

# BESS: BUILDING ECONOMIC SELF SUFFICIENCY



Interval  
House

By her side  
for 50 years

## 2022 IMPACT REPORT

**61%**

Hire rate for  
clients accessing  
employment  
services

**114**

Clients received  
housing services

**170**

Women  
served  
by BESS

**19**

BESS  
virtual  
workshops  
held

**32**

Community  
partners

**49**

Women who  
received a  
safety plan

**90**

New  
BESS  
clients

**41**

Average  
age of  
clients

**144**

Attendees of  
BESS virtual  
workshops

**1,955**

Hours of  
services staff  
provided to  
clients

**8**

Women who  
went back to  
school

**88**

Counselling  
clients

### Examples of BESS Virtual Workshops

- Building Connections
- Understanding Me  
& Money
- Making the Most Out  
of Your New Normal
- Emotional Intelligence



# RESIDENTIAL

**32**

Women

**25**

Children

**311**

Crisis  
calls

**36**

Average age  
of women

**4**

Average  
age of  
children

**15**

Languages  
spoken

**39**

Community  
partners

**21**

Birthdays  
celebrated

**20**

Pieces of art made by young  
children at the shelter

**176**

Total Hours for  
Children's Group

#### Examples of Topics:

- Emotional zone regulation
- School emotions
- Friendship
- Communication
- Anger Management
- Coping with change
- Negotiation

**63 DAYS**

Average length  
of stay

**260**

Hours of  
support  
services,  
including:  
housing,  
legal,  
immigration,  
financial and  
education  
referrals.

**200+**

One-  
on-one  
counselling  
sessions  
offered



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