



Investing in Innovation

2019 GRATITUDE REPORT



A Message from the Executive Co-Directors

Thank you for investing in innovation

Your gifts help end intimate partner violence

As the first shelter for abused women in Canada, Interval House's legacy is one of innovation. From our very beginning, donor support helped us blaze new trails in an effort to best serve the needs of survivors of intimate partner violence and their children.

This year, we continued to lead the way, thanks to you. With you by our side, we made improvements to our residential program services and looked for creative new solutions to the urgent and ever-changing challenges facing survivors on their quest to break the cycle of violence and rebuild their lives after abuse.

Thank you for investing in brighter futures for women and children. You have saved lives by keeping our shelter doors open. Each and every dollar you give is an investment in innovation and positive change — not only for the women and children who call Interval House home but for the broader movement towards gender equality and ending gender-based violence. Your gifts help us raise our voice, sharing best practices and lessons learned freely with other women's centres. You fuel our efforts to ensure ending family violence is part of the public and political agenda. Together, we've made incredible progress this past year — and we won't stop until we see an end to intimate partner violence once and for all. Thank you again for your generosity. Interval House simply could not exist without you.

Nadine Chan
Executive Co-Director

Lesley Ackrill
Executive Co-Director

Arlene McCalla
Executive Co-Director

“Your unwavering support allows us to innovate and gets us closer to our vision of a world without intimate partner violence.”



Board Members

RENEE WEEKES

A graduate of the University of Guelph-Humber, Renee 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, Weekes oversees communications for top global cosmetic brands. Weekes has shown her commitment to helping end violence against women through her position as Chair of the Board of Directors for Interval House since 2010. 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.

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-efficiency to build better lives for themselves. Lisa is pleased to be in her 11th year on the Board.

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 small business owner.

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. In addition to sitting on Interval House's Board of Directors, she supports other causes close to her heart like Out of the Cold and The Canadian Cancer Society.

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 7 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 domestic 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.

CELEBRATING OUR JOURNEY

5 YEARS IN REVIEW

Your generosity fuels our spirit of innovation. Here's a look back at just a few of the many milestones and accomplishments you have made possible.



2010



2016

2017

Recent Highlights

- 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 to be more accessible to survivors of abuse

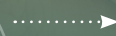
- Interval House renovates its kitchen with the help of generous donors
- Loyal Interval House supporters Donna Green, Karen Green, and Lindy Green retire the remainder of Interval House's mortgage — we're home!





2018

2019




2020

- Interval House marks 45 years of helping women and children rebuild their lives after abuse, with a strong focus on ending the cycle of violence against women
- Interval House renovates the shelter's 12 residential bedrooms and six bathrooms — a vital refresh that's made our house even more warm and welcoming

- Interval House completes a total revamp of the Residential Program, which will bring consistency and ensure that there are more checks and balances to ensure each client's needs are addressed and met





“Positive changes can have a ripple effect far beyond our knowing. I have seen it in my own friends who survived abuse.”

Audrey Duff

DONOR SPOTLIGHT


Audrey gives to help break the cycle of violence

When Audrey Duff began giving to Interval House over a quarter century ago it was because she had witnessed the effects of intimate partner violence first-hand. “I had a friend who was trying to get out of an abusive marriage,” she recalls. “We had an informal support group that would go to court with her.”

Now, Audrey helps survivors of intimate partner violence

by donating monthly to Interval House. “It’s so easy to make a difference with monthly giving,” explains Audrey. “I like that Interval House is stretching every dollar. I’m so impressed with what they are able to accomplish to help women acquire skills for a life after abuse and provide children with tools to break the cycle of violence.”

**Interval House values the support of each and every donor.
Thank you for making our life-changing work possible!**



“I was scared
to leave my
husband.
But I was
more scared
to stay.”

Anna’s husband swore he would kill her. Brandishing a knife, he chased her through their home. Fortunately, Anna* found a way out. She locked herself in the bathroom and climbed out the small window, running down the street as fast as she could.

With no other family in Toronto, Anna desperately sought the advice of a friend. “My friend

told me to call Interval House, and I’m so thankful that I did,” Anna explains. “When I walked in that first night, it didn’t feel like a shelter. I was nervous and confused, but the staff greeted me like a sister and made sure to help me with whatever I needed.”

Once settled, Anna began the work of rebuilding her life. She was supported as she sought training

programs, employment options, and housing, all while receiving emotional support through counselling. “By welcoming me in and then assisting me as I looked for new housing, schooling and work, Interval House really helped me to find myself and my sense of home again,” she says.

Thank you for welcoming survivors like Anna home.

Support from donors and corporate supporters is the reason Interval House is able to be there for women like Anna when they need us the most. Thank you for saving and transforming lives. Your investment is helping to create a future free from intimate partner violence.

**Name changed for protection*



IKEA Brightens Children's Lives

Play heals. There's no denying that fun and imagination are essentials when it comes to overcoming childhood abuse. That's why we are so excited to unveil the newly renovated children's playroom in the shelter — generously provided by our friends at IKEA! Complete with brand new books and comfy chairs for reading, hopscotch, plush toys, and a play kitchen that any foodie would envy, the

space now truly reflects the spirit of joy and creativity that is central to Interval House's Children's Program. The freshened-up space is the perfect setting for kids to play make-believe and form healthy friendships with the other children in the shelter as they learn a new and happier way of life.

"We are very grateful for this gift from IKEA," says Paula Del Cid, Shelter Services & Outreach Manager at Interval House. "This gift is helping the families see the significance of community, and the importance of giving back to those in need. Now the room feels inviting, open and provides comfort that is so very needed as they navigate life in a shelter. We are excited to see what's to come with all the new memories and

laughter that will radiate out of this spectacular room."

Before the room was officially opened, kids sat on the sofa just outside of it, looking longingly through the window at the bright and colourful space. It's almost as if the room peered longingly back, begging them to make a world of dreams out of the toys and trimmings inside.

Kristle Moring, Communication Responsible for IKEA, Canada, knows just how important it is for children to have a place of their own, especially when overcoming difficult circumstances. "At IKEA, we believe that every child has the right to play and develop in a safe and secure environment," says Kristle. "Our partnership with Women's Shelter's Canada introduced us to the incredible



team at Interval House. After speaking with the staff on site, we knew right away that this space needed to feel comfortable, safe and fun for everyone who entered. We were inspired by the children's optimism and positivity to create the mural of inspirational words, in their own writing. The new set-up has dedicated spaces for arts & crafts, imaginative play and spots to read or just relax. From toddlers to teens, to children at heart, there's a place for everyone and we can't wait for the families to enjoy it."

The team at IKEA entirely captured the needs of Interval House families and transformed the playroom into a small wonderland. Every time we hear children at play laughing, we will be reminded of our gratitude for this wonderful gift.



Our Mission:

As Canada's **first shelter** for women and children experiencing abuse, we remain **trailblazers** in the campaign **for women's empowerment** and independence, providing innovative, specialized and **transformative services** that help to break the cycle of intimate partner violence.

Our Vision:

We envision a world **without intimate partner violence** against women and their children.

Our Values:

Safety, confidentiality, **accountability**, **collaboration**, responsiveness, **integrated services**, awareness, diversity & independence.

Summarized*

STATEMENT OF OPERATIONS

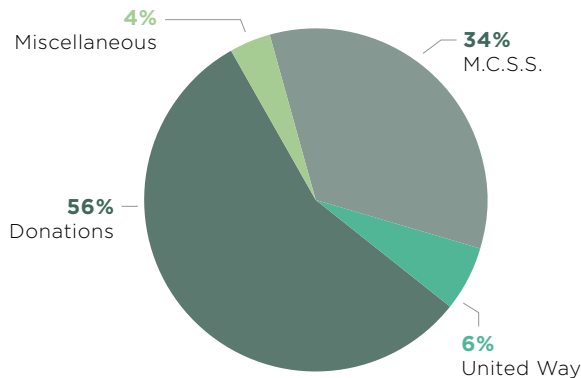
REVENUE	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2019 TOTAL	2018 TOTAL
M.C.S.S.	-	-	\$1,103,717	\$1,103,717	\$1,143,153
United Way	-	-	\$194,498	\$194,498	\$194,499
Donations	-	-	\$1,838,342	\$1,838,342	\$1,751,896
Miscellaneous	\$30,250	\$118,654	-	\$148,904	\$138,641
	\$30,250	\$118,654	\$3,136,557	\$3,285,461	\$3,228,189

EXPENSES

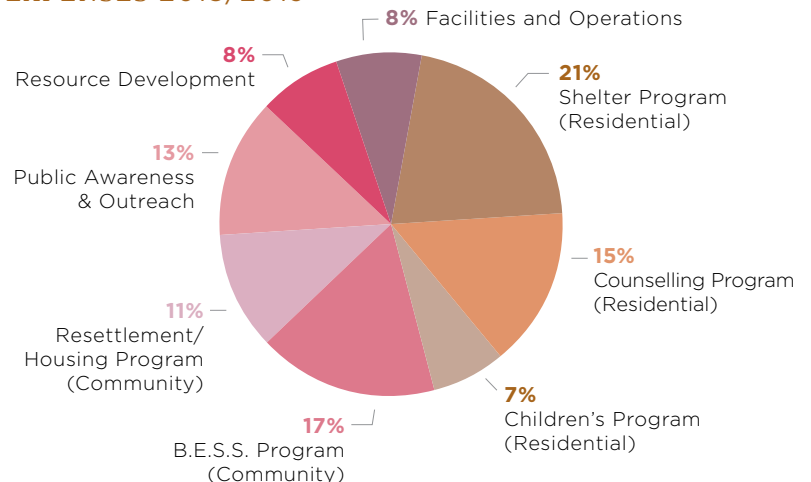
Programs	-	\$47,079	\$2,223,586	\$2,270,665	\$2,118,601
Public Awareness and Outreach	-	-	\$448,690	\$448,690	\$520,969
Resource Development	-	-	\$274,717	\$274,717	\$242,373
Facilities and Operations	\$9,266	\$28,847	\$182,267	\$220,380	\$210,921
Amortization	\$236,986	-	-	\$236,986	\$226,149
	\$246,252	\$75,926	\$3,129,260	\$3,451,438	\$3,319,013

EXCESS (DEFICIENCY) CURRENT YEAR	(\$216,002)	\$42,728	\$7,297	(\$165,977)	(\$90,824)
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REVENUE 2018/2019



EXPENSES 2018/2019



Summarized*

STATEMENT OF FINANCIAL POSITION

ASSETS – Current	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2019 TOTAL	2018 TOTAL
Cash and Temporary Investments	\$1,717,901	\$1,751,116	\$251,484	\$3,720,501	\$3,609,852
GST/HST/Sundry Receivable	-	-	\$53,709	\$53,709	\$61,479
Prepaid Expenses	-	-	\$25,912	\$25,912	\$25,699
	\$1,717,901	\$1,751,116	\$331,105	\$3,800,122	\$3,697,029
Long Term Investments	-	-	-	-	\$216,454
Capital Assets	\$3,863,702	-	-	\$3,863,702	\$3,973,722
TOTAL ASSETS	\$5,581,603	\$1,751,116	\$331,105	\$7,663,824	\$7,887,206

LIABILITIES – Current

Accounts Payable and Accrued Liabilities	-	-	\$222,970	\$222,970	\$280,375
Current Portion of Mortgage Payable	-	-	-	-	-
Accrued mortgage interest	-	-	-	-	-
	-	-	\$222,970	\$222,970	\$280,375
Mortgage Payable	-	-	-	-	-

NET ASSETS

Invested in Capital Assets	\$3,863,702	-	-	\$3,863,702	\$3,973,722
Externally Restricted	-	-	-	-	\$216,454
Internally Restricted	-	\$1,751,116	-	\$1,751,116	\$1,491,934
Unrestricted	\$1,717,901	-	\$108,135	\$1,826,036	\$1,924,721
	\$5,581,603	\$1,751,116	\$108,135	\$7,440,854	\$7,606,831
TOTAL LIABILITIES AND NET ASSETS	\$5,581,603	\$1,751,116	\$331,105	\$7,663,824	\$7,887,206



*The summarized statements of financial position and operations are derived from the complete financial statements of Interval House as of September 30, 2019 and for the year then ended. The full audited financial statements are available upon request.



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