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As January comes to an end and the temperatures continue to drop, we are all bundling up and embracing the winter season!

Thanks to your support, the families living at Interval House are stepping into the new year with a sense of renewal and hope, as they take brave steps to create a new life for themselves. Your ongoing commitment empowers us to embark on new initiatives, and create innovative programs that help remove more barriers for survivors of intimate partner violence.

As we start the new year, we'd like to take this chance to highlight some of our exciting new programming, allowing us to go even further in supporting women fleeing violence.

Thank you for your ongoing support! Together, we are creating a brighter and more hopeful future for countless women and children.

New Programming at Interval House!



Virtual Counselling Services Pilot



Interval House is proud to be expanding our reach through our Virtual Counselling Services Pilot Project! It is a free, province-wide program to help women who have experienced or are currently experiencing intimate partner violence.

Counselling plays a vital role in helping women who have experienced intimate partner violence to understand the dynamics of abuse, address their trauma, and break free from the cycle of violence.

Virtual counselling offers quick and easy access to our services by only requiring an internet connection and a phone line. 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



Financial abuse often traps women in abusive relationships, and poor financial literacy compounds their struggles. Our Financial Literacy Pilot Project expands on our Building Economic Self-Sufficiency (BESS) program, empowering survivors of intimate partner violence with essential financial management skills.

The program provides financial literacy knowledge and hands-on, skills-based activities to 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.

Thank you for helping us provide access to free, virtual counselling and creating brighter financial futures for the courageous women we serve! If you are interested in supporting these programs, click the button below.

[Donate Now](#)

MP Julie Dabrusin Visits Interval House



Thank you to MP Julie Dabrusin for visiting Interval House to present a certificate of congratulations from Prime Minister Justin Trudeau for 50 years of service!

What's Happening in BESS?



Our Building Economic Self-Sufficiency (BESS) program recently held its very first workshop of the year, **Best Year Yet: Setting 2024 Intentions**, and launched its **Monthly Employment Group Sharing Session** which are peer-led sessions that allow women to gather together to support, celebrate and discuss all things employment.

BESS also successfully ran their first **Self Sufficiency Workshop Series**, an 8-week program tailored to address the barriers to success women face, and to facilitate healing from intimate partner abuse. Some of the topics covered were Understanding Abuse, Managing Stress, Improving Self-Confidence, Healthy Relationships, Who am I after abuse, and Challenging Your Fears.

If you would like to learn more about our BESS program, [please visit our website](#).

Do you know someone being abused who needs help?

If you know someone that is being abused and needs assistance, please refer them to our 24-hour crisis line.

CRISIS LINE: 1-888-293-5516



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



In the News

[Now Toronto: 'We did not want to wait for the next femicide': 100+ organizations are calling on Ontario to declare intimate partner violence an epidemic.](#)

[Inside Ottawa Valley: Smith Falls police charge 4 males after separate intimate partner violence investigations](#)

[Women's Health: The new 'Mistaken for Love' campaign is part of YSL's ongoing commitment to exposing domestic abuse](#)

[Psychology Today: How Survivors of Intimate Partner Abuse Take Back Control](#)



"In our safe space celebrating in a peaceful environment. I am forever GRATEFUL for you and every social worker at Interval House for everything you did to help us."

- Former Interval House Resident

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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