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As 2022 comes to an end, we want to say thank you! Your support allows our staff to go above and beyond to make Interval House a place of safety, warmth and magic this time of year for the women and children we serve.

From our Interval House family to yours, wishing you a happy, healthy, and safe holiday season and all the best in the New Year!

The Holidays at Interval House



This year will mark 50 years of holidays at Interval House – can you believe it?

Our home has been filled with excitement this month as families helped hang decorations in the shelter to celebrate Christmas, Hannukah and Kwanzaa.

Their favourite activities by far are baking and decorating cookies and making holiday crafts. They are enjoying the magic of the season in a safe place, some of them for the very first time.



Spending the holidays at a shelter can be especially hard for those who have fled intimate partner violence. But your support allows us to bring peace and joy to their lives this season.

Thank you for continuing to stand with survivors of intimate partner violence.

If you would like to make a special holiday gift, [please click here.](#)

National Day of Remembrance and Action on Violence Against Women

December 6 was the National Day of Remembrance and Action on Violence Against Women. We honour and mourn the 14 engineering students massacred at l'École Polytechnique de Montréal and remember those who continue to face gender-based violence, and those who are no longer here because of it.



On December 6th, we observed **National Day of Remembrance and Action on Violence Against Women**. On this day we remember the lives of the 14 women that were murdered at École Polytechnique.

50 Years Strong Because of You.



In April 2023, Interval House will mark its 50th year of taking action to break the cycle of abuse in the home.

A huge thank you to YOU – our supporters and donors – for helping us push the envelope and create innovative programs and services for women and their children escaping violence.

We are grateful to you for standing by our side.

[Watch our video](#) to see what groundbreaking programs we have in store for the new year.



We cannot do this work without
you!



How is Interval House making counselling services more accessible for women and children all over Ontario?

Read our fall newsletter to see how we are paving the way for Virtual Counselling Services for women and children healing from abuse in the home. [Click here to read more in our recent newsletter.](#)



"I'm grateful to the beautiful people who support Interval House. Thank you so much for giving me the strength and courage to move forward."

– Melissa* Former BESS Client

In the News



[Forbes: Violence against women is extremely prevalent worldwide.](#)

[CBC News: High rent prices in Metro Vancouver are one of the barriers for women wanting to leave an abusive partner.](#)

[ABC News: It is important that men call out their friends when they conduct derogatory or abusive behaviour towards women.](#)

[Newsroom: Intimate partner violence appears to be very much related to a higher risk of cardiovascular events or death.](#)



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

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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