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Spring is officially upon us. The weather is warmer and the sun is shining a bit brighter. The women and children of Interval House are soaking up the sun and patiently waiting for summer.

In our latest spring newsletter, we discuss how children at Interval House are rediscovering what it means to prioritize play. Children that experience or witness abuse grow up too fast. Our Children's Recreation Facilitator, Fred, knows this all too well and highlights how important play is to their healing journeys.

Read how children are  
rediscovering play in our latest  
[Spring Newsletter](#)

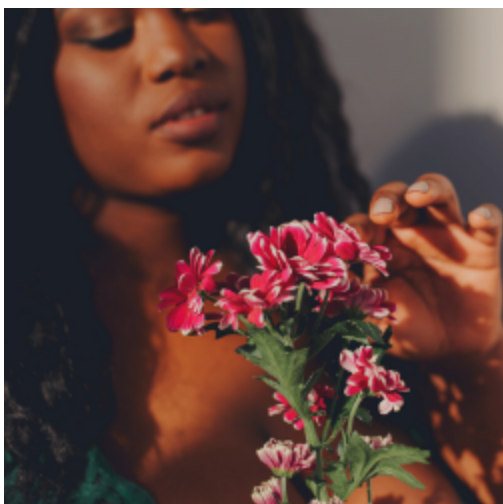
Earlier this month, the Federal Government released an updated budget for the next five years. The budget outlined funding of \$593.3 million over the next five years in support of projects that would prevent gender-based violence and help survivors.

The budget also addresses one of the pressing issues facing Canadians today - finding affordable housing. The budget fails to recognize the reality that women in low-income jobs find it harder to obtain affordable housing. And when they are in the process of finding housing, there is lack of support services available to them. With the help of supporters like you, Interval House is here for them.

Because of your support, we are able to **help women become self-sufficient today**. You make it possible for women and their children breaking the cycle of abuse to find the programs and services they need to get back on their feet.

With your help, we look forward to creating innovative programs and services that will help women and their children rebuild their lives after abuse.

On behalf of the women and children of Interval House, thank you for taking a stand to end violence against women.



"I've really appreciated all that you've done for me over the past 2 years. I found this experience was full of compassionate and kind women. I am happy to have had your help."

- Lillian, BESS Client



## Spring 2022 Newsletter

Cases of intimate partner violence also continue to rise. In our latest spring newsletter, we highlight the names and stories of women who have passed due to intimate partner violence. These women were mothers, daughters, coworkers, and friends. They deserved more.

Read about the lives lost to violence in [our latest Spring Newsletter](#).



## In the News

[Global News: Man who killed mother and 2 of her children in Ajax sentenced to life in prison](#)

[The Star: Lionel Desmond inquiry focuses on police initiatives around intimate partner violence](#)

[Global News: OPP appeals for information from public regarding Wasaga Beach abduction](#)

[Montreal Gazette: Quebec passes law allowing tracking bracelets for domestic violence](#)

## CONTACT US

If you or someone you know is being abused and is in need of immediate assistance, please call our crisis line.

**CRISIS LINE: 1-888-293-5516**

For other questions and donor inquiries, please find our non-emergency contact information below:

**TEL:** 416-924-1411 EXT. 231

**EMAIL:** [donations@intervalhouse.ca](mailto:donations@intervalhouse.ca)

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Interval House is the first centre for abused women and children in Canada. We are leaders in the campaign for women's empowerment, providing innovative, specialized services that help women survivors of intimate partner violence and their children transform their lives and break the cycle of abuse.

[Interval House Website](#) – [Donate Now](#) – [Crisis Line](#)

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