



By her side
for 50 years



You Fill Us with Gratitude

2022 Gratitude Report



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*Making other people's lives better is important to me, especially people who haven't had equity or privilege granted to them in the world. I've found so much joy in playing a key role with an organization that leads the field in doing just that.” – **Lesley Ackrill, Executive Co-Director***

A **Message** from the Executive Co-Directors

Your Support Fuels Our Passion

Finding your passion and your purpose
can come in the most surprising ways.

When we joined Interval House, we were each looking for a way to contribute to making women and children in Canada safer. What this community gave us both in return was work filled with purpose and a lifelong passion.

Today, Interval House approaches 50 years of working *together* as a community made up of staff, clients and you, our steadfast donors. It's a remarkable partnership, built on deep trust and respect.

Your investment in Interval House reflects a shared vision of building on our strengths with an eye toward the future. Our team puts the mission and values of Interval House first as we consider every new idea and make critical decisions. We value your trust as

we continue to innovate and grow so we can help even more women rebuild their lives.

Together, we're at the heart of a thriving organization that is braver and bolder each year. Your support gives women safety, security and a second chance at a future free of violence.

We're excited to share this 2022 Gratitude Report, chronicling what you've accomplished this year. We hope you read through it with pride, knowing what an integral role you play in each step we take towards putting an end to intimate partner violence.

We would also like to take this opportunity to thank and bid farewell to Linda Tung-Prangley

and Charmaine Ewing-Chow, who have been dedicated members of our Board of Directors for many years and are now moving on to new endeavours! Thank you for your exceptional service and we wish you all the best in the future.

It takes a passionate community to embrace change and reach more women and children seeking safety from abuse. *Thank you* for being a vital member of the Interval House community.

LESLEY ACKRILL

EXECUTIVE CO-DIRECTOR

NADINE CHAN

EXECUTIVE CO-DIRECTOR

Meet our **Board of Directors**



ANNA FOWLES

Anna is a graduate of the University of Waterloo (English/Psychology) and Ryerson University (Radio and Television Arts). As Executive Vice President of a Marketing Agency, Anna leads the creative and production team to deliver performance creative solutions across all TV and digital channels.

Anna's journey with Interval House started when her agency was asked to create an infomercial for Interval House over 20 years ago. It was a challenging, emotional, heartbreaking and hopeful experience – one that has had a lasting impact on Anna and created a lifelong connection with Interval House, coming full circle when she joined our Board as the Chair.



HEATHER MCLEAN

Heather McLean is a fundraising professional with over 15 years of experience in educational philanthropy, alumni relations and volunteer empowerment. 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 6 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 intimate partner 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.

**HEATHER PICKIN**

Heather Pickin is a registered Occupational Therapist who completed her training in London, England. She has since attained further certifications in Life Care Planning and to the American Board of Forensic Professionals in Permanent Impairment and Disability Rating to support her medical-legal consultations and work on long-term disability issues. Heather has previously volunteered for the Board of Interval House between 2003 and 2012 and is honoured to be given another opportunity to continue to support the stellar work done by this inspiring organization, its dedicated staff, and the families they support.

Thank You and Farewell!

Two of our long-standing board members are moving on to new endeavours. Thank you for your years of service!

**LINDA TUNG-PRANGLEY**

Linda Tung-Prangley first became involved with Interval House in 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 entrepreneur who owns her own small business.

**CHARMAINE EWING-CHOW**

Charmaine Ewing-Chow works in finance at an advertising company. 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 truly believes in the work being done to empower women survivors of intimate partner violence and their children. Charmaine is proud to have been part of such an admirable organization, doing such fantastic work improving people's lives.

The House Your Kindness Built

A look inside our home

Interval House's Residential Program is a family-style home where women and their children find safety and community as they heal and rebuild their lives. You make a difference in the lives of these women every day, and we're proud to welcome you on a tour of the safe haven your generosity provides.

Here's a look inside our warm and cozy home, which can house up to 30 women and children at any time.



The open **Living Room** is designed as an expression of the rest of the home: bright, welcoming and safe. Flowing from the kitchen and living room, the **Dining Room** is designed to bring everyone together for family-style meals.

By her side for 50 years

Each of our **Bedrooms** is a sanctuary for a woman who needs rest and healing. These serene spaces are filled with essentials like comfortable beds, toiletries and baby supplies, as well as special touches like soft blankets and fresh flowers.



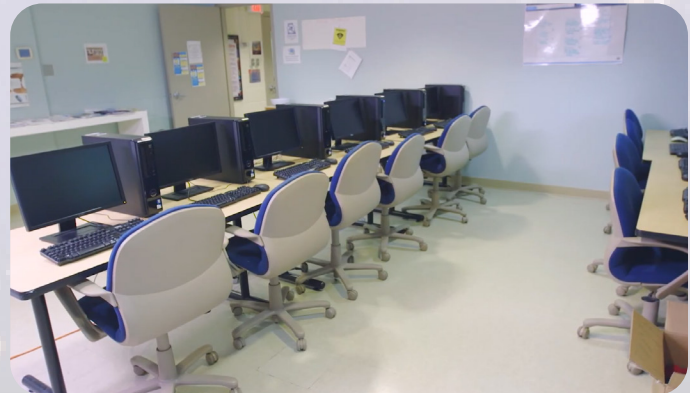
The **Kitchen** is truly the heart of our home. Recent renovations have created a modern space where residents take turns making meals for the entire household. Sharing favourite dishes from their various cultural backgrounds strengthens the sense of community among the women living at Interval House.



Our children's areas are warm and welcoming spaces for kids to play. The **Children's Playroom** for residents is filled with soft toys, children's artwork and educational materials, and the **BESS Childcare Room** offers a safe and inviting space for kids while their moms take part in the BESS program.



Downstairs are two **Clothing Boutiques**: one stocked with casual wear, and one for career attire. Our dedicated volunteers keep the spaces organized and up-to-date so families can easily access clothing as needed.



In our **BESS Classroom** and **Computer Lab**, our residents and women from the community take part in BESS programming. The space is designed to give women at any stage of their healing process access to practical skills training, life skills workshops, assistance finding employment and housing, and emotional support from counsellors.

Success through BESS: Ana's Story

Your support gives survivors the skills and confidence to build the life they deserve.



As the plane landed, I thought, *I made it to Canada. I'm safe now.*

For the first time in my life, I was leaving Turkey – and my abuser – behind. I had found temporary work as a live-in nanny. But when my job ended, I wasn't sure what my options were. I just knew I could never go back.

I moved into a women's shelter and tried to figure out what to do next. That's when I learned about the BESS (Building Economic Self-Sufficiency) program at Interval House.

From the moment I walked in the door, BESS truly felt like family. The staff welcomed me warmly. They were so informed and connected me with so many resources. I knew I had found

the right place to help me move forward in my life.

I took part in a vision board workshop, which helped me set goals for myself. Not only was it the creative outlet I needed to process my past trauma, it was eye-opening to see my ideas laid out. I was encouraged to continue the practice at home, and that prompted me to make goal-setting and planning a regular habit that has changed my life.

I'm proud of everything I've accomplished since connecting with BESS. I've earned my food handler certification and diplomas in international cuisines and catering. I'm reaching the goals I set for myself. **I'm living the life I know I deserve.**

When people ask me what BESS is all about, I don't have to think twice. I tell them it's an amazing and unique program that honours the journey of survivors like me while moving them forward to independence.

Your compassionate support creates a brighter future for Ana – and so many women like her. Thank you.



My BESS family was there for me. Staff members kept in close contact, even throughout the pandemic. They stayed by my side through everything, like no one else ever had.

– Ana, BESS client

Volunteer Spotlight

Loblaws and Toronto Police team up to fill hearts and shelves with Cram-A-Cruiser

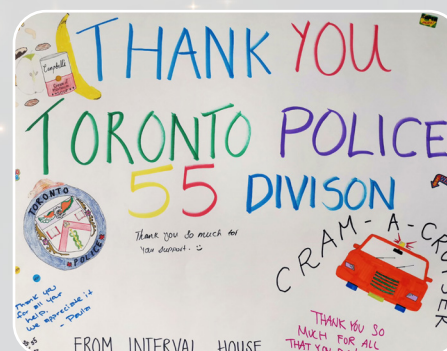
Over the past year, Loblaws and the 55-Division of the Toronto Police came together to collect donations of non-perishable groceries for our Residential Program.

Cram-A-Cruiser is a food drive with the goal of filling a local police car parked in front of various Loblaws locations with donations of essential items such as beans, pasta, rice, grains, cereal, canned foods and personal hygiene products.

The response was outstanding. Community members bought either pre-filled donation bags when they shopped at participating Loblaws

or donated their own items. We collected several months' worth of food and supplies!

Thank you to our supportive community for being there for the women and children living at Interval House, and to Loblaws and the Toronto Police for partnering with us to stand alongside survivors seeking safety from abuse.



Why I Give

"I hope that someday we can create a society where domestic violence is stopped "at the source" through earlier intervention in abuser's lives. Until then, we need to create a space for people to build a great life. I am proud to donate for that." – **Geoffrey and Jackie, Donors since 2014**

"Everyone has a right to live in safety. I give because that is only a dream for so many. I donate so some can have help to escape to safety." – **Mary Kelly, Donor since 1990**

"I strongly believe in women and their resilience and strength. I like to support those who need help to heal and move on. I wish everyone who came through Interval House to be happy and be able to raise their children in safety and with confidence." – **Mary Mercer, Donor since 1996**

50 Years of Leadership

How Interval House continues to boldly pave the way

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“Donors are a major part of how our organization continues to grow and be responsive to the community. Without you, there’s no way our services could be as impactful and comprehensive. You give us the confidence to continue to be trailblazers for the next 50 years..” – Lesley Ackrill, Executive Co-Director

Interval House is Canada's first women's shelter. Since 1973, we've been **a place for safety.**

All the while, we've also been **a voice for change.** Our pioneering spirit over the past 50 years, combined with your generosity has helped us develop innovative services aimed at breaking the cycle of abuse for good. Here's a look at some of them!

- In the 1980s, Interval House led the way by being the first shelter to start a **Children's Program**, and later the first to include men as counsellors in that program. Today, men are an integral part of the Children's Program team, modelling healthy relationships between genders.

For children who have experienced abuse, learning how to play and engage with

other kids is an important step on their road to healing. The Children's Program consists of unstructured play time, as well as group discussions, conflict resolution and grounding techniques.

- The **Building Economic Self-Sufficiency (BESS)** program was created in 1998 when we saw a need for Interval House to offer more than just shelter and safety. To truly break the cycle of violence, women need financial security, safe and affordable housing, access to education and to believe in a brighter future.

That's where your continued support changes lives. BESS empowers women through counselling, life skills workshops, housing services and employment assistance. BESS programs help set women

at all stages of their healing journey on the path to living independently and safely.

- The **SafePet** program was born when we learned that concern for the family pet is often a major factor in the decision to leave an abusive partner.

Looking for a way to remove this barrier, we partnered with veterinarians who confidentially ensure our resident's pets are cared for in an approved loving foster home.

Survivors can focus on healing and regaining their independence, knowing their pets are safe.



You inspire special programs like our Children's Program, BESS and the SafePet Program. Thank you for your steadfast support of our holistic approach.

Capacity Building: Sustainability for the Future

The foundation you build today leads us into tomorrow

As a loyal supporter, you place your trust in Interval House. You trust that we use every gift to carry out our mission: providing innovative services to break the cycle of intimate partner violence.

Our solid partnership has made it possible to build unique programs and services for 50 years. Together, we are meeting today's needs while responsibly looking toward the future.

Part of that responsibility includes planning for the unknown. Your support ensures we're able to operate continuously without interruption in case of funding cutbacks, major repairs, building maintenance and other contingencies – like a global pandemic.



But more importantly, it means we can be bold and think outside the box to meet the needs of women and children now and in the future.

You see, your gift is truly an investment in the effectiveness and future sustainability of Interval House. In these uncertain times, we are more grateful than ever to have the unwavering support of our incredible donors.

Thank you for placing your trust in us to work towards a future free from gender-based violence. Together, we can make an impact today – and tomorrow.

Capacity Building in Action

Your long standing support means we can innovate to reach as many survivors as possible, in the most effective way. We've never settled for maintaining the status quo.

Your investment in capacity-building turns new initiatives and pilot programs into success for women. **This year, you put roofs over the heads of women in our BESS program.**

The **Rent Subsidy Pilot Project** was created to address the need for affordable, sustainable housing for women fleeing intimate partner violence.

In our three-year pilot, clients were provided with a rental subsidy of \$1,000 per month for a year. In that time, every participant improved her financial stability, found employment and moved towards being able to afford private market rent.

The resounding success of the project means we are no longer in a pilot phase! We recently launched the Rent Subsidy Program which now offers one-year subsidies to 10 BESS clients each year for the next five years!



Donor Spotlight:

Inspired by resilience and courage.

We're surrounded by an amazing community of caring people. Janice is a long-time donor who is inspired by the strength and perseverance of the women who find their way to Interval House.

Janice grew up in a family with a strong philanthropic spirit. She learned to give back in ways that touched her heart while making a tangible impact.

That's why she became involved with Interval House. When she heard about our innovative programs and services for women survivors of abuse, she discovered that our values strongly aligned with her own.

"I like to try to support charitable organizations that are really focused on women's issues," says Janice.

"Interval House does exceptional work on such an important but devastating issue." It's our forward-thinking approach in areas like research and advocacy that Janice believes sets us apart from other charities.

"Not only are you doing great work in terms of programs and services, but your expertise is recognized by other organizations that are looking to better understand domestic violence," she explains. "You're willing to take risks and do whatever you can to serve women and children better."

Janice marvels at the progress we've made in the past 50 years. But it's the women who find their way to Interval House who are the true inspiration for her.

"It's really overwhelming for me to think about the situation that they're fleeing. It's the resilience and the courage of these women, coupled with the tireless work of the staff and volunteers at Interval House, that make me want to keep giving."



"I think the real heroes in all of this are the women who have the courage to leave, and the extraordinary people that choose to work in this area to support and assist those women. It takes a whole community." – **Janice, Interval House supporter**

Unlocking Life's Potential

Partner Spotlight: Tricon Residential Inc.



"We want to provide safe havens where moms can raise their children, reintegrate into the workforce and build a strong and supportive community."- Sarah Hicks, Senior Director, Operations.

The visionary women who founded Interval House 50 years ago had the courage to innovate in order to make their dream a reality. Today, our valued community partners keep their mission alive, adapting and innovating to better serve women seeking safety from violence.

Tricon Residential is a rental housing company dedicated to providing an exceptional rental experience to every resident they serve. We're thrilled that Tricon has partnered with us to refer clients to affordable rental housing units among their developments in the City of Toronto.

Like Interval House, Tricon is committed to bettering the lives of the people who live in our community. The company understands that women recovering from intimate partner

violence need safe and affordable places to live, and that housing is a basic need that goes far beyond just bricks and mortar – it also provides community, safety and opportunity.

"We believe that quality rental housing can unlock life's potential," says Sarah Hicks, Senior Director, Operations. "We want to provide safe havens where moms can raise their children, reintegrate into the workforce and build a strong and supportive community."

Tricon is offering 21 units to clients in our BESS program at a subsidized rate of either 40% or 80% Average Market Rent. The first set of these units will be available to our clients starting in Spring 2023.

Behind the spark of every great idea is someone who shares the

same passion for the vision, sees its potential, and provides the means to propel it forward.



We're so grateful to Tricon Residential for being an exceptional community partner. Thank you for standing alongside Interval House to help survivors of intimate partner violence rebuild their lives with dignity and security.

Summarized*

STATEMENT OF OPERATIONS

REVENUE	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2022 TOTAL	2021 TOTAL
*M.C.C.S.S	-		\$1,190,700	\$1,190,700	\$1,361,468
United Way			\$148,555	\$148,555	\$184,771
Donations	-		\$2,725,442	\$2,725,442	\$2,367,956
**Miscellaneous	\$(50,406)	\$(323,588)	-	\$(373,994)	\$585,850
	\$(50,406)	\$(323,588)	\$4,064,697	\$3,690,703	\$4,500,045

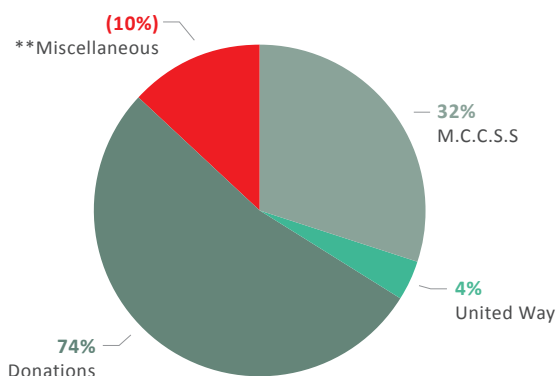
EXPENSES

Programs (Residential and Community)	-	\$110,065	\$2,308,237	\$2,418,302	\$2,319,975
Public Education and Awareness			\$559,969	\$559,969	\$499,190
Resource Development			\$372,485	\$372,485	\$287,498
Facilities and Operations	\$9,342	\$38,258	\$166,619	\$214,219	\$236,116
Amortization	\$263,311			\$263,311	\$257,091
	\$272,653	\$148,323	\$3,407,310	\$3,828,286	\$3,599,870

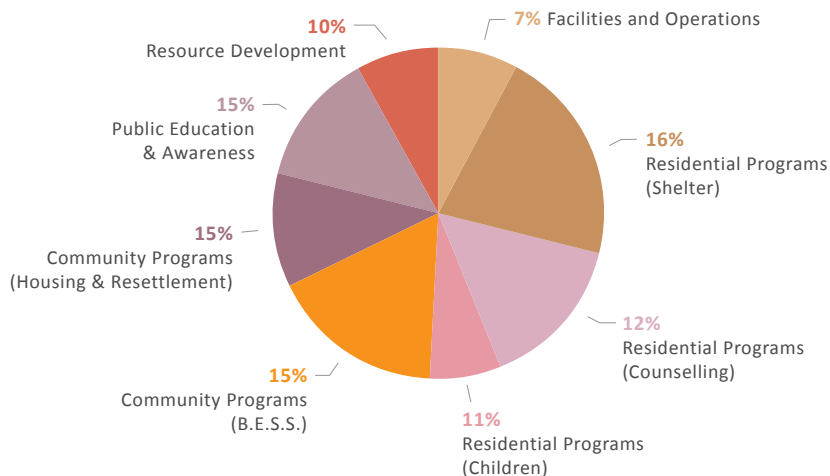
EXCESS (DEFICIENCY) CURRENT YEAR	\$(323,059)	\$(471,911)	\$657,387	\$(137,583)	\$900,175
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*M.C.C.S.S. - Ministry of Children, Community and Social Services

REVENUE 2021/2022



EXPENSES 2021/2022



Summarized*

STATEMENT OF FINANCIAL POSITION

ASSETS – Current	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2022 TOTAL	2021 TOTAL
Cash and Temporary Investments	\$1,704,382	\$4,031,227	\$507,537	\$6,243,146	\$5,846,341
GST/HST/Sundry Receivable			\$51,999	\$51,999	\$54,177
Prepaid Expenses			\$49,798	\$49,798	\$30,937
	\$1,704,382	\$4,031,227	\$609,334	\$6,344,943	\$5,931,455
Long Term Investments	–	–		–	–
Capital Assets	\$3,574,805			\$3,574,805	\$3,683,008
TOTAL ASSETS	\$5,279,187	\$4,031,227	\$609,334	\$9,919,748	\$9,614,463

LIABILITIES – Current

Accounts Payable and Accrued Liabilities	–	–	\$224,963	\$224,963	\$166,466
Bank Indebtedness - restricted			\$384,371	\$384,371	
	–	–	\$609,334	\$609,334	\$166,466

NET ASSETS

Invested in Capital Assets	\$3,574,805			\$3,574,805	\$3,683,008
Externally Restricted		–		–	–
Internally Restricted		\$4,031,227		\$4,031,227	\$4,031,227
Unrestricted	\$1,704,382		–	\$1,704,382	\$1,733,762
	\$5,279,187	\$4,031,227		\$9,310,414	\$9,447,997
TOTAL LIABILITIES AND NET ASSETS	\$5,279,187	\$4,031,227	\$609,334	\$9,919,748	\$9,614,463



* The summarized statements of financial position and operations are derived from the complete financial statements of Interval House as of September 30, 2022 and for the year then ended. The full audited financial statements are available upon request.



By her side
for 50 years

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.

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