



MARCH 2021

CANADA'S FIRST
CENTRE FOR
ABUSED WOMEN
AND CHILDREN



With your help, we can do more to end intimate partner violence

Last year, we marked an important milestone in the quest for women's equality: the 50th anniversary of the Royal Commission on the Status of Women. This landmark report contained 167 recommendations calling on the federal government to work towards a more gender-equal Canada.

While many of the commission's goals have been met since 1970, we still have a long way to go to make our country a safe and equitable place for all women.

When a woman is being killed by her intimate partner every six days, we know there is still much work to be done.

Systemic misogyny is still rampant in our society, and online organizing by men involved in violent misogyny

is on the rise. Far too many women live in terror of the men who are supposed to love them. Men who repeatedly abuse their partners are let off far too leniently, if their crimes are addressed at all. And there is no coordinated, national initiative to address this "shadow pandemic" of intimate partner violence.

In order to achieve full equality in our country and society, we *must* put an end to intimate partner violence.

Will you join us?

We can't wait another 50 years.

Every woman in Canada deserves freedom from violence. Together, we must do the work that remains.

Give Today at IntervalHouse.com/Donate

A Call to Action

Canada needs a National Action Plan to End Gender-Based Violence – and you can help

Violence against women is at crisis levels here across the country. Your support of Interval House offers survivors in GTA a safe escape and the tools to rebuild their lives, but the question remains ... *what more can be done at the national level?*

We need a National Action Plan to End Gender-Based Violence. It's time to coordinate our systems from coast to coast to prevent and respond to intimate partner violence.

Although the UN called on all countries to implement such a plan by 2015, Canada still has no comprehensive strategy to deal with gender-based abuse, including intimate partner violence.

That's why Interval House stands with women's organizations and shelters across Canada to call for a national action plan – now.

We demand the government builds a bold action plan that:

- prevents violence through education and awareness;
- ensures the legal justice system responds to lived realities of women facing violence;
- increases access to services and protections for women living in fear;
- breaks down barriers to housing, employment and child care; and
- invests in further supports for women to rebuild their lives.

Together, we can prevent and end intimate partner violence in Canada. Write to your Member of Parliament to ask them to support the call for a National Action Plan to End Gender-Based Violence.

Sign the petition at:
intervalhouse.ca/NationalActionPlan

We Haven't Come Far Enough

Intimate Partner Violence in Canada by the Numbers



Why is it so critical we take action to end intimate partner violence right now? **The numbers speak for themselves.**

A woman in Canada is killed by her partner approximately every six days.

Globally,
1 in 3 women



will experience intimate partner violence in their lifetime; that number is even higher if she is black, Indigenous or a woman of colour

Intimate partner violence accounts for
1 in every 4 violent crimes reported to police .

The rate of domestic abuse is likely much higher than we know: **70%** of spousal violence is not reported at all .



Children living with violence have **twice the rate** of psychiatric disorders as children from non-violent homes .

Thank you

for everything you do to help women experiencing intimate partner violence. You are making a lasting difference in the lives of women and children.

¹ <https://www150.statcan.gc.ca/n1/pub/85-002-x/2016001/article/14668-eng.htm>

² <https://www.who.int/news-room/fact-sheets/detail/violence-against-women>

It's Time to Rebuild — Together

Let's put **gender equality** at the centre
of our post-pandemic world



The global crisis highlighted some harmful norms that need to change as we prepare to reopen and rebuild our country.

COVID-19 widened already-dangerous gender inequalities in Canada. More women than men lost their jobs early in

the pandemic and now more than ever, women are more likely to hold positions on the front lines. Isolation has further put thousands of women, girls, trans, non-binary and BIPOC people at an all-time high risk of violence at home.

Gender-based violence is systemic. It's rooted in gender inequality, the abuse of power and harmful norms.

It's time to reset normal and put gender equality at the centre of our post-pandemic world.

It's time to support groups that have been pushing for gender justice since the Royal Commission first brought the issue to the nation's attention.

It's time to implement a National Action Plan to End Gender-Based Violence.

Join us as we build a better, more equitable world.

Falling Through the Cracks

How a **National Action Plan**
could have changed Ava's story



With her three children in the backseat, Ava navigated unfamiliar streets to the address she'd been given. She checked her rear view mirror the whole way until they arrived safely at Interval House.

Ava's husband had controlled everything, from the family's finances to each item of clothing the children wore. He would fly into a rage if he didn't like the way Ava cooked his meals or ironed his shirts.

His fury intensified to the point where Ava feared for her life.

Many times, Ava reached for the phone to call police. But her husband would beat her to it, calling them himself and expertly twisting the situation. He convinced neighbours that the noises they heard were simply him trying to calm his unreasonable wife down.

Ava is still battling his manipulation, and feels like there is nothing she can do. "The court gave him access to the children, and he's still trying to control me through them. My son is even starting to repeat his father's insults."



Ava isn't alone in her frustration. Under the current system, it's all too common for known abusers to continue and even escalate their violence even after a woman has reported them.

But things could have been very different for Ava under a National Action Plan.

For starters, the police officers responding to her husband's calls would be trained specifically to deal with intimate partner violence. Ava's legal case would be handled by a family court judge familiar with tactics abusers use to win custody battles.

Your support of Interval House gave Ava a place to find safety. Thank you. Today, you can take the next step toward ending intimate partner violence by speaking up for a National Action Plan on Gender-Based Violence.

³ <https://www150.statcan.gc.ca/n1/pub/85-002-x/2013001/article/11805/11805-3-eng.htm#a1>

⁴ <https://www150.statcan.gc.ca/n1/pub/85-002-x/2013001/article/11805/11805-3-eng.htm#a1>

⁵ <https://canadianwomen.org/the-facts/gender-based-violence/>



The Strength of the Village

Becoming an ally for the women around us

by Doris Dallaire, Interval House Monthly Donor

When I was a young mom, my neighbours and I belonged to a food co-op. It was ideal; we'd buy in bulk and divide everything up among families.

Since we always had staples on hand, we came up with the idea to put together some supplies whenever a woman was ready to transition from Interval House to her own apartment.

We'd take turns filling a box or two with the basics to get her pantry started, plus a few little things to welcome her home. If she had children, we'd include clothes our kids had outgrown.

It felt good to know that our simple gesture was making a difference in the lives of other women.

When my kids were in school, I began volunteering as a counsellor for my community's distress line, and found I really loved connecting with people that way.

So I enrolled in social work courses, where one assignment was to interview a woman who had left an abusive relationship. I'll never forget the trust she put in me to share her story.

Maybe that's what led me to become an Interval House monthly donor. I'd seen firsthand the amazing support they offer women fleeing violence, but I had no idea about what goes on behind the scenes.

I didn't realize that while most other shelters operate on government funding, Interval House relies on donors like you and me. My monthly gifts allow them to innovate and come up with new ways to meet women where they are.

And what's really interesting to me is how Interval House shares what they learn with other shelters, so more people can benefit from everything they're doing.

The way I like to look at it is, by supporting Interval House, I'm actually supporting women in other communities, too. On International Women's Day, I'm especially proud to be an ally for other women.



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

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