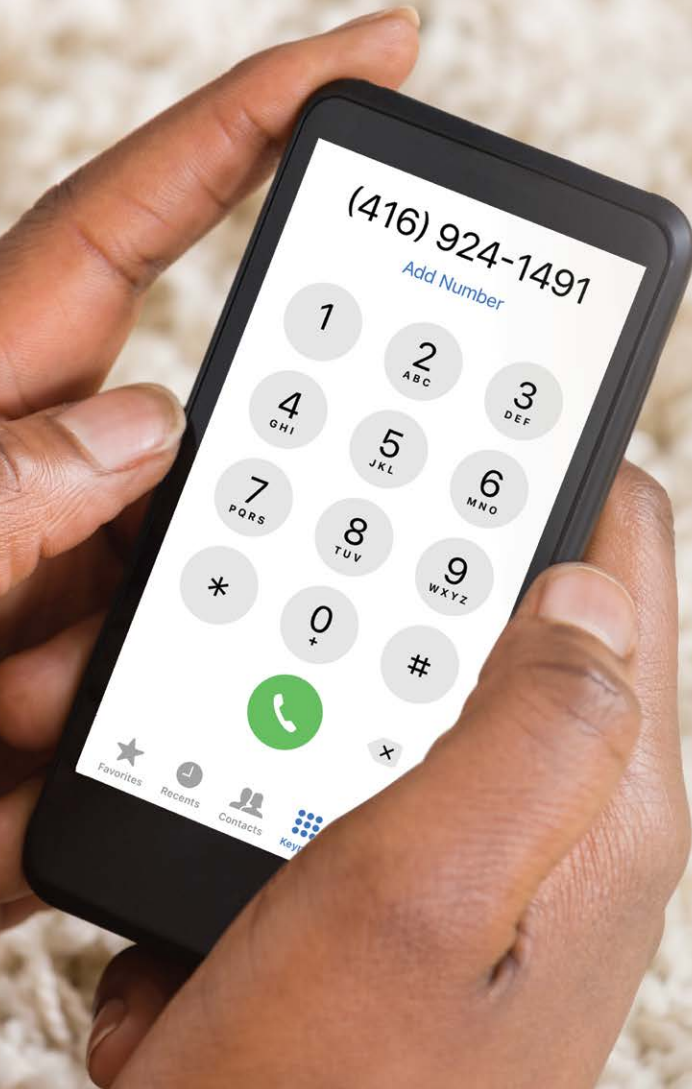
I wasn't ready to leave my husband yet—he'd controlled every aspect of my life for so long, and I hardly knew where to start. But when I heard my eldest son repeating the horrible things his father would say about women, I knew I had to make a change before it was too late.

**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.**



148

hours of recovery and learning in Women's Group

120

suits in the Career Boutique

18

women obtained meaningful employment in their chosen fields

2

months was the average length of stay

19

languages spoken

27

women attended six counselling workshops on topics like:

- Negative thoughts do not define you
- Your opinion matters
- Developing healthy boundaries
- Changing how we react to stress

*Your impact* **AT INTERVAL HOUSE**

# INTERVAL HOUSE - CANADA'S *first* SHELTER FOR ABUSED WOMEN

When Interval House was founded in 1973, gender equality wasn't a topic of conversation like it is today.

Back then, intimate partner violence wasn't yet recognized as the real, pervasive issue we know it to be. Women's rights were overlooked and undervalued. And if you were a woman living in an abusive situation, there was nowhere for you to go for help.

Back then, most people chose not to acknowledge abuse. They chose not to see women trapped in unhealthy or even dangerous relationships, unable to leave due to financial dependence, a lack of social awareness, and having nowhere safe to go.

But 11 trailblazing feminists in Toronto saw the need. **Like you**, they saw the women and children society had chosen to ignore. **Like you**, they could not stand by and do nothing in the face of injustice.

Like you, those 11 courageous women were compelled to stand up. And so began their journey to establishing the very first shelter for abused women and their children in Canada.

The founders of Interval House knew it had to be more than walls and a roof—it needed to be a home, where families could

not only recover, but also lay the foundation to re-build new lives. Programs and services needed to be tailored specifically for survivors of abuse and their families.

## **Thank you for standing up and blazing the trail for women's rights.**

"It was 1973, and there was this huge uprising of awareness and anger and a sense of 'we have to change things'. We looked around and thought, 'Somebody ought to do something'. Then it became, well, I guess it's going to be us. And we just started." said Lynn Zimmer, Interval House Co-Founder.



Joice Guspie, Darlene Lawson, Billie Stone, Lynn Zimmer and Martha Ireland, original founders of Toronto's Interval House

# 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.





*“It’s important for CIBC to invest in programs that help women gain financial security and independence. Through BESS, women are provided with guidance to increase their job skills, confidently search for jobs that fit their talents, and ultimately gain the independence for themselves and their families to move out of the shelter system.”*

**- Diane Elliot,**  
Senior Manager, Corporate Giving & CIBC Children’s Foundation, Communications & Public Affairs

**MAHEN THACKER** *leadership* **DONOR**

**CORPORATE PARTNER** *spotlight*

**For nearly 20 years, CIBC has been supporting Interval House families on their journeys.**

In that time, CIBC has been involved in nearly every facet of life here at the shelter. From supporting the expansion of the shelter in the early 2000s, to cooking delicious meals and organizing clothing drives, to doing arts and crafts with the kids. CIBC has played a key role in the success of Interval House and the women and children who call the shelter home.

Today, CIBC is focused on growing and strengthening the Building Economic Self-Sufficiency program (BESS) at Interval House. Along with your support, **CIBC is helping women overcome the many barriers that survivors of intimate partner violence often face as they look for work and housing.**

Thank you, CIBC, for the incredible difference you make in the lives of women and their families who are moving towards better lives!

**Generosity runs deep in Mahen Thacker’s blood.**

As a young child living in India, Mahen’s mother made a point of building up and giving back to their tight-knit community. He recalls that she would spend hours sitting on the verandah while the neighbours lined up one after the other, to ask her for advice. As the eldest son, Mahen was often given small jobs to help those in need in their village.

His mother was a wise woman—compassionate and patient. **And she had one golden rule: that you always give 10% of any money you make to people in need, and that there is always someone who needs it more than you.**

In 1965, Mahen left India and moved to Canada to pursue a career

in engineering. But he took his mother’s lessons of generosity with him to his new home in Toronto, and immediately began looking for opportunities to give.

The women’s movement is one that Mahen has long supported because the effects are so far-reaching. When you lift up a woman, you also lift up her children and her grandchildren, and so the ripple grows.

**So when Mahen learned about Interval House, he knew right away that this would be a worthwhile cause to get behind.** He especially likes that his support enables so much: helping women build self-confidence, find stable work or further their education, and search for affordable housing.

*“My mother’s kindness is the root or the seed which was planted in me. Since then, I have always tried to do whatever I can.”*

**- Mahen Thacker,**  
Interval House Donor

# BOARD MEMBERS

## A Message From

# RENÉE WEEKES

## BOARD CHAIR

I really think something shifted in our society in 2017.

It was the year of #MeToo, which saw women worldwide using social media to share their experiences of harassment and assault. It was the year of survivors speaking out against the abuse they suffered at the hands of men in positions of power in Hollywood, Silicon Valley, and Washington DC.

These conversations are a bright light, shone on issues that have been shrouded in darkness. But there is an even brighter light—one not just of awareness, but also of hope. That light is you.

Your kindness has made a difference in the lives of every woman and child at Interval House on their journeys to peace and prosperity.

You breathed new life into our kitchen, so Interval House always feels like home. You invested in healing when you helped us hire another full-time Child & Youth Counsellor/Advocate. And I know you know there's more work to be done.

I admit that there is a part of me that almost can't believe that today, we're still dealing with violence against women. But another part of me—a much larger, louder part—is so inspired by this work and your generosity. **I'm grateful that you've joined us on this journey to create a future where there's no need for a place like Interval House.**

Yours in gratitude,

**Renée Weekes,**  
Chair of the Board of Directors

*“Whether you’ve been donating for the entire life of Interval House, or you’re new to our family, I want to thank you. You are an ally. You are an irreplaceable supporter. And you are helping women leave violence behind, every single day.”*

**- Renée Weekes,**  
Chair of the Board of Directors

### RENÉE WEEKES

A graduate of the University of Guelph-Humber, Renée Weekes is a strategic communications professional with over 10 years of experience in PR, influencer relations, social media and content development in the areas of sports, media, finance, entertainment and consumer packaged goods. In her current role as an account director at MSL Group PR agency, Renée oversees communications for top global cosmetic brands.

Renée has shown her commitment to helping end violence against women through her position as Chair of the Board of Directors for Interval House for the past 9 years. She continues to be inspired by the transformational stories of women and children who have come to Interval House to pursue lives free of violence.

### LINDA TUNG-PRANGLEY

Currently serving as Treasurer of the Board, Linda Tung-Prangley has been involved with Interval House since 2010. She continues to be inspired by the organization's mission to empower women and its forward and leading vision in the Violence Against Women (VAW) sector. Linda is a graduate of the University of Toronto (Victoria College) and is a local entrepreneur who owns her own small business.

### LISA PEROTTA

Lisa Perrotta, York University, Collège Glendon. BA, BEd. Interval House Board of Directors Secretary since 2008. As an elementary school teacher and a mother, Lisa is committed to supporting the important work being done at Interval House to help women survivors of intimate partner violence and their children. She believes strongly in advocating for women and families to regain self-confidence and economic self-sufficiency to build better lives for themselves. Lisa is pleased to be in her 9th year on the Board.

### CHARMAINE EWING-CHOW

Charmaine Ewing-Chow works in Finance at J. Walter Thompson Advertising. She graduated from the University of Western Ontario and, just a few years later, attained another certification from Ryerson University. As a long-time board member, Charmaine is committed to Interval House and truly believes in the work being done to empower women survivors of intimate partner violence and their children. Charmaine is proud to be part of such an admirable organization, doing such fantastic work improving people's lives.

### HEATHER McLEAN

Heather McLean is a fundraising professional with over 15 years of experience in educational philanthropy, alumni relations and volunteer empowerment. She joined the Faculty of Arts & Science at the University of Toronto as a Senior Development Officer in 2013. Heather has an Honours Bachelor of Arts in Economics and European Studies from the University of Toronto. She joined the Board at Interval House in 2013 and remains deeply committed to helping prevent and address violence against women.

### MICHELE GRANNEN

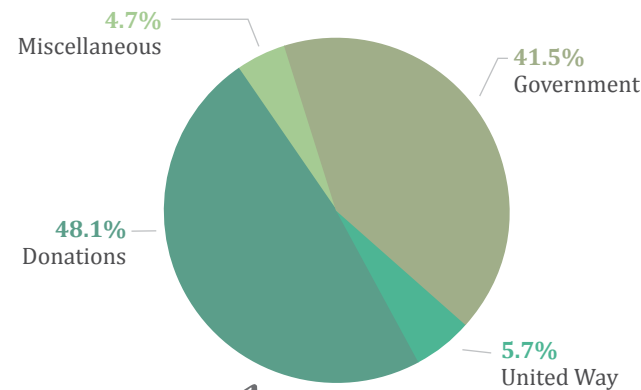
Michele Grannen has been a board member at Interval House for 5 years. She is a graduate of Western University and has had a career in the Financial sector for 30 years. Michele has always been passionate about helping women survivors of intimate partner violence, especially through her involvement with Interval House, which provides incredible support and resources to women who are fleeing abuse. She admires the staff, whom she describes as “second to none” and is proud to be on Interval House's Board of Directors.

Summarized\*

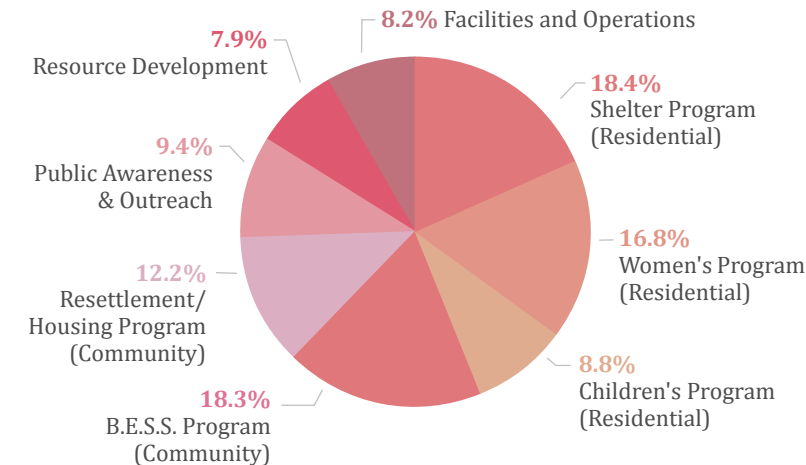
# Statement of Operations

REVENUE	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2017 TOTAL	2016 TOTAL
Government	\$366,989	-	\$1,056,226	\$1,423,215	\$1,052,770
United Way	-	-	\$219,530	\$219,530	\$194,498
Donations	-	-	\$1,625,196	\$1,625,196	\$1,588,591
Miscellaneous	\$59,012	\$100,530	-	\$159,542	\$225,773
	<b>\$426,001</b>	<b>\$100,530</b>	<b>\$2,900,952</b>	<b>\$3,427,483</b>	<b>\$3,061,632</b>
<b>EXPENSES</b>					
Programs	\$779	\$1,954	\$2,218,141	\$2,220,874	\$2,002,143
Public Awareness and Outreach	-	-	\$300,640	\$300,640	\$377,876
Resource Development	-	-	\$252,127	\$252,127	\$187,564
Facilities and Operations	\$17,592	\$26,588	\$182,956	\$227,136	\$167,637
Amortization of Capital Assets	\$204,314	-	-	\$204,314	\$204,924
	<b>\$222,685</b>	<b>\$28,542</b>	<b>\$2,953,864</b>	<b>\$3,205,091</b>	<b>\$2,940,144</b>
EXCESS (DEFICIENCY) CURRENT YEAR	\$203,316	\$71,988	\$(52,912)	\$222,392	\$121,488

REVENUE 2016/2017



EXPENSES 2016/2017



Summarized\*

# Statement of Financial Position

ASSETS - Current	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2017 TOTAL	2016 TOTAL
Cash and Temporary Investments	\$1,889,787	\$1,555,469	\$251,326	\$3,696,583	\$3,770,458
GST/HST/Sundry Receivable	-	-	\$81,538	\$81,538	\$44,469
Prepaid Expenses	-	-	\$30,922	\$30,922	\$42,939
	<b>\$1,889,787</b>	<b>\$1,555,469</b>	<b>\$363,786</b>	<b>\$3,809,043</b>	<b>\$3,857,866</b>
Long Term Investments	\$117,569	\$93,997	-	\$211,566	\$206,857
Capital Assets	\$4,027,787	-	-	\$4,027,787	\$3,713,978
<b>TOTAL ASSETS</b>	<b>\$6,035,144</b>	<b>\$1,649,466</b>	<b>\$363,786</b>	<b>\$8,048,396</b>	<b>\$7,778,701</b>

## LIABILITIES - Current

Accounts Payable and Accrued Liabilities	-	-	\$278,457	\$278,457	\$171,832
Current Portion of Mortgage Payable	\$61,749	-	-	\$61,749	\$59,322
	<b>\$61,749</b>	<b>-</b>	<b>\$278,457</b>	<b>\$340,206</b>	<b>\$231,154</b>
<b>Mortgage Payable</b>	<b>\$10,535</b>	<b>-</b>	<b>-</b>	<b>\$10,535</b>	<b>\$72,284</b>

## NET ASSETS

Invested in Capital Assets	\$3,966,038	-	-	\$3,966,038	\$3,641,694
Externally Restricted	-	\$212,703	-	\$212,703	\$207,730
Internally Restricted	-	\$1,436,763	-	\$1,436,763	\$1,369,748
Unrestricted	\$1,996,822	-	\$85,329	\$2,082,151	\$2,256,091
	<b>\$5,962,860</b>	<b>\$1,649,466</b>	<b>\$85,329</b>	<b>\$7,697,655</b>	<b>\$7,475,263</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$6,035,144</b>	<b>\$1,649,466</b>	<b>\$363,786</b>	<b>\$8,048,396</b>	<b>\$7,778,701</b>



\*The summarized statements of financial position and operations are derived from the complete financial statements of Interval House as of September 30, 2017 and for the year then ended. The full audited financial statements are available upon request.



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