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The leaves are budding and the flowers are preparing to bloom!

Because of people like you, the women at Interval House can embrace this season of hope, begin their healing journey, and foster the confidence they need to rebuild new lives.

Your support provides survivors with access to our Building Economic Self-Sufficiency (BESS) program, and innovative new services like our Financial Literacy Pilot Project, Rent Subsidy Program and Virtual Counselling Services. All these vital programs are only possible because of your generous support.

Thank you for your continued commitment to breaking the cycle of violence and for standing alongside survivors of intimate partner violence.

Interval House Commemorates 51 Years



On April 1, 1973, Interval House opened its doors to women and their children seeking a safe refuge from violence.

As Canada's first shelter for abused women and children, we are honoured to commemorate 51 years of supporting and empowering survivors of intimate partner violence.

Our amazing community continues to help survivors start anew and reclaim their lives, free from violence.

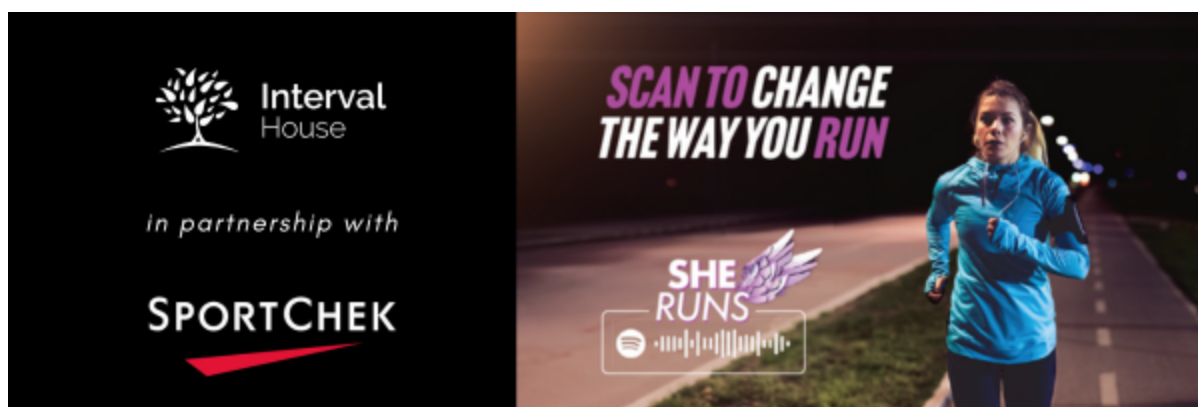
On behalf of the countless women and children who've called Interval House home, thank you for standing alongside us since 1973!

A Message From One of Our Founders: Lynn Zimmer



On Interval House's 51st Anniversary, Lynn Zimmer, one of the founders of Interval House, shares a heartwarming and special message to commemorate this milestone!

Interval House Partners with Sport Chek for SheRuns



When a woman is in an abusive relationship, one of the few places they can be alone is on their routine run. That's why fitness apps and playlists are a safe place to plant crucial information to help women escape an abusive relationship, without raising the suspicion of their abusers.

Interval House and Sport Chek have partnered together to create [SheRuns](#), a short 8 track playlist on Spotify disguised as a "how-to" female running guide.

Each track starts off like a motivational guided running lesson designed to get people ready for their run. Then, after a minute or so, the tone shifts to let the listener know that this playlist is actually designed to coach women on how to safely leave an abusive relationship.

The playlist will allow listeners to gain important and life-saving advice, tips, tools, and vital information that can help them or anybody they know that may be a victim of intimate partner violence.

Click on the link below to check out the playlist!

[Check out the SheRuns Campaign](#)

Check out our Time Capsule!



In 2023, to commemorate our 50th anniversary, we launched a dynamic **time capsule** documenting the stories, people and events that have shaped the Interval House you see here today.

The time capsule features a host of archived articles from the early days of the women's movement, written by some of the most pivotal voices of the time, video interviews with our donors, founders and supporters, along with excerpts from Interval House clients and staff over the last five decades.

To check out our time capsule, click on the link below!

[Check out the Time Capsule](#)

2023 Gratitude Report



Have you had a chance to read our **2023 Gratitude Report**?

The Gratitude Report showcases Interval House's accomplishments of the past year and explores the brave story of Florence, a survivor of intimate partner violence.

Florence was able to secure a job in her field and find the perfect affordable apartment for her family through the Building Economic Self-Sufficiency (BESS) Program and our Rent Subsidy Program.

We have connected thousands of women like Florence, with emergency shelter, counselling, employment skills training, financial and housing assistance, job opportunities and so much more.

Thank you for standing alongside survivors of intimate partner violence. We could

not do our life-saving work without you!

Check out the 2023 Gratitude Report

New Programming at Interval House



BESS Financial Literacy Pilot Project



Women who have experienced IPV often face unique financial challenges and barriers that traditional financial literacy programs seldom address.

That's why Interval House has developed an innovative solution to address this gap: our **Financial Literacy Pilot Project**, which expands on our existing Building Economic Self-Sufficiency (BESS) program.

This past month we ran three successful sessions that provided clients with financial literacy knowledge and hands-on, skills-based activities on topics such as budgeting, money management, credit and debt management, saving and investing, and how to avoid frauds and scams.

The feedback from our clients have been overwhelmingly positive! They found the workshops very educational, easy to digest, and supportive in helping them accomplish their financial goals.

Virtual Counselling Services Pilot Project



Interval House is always striving to seek innovative ways to offer holistic support to women who have experienced intimate partner violence (IPV) at all stages of their journey.

The pandemic emphasized the need to reduce barriers, including physical limitations, to ensure more women could access our crisis programs and counselling services.

The **Virtual Counselling Services Pilot Project** will provide free, province wide virtual counselling to help women who have experienced or are currently experiencing intimate partner violence. The pilot will enable women who have left or are unsure about leaving an abusive relationship, to get access to the counselling they need to make the best possible decision for their future.

If you are interested in supporting our new programming, or would like to learn more, please email us at donations@intervalhouse.ca or call us at 416-924-1411 ext. 238.

Donate Now

What's Happening in BESS?



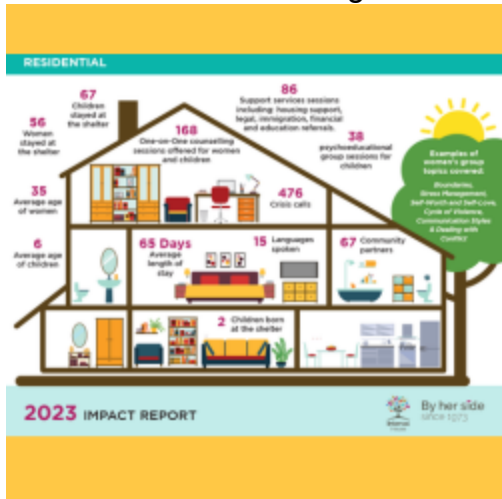
Our Building Economic Self-Sufficiency (BESS) program recently hosted another Employment Group Sharing Session. Our employment group has been growing rapidly! Clients are finding the discussions to be very open, engaging, supportive and helpful for their employment journeys.

The topic this month was, **"Who are the "They" that we Seek Approval From?"**. It was centred around overcoming the obstacles we face when making big decisions and the importance of focusing on your well-being when it comes to decision-

making.

BESS hosted a fun event this month, the **High Tea Party Social!** Clients dressed up in spring colours and enjoyed tea, snacks, games, and activities in a beautiful and elegantly decorated environment!

BESS also introduced its newest webcast, "**Knowledge is Power: Tenant Rights and Housing Scams**". For clients looking for housing, it is crucial that they know about their rights as a renter, and to be aware of some of the most common scams out there when searching for new housing.



2023 Impact Report

Your giving has made a great impact in our Building Economic Self-Sufficiency Program (BESS) and our Residential Program. It's all in the 2023 Impact Report!

See below for some of the highlights from BESS:

- 164 women were served by BESS.
- 10 clients received monthly rent subsidies.
- 82 clients received counselling.

[Check out the 2023 Impact Report](#)



"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: [Chicago grieves 11-year-old killed trying to 'protect his mother' during domestic violence incident.](#)

CityNews: ['Beautiful person': Early childhood educator identified in Ajax homicide, boyfriend charged.](#)

Yahoo! Life: [Canadian journalist Anna Maria Tremonit opens up about how she got rid of shame amid experience with domestic violence](#)



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

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

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Interval
House

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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