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April is a special time for us here at Interval House. The families are excited to welcome the warmer weather and embrace the season of new beginnings.

For women leaving an abusive partner, this season represents a new chapter and fresh start. With the end of March Break and summer vacation right around the corner, the families are looking forward to warmer and brighter days to come.

Thank you once again for your unwavering support over the past 50 years! We are truly grateful for you and all our supporters!

## **Interval House Commemorates 50 years of Service!**



Interval House opened its doors to become Canada's first shelter for abused women and their children on April 1, 1973.

Because of your support over the last five decades, we have been able to continue our mission to empower survivors of intimate partner violence. Thank you for playing an integral role in our work to end violence against women.

## **Introducing our 50th Anniversary Dynamic Time Capsule!**



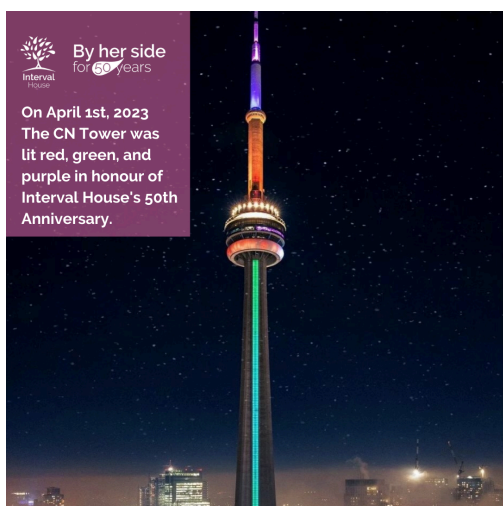
Welcome to five decades of the stories that changed Canadian history!

This month, in honour of our 50<sup>th</sup> anniversary we are inviting our supporters to explore Interval House's historical contributions and women's history in Canada through a [VIRTUAL 50-YEAR TIME CAPSULE](#).

Featuring hundreds of archival news clips, photos, stories, and interviews with **Canadian icons such as Anna Maria Tremonti, Michele Landsberg, Linda Sims and Elizabeth Renzetti**, our time capsule explores women's empowerment, the issue of violence against women, and the milestones that shaped Interval House over the past five decades.

[Take a look back at the early days of Interval House through our time capsule!](#)

## CN Tower was Lit in Honour of Interval House - April 1st, 2023!



To commemorate our 50<sup>th</sup> Anniversary, the CN Tower was lit red, purple and green on April 1st!

We are grateful to have such an iconic Toronto institution memorialize our landmark 50th anniversary milestone and national historical achievements.

We are proud to have supported and stood by women and children fleeing violence for the past 50 years, thank you for your ongoing support!

## Explore our 50th Anniversary Time Capsule

Lynn Zimmer, one of our founders, sat down for an intimate interview with us as she recounts the beginnings of Interval House. Click on the link below to watch the full

## Interview: Lynn Zimmer

Lynn wasn't planning on making history or launching a 47-year career devoted to preventing violence against women in 1972. After working as a women's page reporter for the Peterborough Examiner...

[Learn More](#)



Click to Watch!

## Celebrating Easter at the Shelter!



Thanks to amazing community partners like the 55 Division of the Toronto Police Service, the women and children of Interval House were able to enjoy new warm clothing and delicious Easter chocolate goodie bags!

The families had a great time at all of the festivities and could not wait to enjoy these tasty treats together. Thank you all for making the Easter holiday so special for our residents.

## Do you know someone being abused who needs help?

If you know someone that is being abused and needs assistance, please refer them to our crisis line.

CRISIS LINE: 1-888-293-5516



## Do you know someone in crisis?

If you know someone that is being abused and needs immediate assistance, call our crisis line.

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

For more information about our shelter and programs, see our non-emergency contact information below.

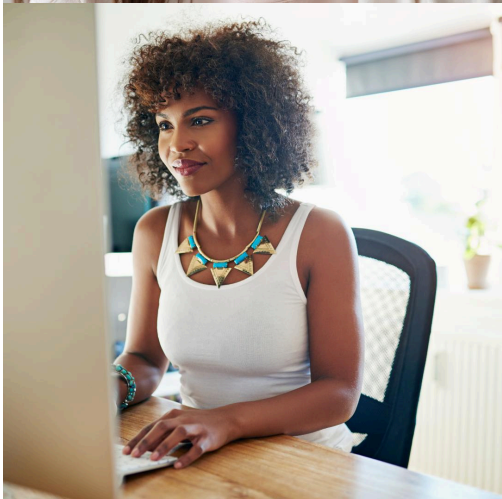
**TEL: 416-924-1411 EXT. 251**

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



***“Thank you so much for such a timely, well presented workshop & webcast. I always enjoy your workshops & everyone's input. It is such a beautiful breath of fresh air learning from the BESS team.”***

***– Coleen, Former BESS Client***



### **In the News**

[ABC News: A study finds that one in five practitioners fail to assess intimate partner sexual violence correctly.](#)

[CTV News: A woman is killed every 48 hours, according to a recent report.](#)

[NBC News: A domestic violence incident in Orlando, Florida leaves four people dead, including one child.](#)

## **CONTACT US**

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

**TEL: 416-924-1411 EXT. 238**

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

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Interval  
House

By her side  
for 50 years

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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