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We have so many reasons to celebrate this month. February is Black History Month and we reflect on all the ways Black women have been integral to the Civil Rights Movement in Canada and around the world. Each week on our social media, we highlighted powerful individuals that challenged the status quo and changed our lives for the better. Follow us on Twitter and Facebook to see who we featured.

After another year in the pandemic, we're happy to share our milestones and successes in the [2021 Gratitude Report](#). From navigating the pandemic to finding new ways to help the wonderful clients and residents of the shelter, you have been integral to this important work.

One BESS client shared her amazing story of resiliency. Marla was in the process of leaving her abusive partner when her house burned down! Despite unbelievable challenges, and because of your generous support, she persevered.

“Knowing Interval House was behind me motivated me to keep moving forward and know that I would be okay on my own,” said Marla.

Read her full story in our
[2021 Gratitude Report](#).

This month we are once again promoting our [Bruised Fruit Campaign](#) at local grocery stores. The pandemic has directly affected the number of intimate partner and abuse cases in Canada - seeing an increase of 30%. For most women in abusive relationships, the grocery store is the only safe place they could escape to. Interval House is another option.

Here's how we're staying safe during COVID-19:

- **All women at Interval House have access to vaccines and testing.**
- **Rigorous cleaning standards are in place.**

- **Private living spaces for women and families.**

Keep an eye out for our posters on your next trip to the grocery store. And follow us on our social media to stay updated.

Thanks to our supporters and partners, we can continue serving the most vulnerable members of our community. Because of you the women and children of Interval House can heal in a safe space. They can rebuild their self-worth and self-confidence. They are breaking the cycle of abuse.

We are truly grateful for all your support the past year – we could not do this work without you. Thank you again, for your commitment to end intimate partner violence.



Gratitude Report



Throughout the pandemic, Interval House remained open for women and children fleeing abuse in the home. Because of your support, we adapted to continue delivering programs and services safely. We are confident that no matter what challenges arise, you will be there to support us. Together we are braver and bolder. Click the link below to read how you made a difference in the lives of the women and children of Interval House.

[Read our full 2021 Gratitude Report here.](#)



"Thank you for sharing your powerful light that continues to illuminate us all. The conversations were great. I really like that we can gather in safe spaces from a place of respect & courage. The work continues to shine the spotlight on violence against women & children. I am so grateful for all you fabulous women. "

- Janice, BESS Client



In the News

[CTV News: 'Shadow pandemic': Advocates worry lockdowns have fuelled surge in partner violence](#)

[YouTube: Women's Shelters Canada - Sheltersafe. More than shelter.](#)

[Apple Podcasts: Welcome to Paradise - Anna Maria Tremonti](#)

[USA Today: Maya Angelou coins distributed by US Mint make her first Black woman to appear on quarter](#)

[Futurity: On-again-off-again love can bring you down](#)

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

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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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