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Summer is quickly coming to end! Time has truly flown by this season! The days are starting to get shorter and cooler, and the kids are gearing up for the back-to-school season. The residents of Interval House are making the most of the end of the season. They are soaking in the sun before school begins.

For the women and children who have recently arrived at Interval House, this summer has been like no other. Mothers often wait until the end of the school year to leave an abusive relationship, to minimize disruption to the lives of their kids. It can be a difficult transition for the many families who arrive at our doors, seeking a safe place to call home.

Because of you, families that turned to us for help this summer were able to take a much-needed opportunity for rest – allowing them to heal before making a fresh start in a new neighbourhood and school.

For almost 50 years, we have been a safe haven for women and children who are rebuilding their lives after abuse. We are truly grateful to our donors for continuing to support us. Because of you, we are able to push boundaries and create innovative programs to help survivors of intimate partner violence.

You can **DOUBLE** your impact today!

This month we kicked off our [Match Campaign!](#) A generous donor has agreed to match donations in the month of August up to \$25,000! Time is running out to double your impact!

Any amount you give will be automatically doubled, dollar for dollar. You can help women move their lives forward with freedom and joy. You can break the cycle of violence, help kids heal from their trauma, and fill their childhoods with laughter.

Help brave women and children hoping to start new lives and [make a donation today!](#)



You are saving lives!

Once again, thank you for your support and for taking a stand to end violence against women!



**Do you want to help women and children fleeing abuse today?
Donate and a generous donor will match your donation!**

Click the link to make a donation towards our Match Campaign today! [Donate here.](#)



"Thank you again to the entire Interval House staff. Thank you for your support, encouragement, guidance, and thoughtfulness. I hope one day I can give back to you in some way."

Nancy*, BESS Client

In the News

[CBC: Hockey Canada's controversy sparks outrage over sexual assault claims.](#)

[The Guardian: A jury from rural Ontario calls for sweeping reforms to Canada's approach to femicide.](#)

[CBS News: Dallas domestic violence shelters warn against complacency as another mother is killed.](#)

[City News: Experts in the violence against women sector push for the criminalization of 'coercive control,' a tactic that was used by the Nova Scotia mass killer.](#)





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

Connect with us to stay up to date



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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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