



Interval
House

By her side
since 1973



You **Fill Us** with Gratitude!

2023 Gratitude Report

A Safe Place in an Uncertain World



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

Thank You for Supporting Women Throughout Five Decades of Changing Landscapes

This past year marked the 50th anniversary of Interval House.

That's 50 years of giving women safety, security and the support they need to build a future free of violence.

All year, we've marveled at the unwavering commitment from **you – our valued donors** – that makes this extraordinary milestone possible.

We feel privileged to lead a bold, innovative organization that has persevered through significant shifts in women's rights and empowerment over the past five decades.

We're passionate about the work we do at Interval House, and we're thankful to have your partnership as we strive to make women and children safe from abuse.

As Canada's first shelter for women and children fleeing abuse, Interval House was founded at a time when many women were just starting to realize they deserved equality, a life free from violence, and the ability to make their own choices.

Our founders and first supporters were educated young women in a budding feminist movement.

As we worked to bring the issue of domestic violence to light, we found support from more and more community members who spoke about knowing someone experiencing abuse with nowhere to turn.

Thanks to our growing family of supporters, intimate partner violence became part of the conversation at a national level.

Community leaders across many sectors began advocating for women experiencing intimate partner violence. Together, we were becoming a voice for change across Canada.

As society changed, we continued to innovate and adapt. Because of your commitment and generosity, we have evolved beyond the brick-and-mortar walls of our shelter, offering virtual access and support to even more women through our Virtual Counselling Services Pilot and our BESS program.

We're continually developing our programs to support women through counselling and equipping them with life skills, financial literacy knowledge, education, housing assistance, job opportunities and more.

We're offering their children a safe place to heal, play and grow, putting an end to the cycle of abuse for future generations.

None of this would be possible without you.

Thank you for your support of Interval House. Together, we can keep seeking new ways to reach women where they are, giving them the resources and encouragement they need to build lives of peace, freedom and joy.

LESLEY ACKRILL

EXECUTIVE CO-DIRECTOR

NADINE CHAN

EXECUTIVE CO-DIRECTOR



Meet our **Board of Directors**



ANNA FOWLES

Anna Fowles 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 in 2021.



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 over 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.



CINDY VOGEL

Cindy Vogel is trained as both a lawyer and social worker, and has been employed in a variety of community settings, utilizing both her legal and social work skills. She has focused much of her career working with children and families who have experienced abuse and trauma. She has maintained a private counselling and assessment practice since 1995 and currently also manages a medical legal assessment company. Cindy is honoured to be on the Board of Interval House and is truly humbled by the incredible work done to assist women who have been exposed to intimate partner violence and their children.



CLAIRE HAMILTON

Claire Hamilton has nearly 20 years of experience leading operational teams, managing audit and implementing/designing process improvement within the financial services industry. Claire has admired the efforts of Interval House from afar and is now more than ever impassioned and enthusiastically looking forward to contributing and adding value to such an impactful organization.



EMMA WARRILLOW

Emma Warrillow is a data and analytics expert who uses data to help her clients build customer-centric marketing strategies. Her personable approach to mentoring and making data make sense to her clients has made Emma a highly respected and visible expert in the fields of both data analytics and marketing. She also brings experience and knowledge from her time in the financial services sector.

Emma holds a Masters degree in Management Sciences and an undergraduate degree in Mathematics and Statistics. She is thrilled to add Interval House to her many volunteer activities.

By Her Side... for 50 Years!

Your Steadfast Support Leads the Way

From the moment Interval House opened its doors in 1973, compassionate supporters like you opened their hearts.

Our founders were a voice for change as they launched Canada's first shelter for women experiencing abuse.





Alongside those trailblazers stood a community of donors: forward-thinking people just like you. Thank you for standing here today, bravely continuing their legacy of helping women and children rebuild their lives with dignity and security.

When Interval House first opened, the term *intimate partner violence* didn't even exist, despite the overwhelming need to offer survivors a safe place. But because our founders had people like you behind them, a vital movement spread quickly across the country: by 1987, there were 264 women's shelters in Canada.

The shelter model was life-changing for women experiencing violence. But it was only the first step in Interval House's commitment to supporting and empowering women.

Ongoing support from donors has kept Interval House at the forefront of change as our society evolves. Your generosity changes lives by driving innovation, turning ideas into action.

In 1980, we were the first shelter in Canada to develop and fund a **Children's Program** within our

home. In 1998, we launched **BESS**, our Building Economic Self-Sufficiency program. BESS continues to empower women through counselling, housing services, professional skills training, life skills workshops, access to education, employment assistance and so much more.

As society has changed, so have our clients' needs. Thank you for enabling us to respond by growing and evolving our programs and initiatives, so families can have the healing support they need and the resources to gain lasting economic self-sufficiency.

For example, the **Her Home Housing Project** was launched in 2004. Valued partnerships in the community allowed us to offer women support after they left Interval House via rent-geared-to-income apartments for BESS graduates. This project laid the groundwork for what is now our **Rent Subsidy Program!**

The following year, donor support helped us break new ground – literally! We moved to a bigger, brighter, more secure building to house all of our clients and programs. Your impact is felt

everywhere in our new home, from the large, open kitchen to the serene private suites of the shelter.

During the pandemic, it was more critical than ever that women living in unsafe circumstances knew about our services. Thanks to you, we were able to create effective, impactful awareness campaigns to connect women who were trapped at home with their abusers with life-saving information.

Our community of supporters has been by our side, every step of the way, for over 50 years. You have changed lives and continue to provide hope for the courageous women and children who turn to Interval House to rebuild their lives. Your partnership is a powerful force. Thank you.



More Than Housing: **Building Communities**

Tricon Residential: A Shared Passion for Empowering Survivors

As a housing partner of our BESS program, Tricon Residential is passionate about ensuring Interval House clients not only find affordable, high-quality housing, but also enjoy living and raising their children within a vibrant community. The company puts people first and offers units to clients in our BESS program at a subsidized rate of either 40% or 80% Average Market Rent.

"We're so proud to partner with an organization that has as meaningful and important a mission as Interval House. One of the things that I've always valued about Interval House is how it doesn't stop at providing someone with the physical needs of a home or a job," says Sarah Hicks, Tricon's SVP of Operations. "Its programs teach people how to live independently, so they can unlock their potential, grow in their personal and family lives and succeed in their career. That's a commitment we're proud to share at Tricon. In addition to offering high-quality and affordable

housing to unlock life's potential, we offer credit building, individual coaching, and other programs geared toward long-term financial security. We know that these are the kinds of services that survivors and other residents need to thrive."

"It's amazing to help provide these women an opportunity to start over, to focus on something other than 'Are we safe tonight?'" adds Community Manager, Belinda Black. "When you remove that question from the equation, it allows survivors a chance to use their skills to do incredible things."

Tricon does some serious homework before breaking ground on any new development. The company thoughtfully builds each property to enrich the lives of its residents, and ensure it serve the diverse needs of the neighbourhoods the company operates in.

"We want people to feel like our communities really are an extension of their home," says Shannon Tullio, Director of Property Operations. "Hearing these women say that they're so proud to invite people into

their home, or how they feel being able to host their child's birthday party right in their home, it's so rewarding."

We're grateful to Tricon Residential for their passion and commitment for providing safe and affordable housing for women and children fleeing abuse.

BGO: Building Foundations for a Stronger Community

Much like Interval House, BGO is a trailblazer in their field. BGO Living develops and professionally manages residential rental communities across Canada and is committed to positively impacting the local communities they are a part of.

BGO recognizes the life-changing resources that Interval House offers to women and children in the Toronto community and is proud to provide meaningful support. Through our most recent partnership, BGO is providing safe and affordable housing to our BESS clients. Our families are welcomed into brand

new suites and experience the care and commitment of BGO Living, which includes a dedicated on-site team, resident events and experiences that foster a strong sense of community and on-site amenities that include fitness room, games room, rooftop terrace with BBQs and community gardens.

"We are long-standing supporters of Interval House. We admire the programming and support provided to women and children to help them

re-integrate into their communities," says Laura Holland, Principal at BGO. "We recognize that housing is a prominent barrier to women who are survivors of domestic violence. We are pleased to offer safe housing that women can feel proud of, and an opportunity to empower survivors to sustain their newfound life."

Their dedication to the resident experience makes BGO Living much more than landlord: they're community-builders.

We are grateful for BGO's ongoing support, and for their forward-thinking solutions that help provide women and children survivors of intimate partner violence with welcoming and affordable homes, and a chance to rebuild their lives with hope and security.

Together, our donors and partners are creating strong communities. Your collective support helps brave survivors focus on building brighter futures. Thank you!

A Place to Call Home

Welcoming a Family Home

For four years, Florence waited for the day her three daughters could leave Kenya and join her in Canada.

But as the date approached, worry set in. *Where would they all live?* Her tiny, shared apartment was all she could afford.

Thankfully, your support helped break down the housing barrier for Florence and her family.

As a survivor, Florence wanted to break the cycle of abuse and move

forward. After learning about the **Building Economic Self-Sufficiency (BESS) program**, she enrolled immediately, and Interval House's employment counsellors were able to help showcase her skills and education to secure a job in her chosen field. The next step was to find a dream home for her and her children. Through BESS' **Rent Subsidy Program**, she was able to find the perfect affordable apartment and signed a lease with Tricon Residential.

Five days after her daughters arrived, they moved into their new home. There's room for her girls to



study, and they've made friends throughout the building.

She is forever thankful for your vital role in her journey. "I know how much it means to sacrifice for another person," she says. "Thank you from the bottom of my heart. We are very grateful to live here."

Summarized*

STATEMENT OF OPERATIONS

REVENUE	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2023 TOTAL	2022 TOTAL
*M.C.C.S.S	-	-	\$1,154,568	\$1,154,568	\$1,190,700
United Way	-	-	\$69,070	\$69,070	\$148,555
Donations	-	-	\$2,292,285	\$2,292,285	\$2,725,442
Miscellaneous	\$45,209	\$317,962	-	\$363,171	\$(373,994)
	\$45,209	\$317,962	\$3,515,923	\$3,879,094	\$3,690,703

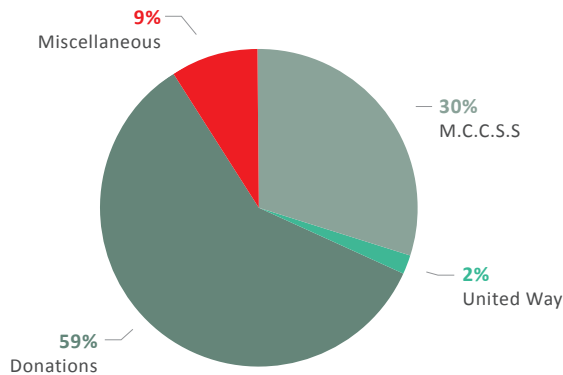
EXPENSES

Programs (Residential and Community)	-	\$17,598	\$2,745,857	\$2,763,455	\$2,418,302
Public Education and Awareness	-	-	\$624,092	\$624,092	\$559,969
Resource Development	-	-	\$335,875	\$335,875	\$372,485
Facilities and Operations	\$6,678	\$39,665	\$173,397	\$219,740	\$214,219
Amortization	\$266,534	-	-	\$266,534	\$263,311
	\$273,212	\$57,263	\$3,879,221	\$4,209,696	\$3,828,286

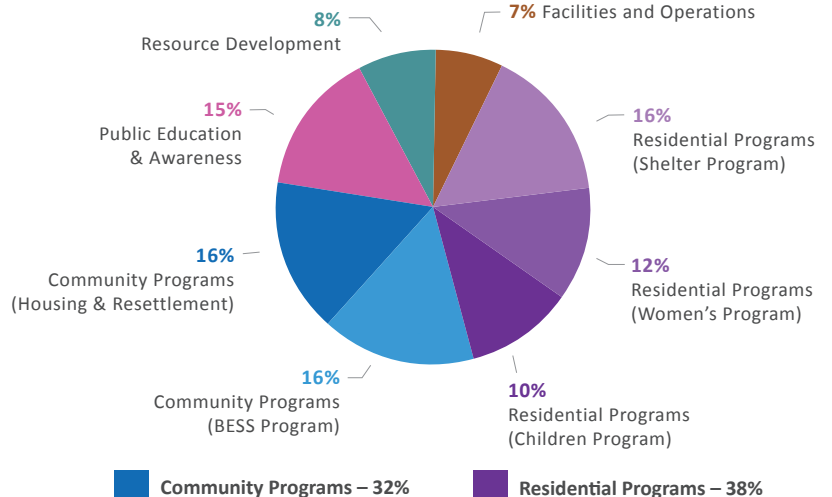
EXCESS (DEFICIENCY) CURRENT YEAR	\$(228,003)	\$260,699	\$(363,298)	\$(330,602)	\$(137,583)
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*M.C.C.S.S. - Ministry of Children, Community and Social Services

REVENUE 2022/2023



EXPENSES 2022/2023



Summarized*

STATEMENT OF FINANCIAL POSITION

ASSETS – Current	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2023 TOTAL	2022 TOTAL
Cash and Temporary Investments	\$1,599,834	\$4,031,227	\$71,816	\$5,702,877	\$6,243,146
GST/HST/Sundry Receivable	-	-	\$61,167	\$61,167	\$51,999
Prepaid Expenses	-	-	\$36,651	\$36,651	\$49,798
	\$1,599,834	\$4,031,227	\$169,634	\$5,800,695	\$6,344,943
Capital Assets	\$3,348,751	-	-	\$3,348,751	\$3,574,805
TOTAL ASSETS	\$4,948,585	\$4,031,227	\$169,634	\$9,149,446	\$9,919,748

LIABILITIES – Current

Accounts Payable and Accrued Liabilities	-	-	\$169,634	\$169,634	\$224,963
Bank Indebtedness - restricted	-	-	-	-	\$384,371
	-	-	\$169,634	\$169,634	\$609,334

NET ASSETS

Invested in Capital Assets	\$3,348,751	-	-	\$3,348,751	\$3,574,805
Internally Restricted	-	\$4,031,227	-	\$4,031,227	\$4,031,227
Unrestricted	\$1,599,834	-	-	\$1,599,834	\$1,704,382
	\$4,948,585	\$4,031,227	-	\$8,979,812	\$9,310,414
TOTAL LIABILITIES AND NET ASSETS	\$4,948,585	\$4,031,227	\$169,634	\$9,149,446	\$9,919,748



* The summarized statements of financial position and operations are derived from the complete financial statements of Interval House as of September 30, 2023 and for the year then ended. The full audited financial statements are available upon request.

