

BESS: BUILDING ECONOMIC SELF SUFFICIENCY



Interval
House

By her side
for 50 years

2022
IMPACT
REPORT

170
Women
served
by BESS

19
BESS
virtual
workshops
held

61%
Hire rate for
clients accessing
employment
services

114
Clients received
housing services

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

39
Community
partners

20
Pieces of art made by young
children at the shelter

15
Languages
spoken

21
Birthdays
celebrated

63 DAYS
Average length
of stay

176
Total Hours for
Children's Group

Examples of Topics:

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

260
Hours of
support
services,
including:
housing,
legal,
immigration,
financial and
education
referrals.

200+
One-
on-one
counselling
sessions
offered



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