

Such incredible transformations are possible because
You care enough to give!



Behind the scenes of Interval House's renovation — see how you are helping transform the space!

The first thing most people notice when they walk into the newly renovated rooms at Interval House is how bright and cheery everything feels. Your support helped transform the shelter's 12 residential bedrooms and six bathrooms, including the main floor accessible suite.

"This renovation is something I've been wanting to do since I first started working here three years ago," explains Cathy Leekam, Operations Specialist. "The shelter is used by so many people and it was getting really run down, especially the bathrooms. It's hugely satisfying to see them freshened up, and how happy the residents are with it."

Thanks to donor support, Cathy's team recently completed the 3 month renovation project. Bedrooms were

refreshed and bathrooms updated with new sinks, vanities and fixtures. The team also changed out flooring, added new window blinds and put on a fresh coat of paint. It was so important to bring the aging infrastructure up to date.

"What I've always heard from clients is that our shelter is very welcoming and warm," says Cathy. "It's nice that the bedrooms and kitchen are now part of that. Everything feels very fresh and welcoming, like a home."



Cathy & Ayan, Interval House Facilities



"Working at Interval House has been one of the most rewarding jobs I've ever had. You can see the direct result that your work makes. It's a concrete change you make in people's lives every day."

***- Cathy Leekam,
Operations Specialist***



In Canada, **one in every four women** will be a victim of domestic violence



It is estimated that **362,000 Canadian children** witness family violence each year

WALK THROUGH TIME

Take a look back at some of the many strides that have been made in the women's rights movement over the past 45 years. While much has been accomplished, there is still much to do!

1973

- Interval House is founded April 1, 1973
- American tennis player Billie Jean King defeats Bobby Riggs in the Battle of the Sexes tennis match
- American Supreme Court rules in favour of the Constitutional right to access abortion in Roe vs. Wade
- Avg. Cost of a new house \$40,605
- Avg. Income \$19,125/year
- Avg. Rent \$175/month
- Native Women's Association of Canada (NWAC) is formed to gain equal opportunity

1975

- United Nations declares International Women's Year
- Rosemary Brown is the first woman to run for the leadership of a federal party in Canada, losing the NDP leadership to Ed Broadbent on the fourth ballot
- The Time Person of the Year award goes to American Women, celebrating the successes of the feminist movement
- The first Take Back the Night March is held in Philadelphia

1977

- The Canadian Human Rights Act is passed, prohibiting discrimination and requiring equal pay for work of equal value
- International Women's Day is declared as an official annual event by the United Nations

1978

- The first Take Back The Night March in Canada is held in Vancouver

1979

- UN Convention on the Elimination of All Forms of Discrimination Against Women

1980

- Interval House is the first women's shelter to add a male counsellor to the Children's Program
- Avg. Cost of a new house \$68,700
- Avg. Rent \$300/month



Q&A with Elona Nazaj, Women's Counsellor/Advocate

Your support ensures counsellors like Elona are available 24/7 to women and children in need.

Q. HOW DOES YOUR DAY BEGIN?

A. It depends which shift I'm on, morning, evening, or overnight. All shifts begin with a shift change debrief with other staff. We talk about how things are going, if anything urgent is coming up, new residents, or if anyone has left the shelter. I can then start prioritizing my day based on risk assessments.

Q. HOW WOULD YOU DESCRIBE YOUR JOB?

A. The biggest part of my job is active listening, being available for women to vent, cry, share their frustrations or successes. I find out what their needs are and help connect them to services we can provide. I do a lot of advocacy, especially for housing, legal issues such as custody, or for women who do not speak English. We are there for them, every step of the way.

Q. WHAT ARE THE FIRST FEW DAYS LIKE FOR WOMEN WHO COME TO INTERVAL HOUSE?

A. The first few days in the shelter are the hardest because usually women are coming with a very high level of anxiety and stress, which is very understandable. They are confused. They wonder if they made the right choice. But with time, everything becomes clearer and they are able to see things in a different perspective. They find the strength to move forward.

Q. WHAT IS THE MOST REWARDING PART OF YOUR JOB?

A. I am honoured when I know that these women are allowing me to be part of their feelings. The way that I can see the positive effect I'm having on my community, along with my coworkers. Just the connection, the empathy that we create with each other, that's rewarding. The women talk about their frustrations, they talk about their lives, they talk about what they went through, and it's not easy. It's not easy to trust. I really appreciate it.

To help Interval House mark 45 years of advocating for women's rights and wo



LIFE AT THE HOUSE:

A Youth Perspective

by David

*name and identifying details have been changed for the safety of the clients

If I were to say what impact living at Interval House had on me, I guess I see it as a good Disney story. Things start nice and everything, and then snap, there's a plot twist and the evil entity comes and that's where my family is right now. Eventually it's all going to be good again.

My mom left Vietnam for Canada in search of a better life for us. A few months later, my dad, my two younger siblings and me all came to join her. They were always working, mom all day and dad all night. We only hung out as a family on weekends. For years, they hid their fighting from us. But the fights increased and then the secrets just poured out. It used to be like once a month then it became weekly. At one point I had to step in. I didn't want to but it was getting out of hand and I had to get the police involved.

A few months ago we had to just get out — grab what we had and go. That's when we came to Interval House. Being here affects us but it didn't devastate us. We're all far away from the people we know now

though. My siblings miss their friends and my mom had to quit one of her jobs.

Our family has become closer since coming here. We interact with each other more. My mom actually gets more rest here. Everyone is getting something out of the sessions with the counsellors. We're all getting advice and steps for how to get up and get things back together. Feeling empowered.

I'm studying at college now and the next stage is to have our own place again. Interval House supports you at your lowest, they'll always be that safety net. But it's better to pick yourself up again, find a job, find a place; just something that's going to help you to start over again. It's like the new Karate Kid movie where he says, "Everyone falls down, but it's up to them whether they choose to get back up or not." Interval House can help you get there.

THANK YOU FOR HELPING FAMILIES LIKE DAVID'S REBUILD THEIR LIVES!

1982

- NDP MP Margaret Mitchell tells the House of Commons that each year "1 in 10 husbands beats their wives regularly" and is greeted by laughter
- Canadian Charter of Rights & Freedoms ensures equality for women and visible minorities

1983

- First cell phones are introduced
- Bill C-127 passes making it illegal for a man to rape his wife in Canada

1986

- The Federal Employment Equity Act is passed, requiring federal employers to increase representation of women, people with disabilities, First Nations peoples and visible minorities in the workplace

1987

- Systemic discrimination in the hiring of women is found to be unlawful in Canada

1988

- The Supreme Court strikes down all legal restrictions to abortion in Canada

1989

- The Montreal Massacre at the Ecole Polytechnique claims the lives of 14 women, Canada mourns
- Audrey McLaughlin wins leadership of the federal NDP
- The Supreme Court of Canada decides that sexual harassment is a form of sex discrimination.

1991

- Inauguration of December 6 as National Day of Remembrance and Action on Violence Against Women

1995

- Canadian Advisory Council on the Status of Women is eliminated (after 22 years)

1996

- First edition of the magazine Bitch: Feminist Response to Pop Culture appears

1998

- Interval House's Building Economic Self-Sufficiency Program (BESS) is founded

2004

- Interval House's Her Home Housing project is launched, offering rent-geared-to-income apartments to BESS participants for one year

2005

- Interval House moves into a bigger, brighter, more secure home, where it remains today, thanks to the generosity of donors like you

2011

- First SlutWalk takes place in Toronto in response to Toronto police officer Michael Sanguinetti's statement that "women should avoid dressing like sluts in order not to be victimized" and a general victim-blaming mentality about sexual assault survivors

2012

- Hashtag #MMIW is first used to encourage an inquiry into the missing and murdered indigenous women and girls

2014

- #YesAllWomen highlights rape culture in the wake of the 2014 Isla Vista killings

2015

- The Liberal government initiates an inquiry into Missing and Murdered Indigenous Women (MMIW)

2016

- Interval House publishes the study Barriers to Employability and Employment for Women Survivors of Intimate Partner Violence
- BESS Program is revised based on the Barriers Report
- We Believe Survivors rally happens in reaction to acquittal of Jian Ghomeshi in sexual assault charges

2017

- 2017 Women's March advocates for women's rights and protests inauguration of Donald Trump
- #MeToo gains momentum to highlight sexual harassment, sexual assault and violence against women
- Time magazine names #MeToo campaign as Person of the Year
- Interval House renovates its kitchen with the help of generous donors

2018

- Interval House marks 45 years of helping women and children rebuild their lives
- Gender neutral version of O Canada is passed in the House of Commons
- Avg. Cost of a new house \$766,000
- Avg. Income \$58,300/year
- Avg. Rent \$2,100/month

Beanie Babies for the Brave



A mother-daughter duo making a real difference.

How can a little stuffed animal help women and children rebuild their lives after abuse? When it's a collectible Beanie Baby donated to the cause!

Morgan and her daughter, Stacey, have been collecting Beanie Babies since Stacey was just five years old. Now 31, Stacey decided it was time to part with her beloved collection and donate it to Interval House, so the organization could sell the classic toys and raise funds for their programs helping women and children recovering from abuse.

"Stacey and I both agreed that we would rather give them to a child or to an organization that helps people instead of selling them online for ourselves," explains Morgan. The two thoughtfully donated 70 Beanie Babies in their original packaging to be auctioned online with 100% of the proceeds benefitting Interval House.

"When I was trying to find a place to donate the Beanie Babies to, it was important to me personally that it benefit women and children experiencing abuse," explains Morgan. "I am a survivor of abuse and I understand how important a place like Interval House is."



Morgan & Stacy

Do you have your own idea for a unique fundraiser or gift-in-kind donation?

Contact Cass Nagar at
cnagar@intervalhouse.ca
or 416-924-1411 ext. 238

If you'd like more information about how you can support the women and children of Interval House, visit our website www.intervalhouse.ca or call 416-924-1411 ext. 238



Interval House is a registered Canadian charity with a charitable tax number of 11897 1159 RR0001.

