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February is the month dedicated to the expression of love. Roses, chocolates, big red hearts, and warm smiles are seen everywhere you go, as people share joy in being with their loved ones.

However, for the courageous women who have chosen to break free from abusive relationships, the period around Valentine's Day can evoke deep feelings of sadness and distress. It is an upsetting reminder that stirs both tender and traumatic memories, causing some of the darkest and most vulnerable moments in their lives to resurface.

Recovery from abusive trauma is a gradual process. Together, we are here to support and empower these women in their healing journeys, fostering the confidence they need to rebuild new lives.

Your generosity and support have allowed us to serve as a safe haven for women and children fleeing abuse. Thank you for your continued commitment to breaking the cycle of violence and for extending a helping hand for survivors of intimate partner violence.

2023 Impact Report



We are proud to present our 2023 Impact Report! We would like to thank all of our supporters for contributing to every incredible milestone and for helping women and children find safety, hope, and a brighter future.

Here are some of the highlights from our Residential Program in 2023:

- 56 women and 67 children stayed at the shelter.
- 168 one-on-one counselling sessions were offered for women and children.
- 86 support services sessions were held, including housing support, legal, immigration, financial and education referrals.

In 2023, our BESS program helped many survivors of abuse on their journey to self-sufficiency. Some of the highlights include:

- 94 new BESS clients
- 1541 one-on-one sessions with clients were held.
- 86 women attended BESS workshops.

Thank you for making this life-changing impact possible!

[Check out the 2023 Impact Report](#)

New Programming at Interval House



Virtual Counselling Services Pilot Project



Interval House's **Virtual Counselling Services Pilot Project** provides free, province wide virtual counselling to help women who have experienced or are currently experiencing intimate partner violence.

Virtual counselling offers quick and easy access to our services by requiring only an internet connection and a phone line. It is designed to provide clients with a proactive role in gaining knowledge and techniques that will help them achieve their goals faster. The program is tailored to each woman's unique challenges and needs

and ensures that our support network and resources are accessible to even more survivors across Ontario.

BESS Financial Literacy Pilot Project



Our **Financial Literacy Pilot Project** expands on our existing Building Economic Self-Sufficiency (BESS) program, and provides financial literacy knowledge and hands-on, skills-based activities to select BESS program participants, including:

- Monthly financial workshops on budgeting, debt management, and saving strategies.
- One-on-one support, including financial coaching and personalized work plans.
- A \$1000 Participant Learning Tool for each survivor to help them accomplish their financial goals.

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 launched their **Monthly Employment Group Sharing Session** which are peer-led sessions that allow women to gather together to support, celebrate and discuss all things employment.

The last session was called "How to Cope with the Heavy Impacts of Working in Toxic Workplaces". It was a great success and resulted in some very engaging and supportive discussions.

BESS also organized a Galentine's Day event, where clients played fun games, ate great food, exchanged cards, and took home some beautiful roses.



Black History Month

February is Black History Month, a month dedicated to honouring and recognizing the history and experiences of Black people in Canada.

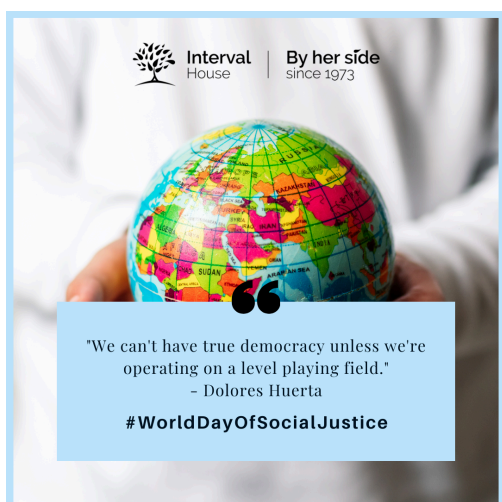
This month on our social media channels, we celebrated the accomplishments and contributions of Black women while addressing the harsh reality of the disproportionate gender-based violence they face.



Teen Dating Violence Awareness Month

February is Teen Dating Violence Awareness Month, a time dedicated to raising awareness of teen dating violence and helping youth create healthy relationships.

On social media this month, we addressed the prevalence of teen dating violence in Canada and promoted early intervention to help youth break the cycle of violence.



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.



"I always enjoy your workshops and everyone's input. It is such a beautiful breath of fresh air learning from the BESS team."

- Coleen, Former BESS Client*



In the News

[29-year-old man Manitoba man charged with five counts of first-degree murder in the deaths of his common-law partner, three young children and the partner's 17-year-old niece](#)

[Calgary police grilled over response to domestic violence in the wake of the stabbing death of a woman outside a southwest elementary school](#)

[Five Norfolk County residents have been charged in connection with separate intimate partner violence incidents over the last several days](#)

[Intimate partner violence is an 'epidemic' in Canada, say experts](#)



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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