

To view this email in your browser [click here](#)



February is known as the month of love. Everywhere you look, there are red hearts in windows, gift displays of chocolates and roses, and ads about the joys of being in a loving relationship.

For women who have bravely left their abusers, the season around Valentine's Day can be incredibly depressing and triggering. They have bittersweet memories – some tender, some traumatic. It can remind them of the coldest, darkest, and most vulnerable times in their lives.

Recovering from abusive trauma is a gradual process. Together, we are here to empower and support women so they can heal from their trauma, gain the confidence they need to build new lives and move toward a life full of all forms of positive and fulfilling love.

For the past 50 years, your kindness, support and generosity has allowed us to be a physical and emotional refuge for women and their children. Thank you for your continued commitment to ending the cycle of violence and for being there when survivors need help most.

2022 Gratitude Report



We had so much to be grateful for in 2022! Over the past 50 years, your trust and support has given us the firm foundation we need to continue to grow and help even

more women and children. We are so grateful to our supporters for being part of this incredible community, one that spans decades and generations.

[Read how your support was integral to our 2022 accomplishments.](#)

50 Years of Empowering and Supporting Women and their Children.

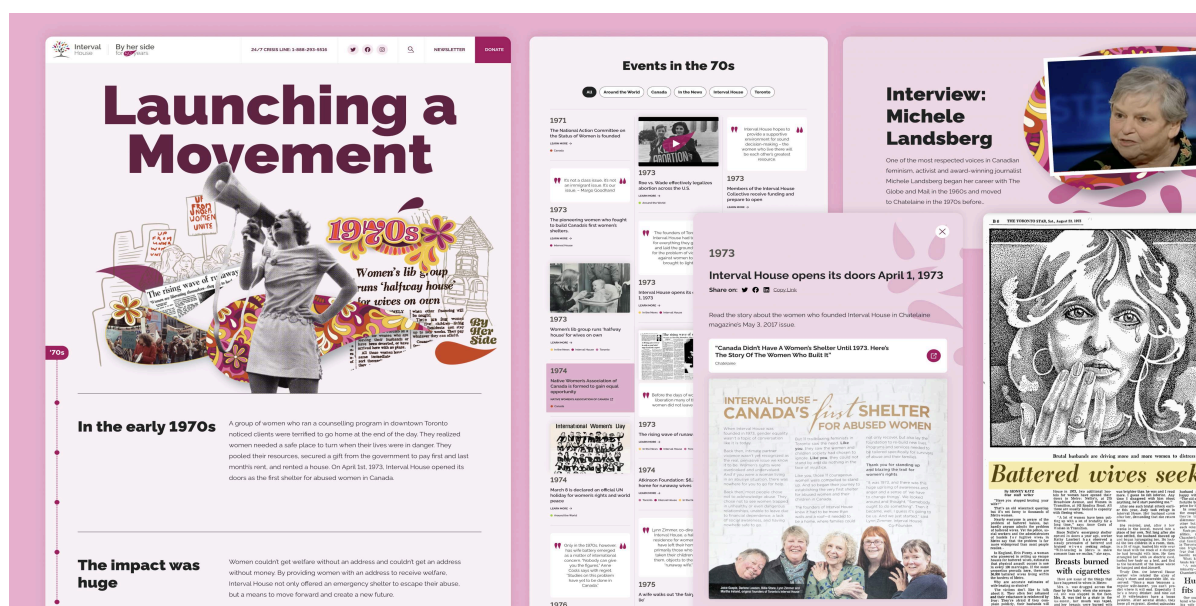


To commemorate our 50th year of supporting women who have experienced abuse, we've put together **a dynamic timeline of the stories, events and people** that have shaped Interval House and the Women's Movement in Canada! As we continue to raise awareness and fight against intimate partner violence, it's important that we reflect on the milestones that have shaped us today!

Our timeline will feature:

- **Stories**
- **Video and audio interviews**
- **Archival newspaper articles**
- **Collages**
- **Photos, newsletters**
- **Links to tons of resources & historical events**

[Check out some of what you'll see in the 70s!](#) And stay tuned for the full launch of our timeline in March 2023!





Black History Month

February is Black History Month! We recognize that Black History is inherently part of our Canadian history, and that it should be acknowledged and celebrated year-round.

This month, on our social media, we highlighted stories of Black women and their contributions and importance in shaping Canadian history.



Impact Report 2022

Your support makes a difference! Here are some highlights from our Residential Program:

- Responded to 311 crisis calls
- Offered over 200 one-on-one counselling sessions

[Check our 2022 Impact Report for a full list of our achievements last year.](#)



World Day of Social Justice

February 20th was World Day of Social Justice. We believe that everyone deserves access to equal economic, political, and social rights and opportunities.



"Thank you so much for the thoughtful gift card! I feel like I have people looking out for me."

- Samantha, BESS Client



In the News

[CBC: Peel Region rolls out a pilot program, social workers and officers working together to respond to 911 calls](#)

[CBC: A Black and Indigenous woman reclaims her identity in face of systemic erasure](#)

[Global News: Chloe Cooley, a Black woman who fought against her violent enslavement, is honoured by Canada Post in a commemorative stamp](#)

[The Conversation: Netflix's latest documentary, *Pamela*, sheds a light on intimate partner abuse in the public eye](#)



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



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](#)

© Interval House

PO BOX 911 STN U, Toronto, Ontario M8Z 5P9 (416) 924-1411 ext. 238 donations@intervalhouse.ca

You are receiving this email because you subscribed to Interval House communications. You can [unsubscribe anytime here](#).