

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



January feels like the longest and coldest month of the year for most. While we continue to stay home and stay safe, we reflect on all the ways we've come together to make health and safety a priority for everyone at Interval House.

Since the beginning of the pandemic, we've mobilized to keep the women and children at Interval House safe. Offering our programming virtually and introducing sanctuary suites, have been some of the innovative ways that we've adapted to continue to meet the needs of our residents and clients.

Your support allows us to continue to adapt to this ever-changing pandemic - ensuring that the safety of our residents, clients, and staff is our main priority.

A recent resident sent us a letter, recalling her time at Interval House this past year.

"I am simply overwhelmed from the level of kindness from the staff at Interval House. I initially did not want to self-isolate but the transition from the isolation rooms to the shelter was better than I expected. The women who work at Interval House are on the same level as doctors. They save lives and they saved mine."

- Sarah, Interval House resident

In our [2021 Impact Report](#) we highlight the ways your support has made a difference, such as:

- **Housing 64 women and children**
- **Delivering over 100 hours in women's group and 120 hours in children's group**
- **Providing over 2,000 hours of services to clients through our BESS program**
- **Helping 11 women find employment, with 5 women enrolling in school**

For almost 50 years, women and children escaping abuse find safety and support at Interval House. We provide not only a home where they can heal their physical and emotional wounds but a space to rebuild their lives. To truly break the cycle of abuse and prevent gender-based violence for future generations, women need financial security, safe and affordable housing, and to believe in the possibility of a violence-free life.

Thanks to our supporters and partners, we can continue to stand up for women who have experienced intimate partner violence for many more years to come. We will keep speaking up for survivors' rights and work towards an end to gender-based violence. Everyone deserves a life of peace and safety, and our goal is to help break the cycle of violence, for good.

It is because of your continued support that we are able to create a safe haven for women and children to heal, grow and support each other. They are rebuilding their self-worth and self-confidence. They are breaking the cycle of abuse. [You've made this and so much more possible.](#)

We are truly grateful for all your support and generosity. Thank you, to all of our donors and supporters, for taking a stand to end intimate partner violence and helping survivors rebuild their lives.

[Click here to read our 2021 Impact Report](#)

[Watch our Year of Accomplishments Video](#)



"Always at the beginning of the year, we do a vision board workshop. I miss the BESS program and making the vision board together. I am going to try and do it on my own."

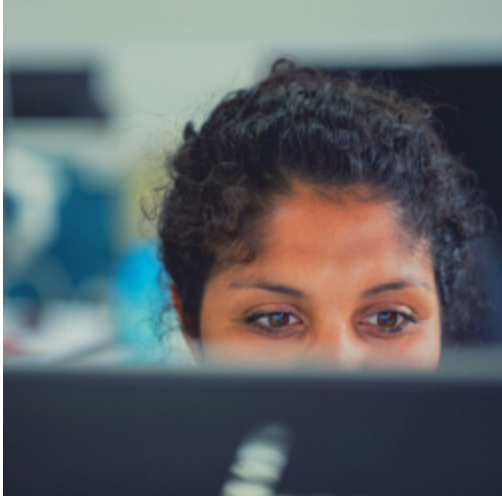
- Jamie, BESS Client

Thank You
for all your support
this past holiday
season!

You made the holidays a special
time for the women and children of
Interval House

Thank you so much to all our generous donors! Thank you to our community partners for donating clothing, gift cards, toys, and such more over the holiday season. You have all made this past holiday season truly unforgettable. Thank you to each and every donor for your kind donations. Our hearts are full with the all the generous support you give us!

[Click here to watch our Year of Accomplishments Video to watch everything that you made possible.](#)



In the News

[The Guardian: I am a child of domestic violence, and I am breaking my silence](#)

[CTV News: Femicide rates on the rise amid COVID-19 pandemic](#)

[620CKRM: A new media campaign takes on domestic violence and abuse](#)

[Yahoo!Life Yahoo: Rihanna Canceled Ari Fletcher For Cringey Comments On Domestic Violence](#)

[The Guardian: New Year's Day killings spark call for action to tackle violence against women in France](#)

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

Connect with us to stay up to date



[Facebook](#)



[Twitter](#)



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, On 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](#).