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Summer is finally here! We're looking forward to longer, sunnier days and the never-ending fun that this season has to offer.

The women and children of Interval House are excited for the fun filled activities and family outings we have in store for them.

Thanks to your support, the families can focus on the brighter days ahead and start their lives anew, free from violence and abuse.

Thank you for your unwavering support over the past 50 years in our mission to end intimate partner violence.

50th Anniversary Short Film (12 mins)



We are excited to share our 50th Anniversary Short Film with you! As a leader in the women's movement since 1973, we have played a critical role in empowering women and bringing the issue of intimate partner violence to the forefront.

This short film takes a look back at our history, as well as the history of the Women's Movement in Canada.

Click on the graphic above to watch our short film now! Please feel free to share with your family and friends.

Interval House Commemorates 50 Years of Service!



Last month, we gathered together to commemorate Interval House's 50th Anniversary. We had the honour of having our keynote speaker, renowned journalist, Anna Maria Tremonti, and a former Interval House client, Padma, share their stories of courage and resilience with us.

A big thank you to Paulette Senior, President & CEO of Canadian Women's Foundation, for being our host and emcee for the evening. We would also like to express our thanks to the Fairmont Royal York for their donation of the space for the evening's program.

Lastly, thank you for your support over the last five decades, and for playing an integral role in our mission to empower survivors of intimate partner violence.

Gifts of Hope Catalogue



Have you seen our new [Gifts of Hope catalogue](#)? Hope is essential for all of us. But it's especially vital for women escaping intimate partner violence. There are so many ways that your gift can help support women and their children escaping violence in the home.

- **A New Toy for a Child (\$30)**, this gift can bring joy and comfort to a child who has come to our shelter to escape violence in the home.
- **A Bare Essentials Box (\$120)**, provides necessities like a hairbrush, toothbrush, shampoo, and other essentials for a woman taking those first brave steps.

Click on the link to see our [full Gifts of Hope catalogue](#)!

Check out our 50th Anniversary Time Capsule



This year marks five decades since Interval House opened its doors as Canada's first shelter for abused women and their children. To honour this milestone, we've created a digital time capsule of our accomplishments and highlights.

[Check out the history of Interval House and the Women's Movement in Canada in our full time capsule!](#)

June is Pride Month!



In honour of Pride Month, we have been sharing news articles and resources centering intimate partner violence in the 2SLGBTQIA+ community across our social media platforms.

Interval House supports all forms of healthy relationships and we stand proudly with the 2SLGBTQIA+ community.

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 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

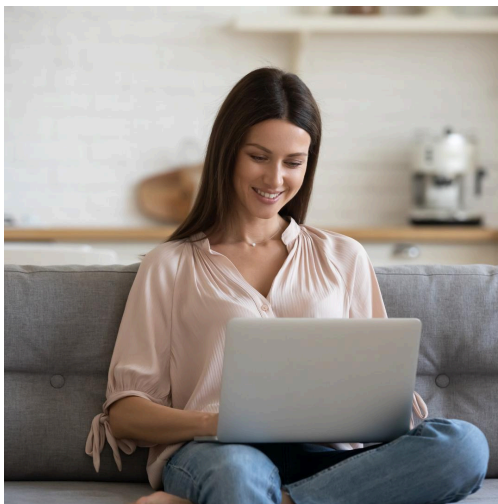
EMAIL: info@intervalhouse.ca



“I like that we were able to share our experiences, our thoughts, and especially the ability to regain our confidence to use our voice.”

– Coleen, Former BESS Client

In the News



[CBC: Former NHL star calls attention to 'staggering' rate of concussions for domestic violence survivors.](#)

[CTV News: In Manitoba, a two-year trial program aimed at preventing domestic violence is being made permanent.](#)

[Forbes: Two in five LGBTQ individuals who have faced domestic abuse have been left to deal with this alone - with no support from friends or family.](#)

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](#)

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