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The wait is over - Summer is finally here!

The women and children of Interval House are excited to end the school year and are getting ready for all of the fun activities and family outings this summer season.

It's thanks to your support that the families are able to look forward to the joy of summer in a secure environment, free from violence.

Thank you for your support in helping to break the cycle of violence and empower survivors of intimate partner violence.

June is Pride Month!



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This month is a time to celebrate the diversity of 2SLGBTQIA+ communities, while acknowledging their history, the hardships they have endured and the progress that has been made. Interval House is proud to celebrate and stand proudly with the 2SLGBTQIA+ community.

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. Follow us on social media and check out our content across all social media channels!

Cram a Cruiser Thank You!



Thank you to the Toronto Police Service for organizing another successful Cram a Cruiser fundraiser this month! We are thankful to everyone who participated in donating non-perishable food items and personal hygiene products for the women and children at Interval House.

Updates on New Programming at Interval House!



BESS Financial Literacy Pilot Project



Our **Financial Literacy Pilot Project** focuses on addressing the financial challenges that intimate partner violence survivors often face.

Participants are provided with financial literacy knowledge, a \$1000 Learning Tool, and hands-on, skills-based activities on topics such as money management, credit and debt management, budgeting, saving and investing, and how to avoid frauds and scams.

Our first cohort has just completed their major workshops this past month! Since then, clients have been engaging in monthly follow-up discussion groups, as well as individual check-ins to help them at every step of their journey to financial

independence. We're very excited to welcome our second cohort who will begin their sessions in early July!

Virtual Counselling Services Pilot



During the COVID-19 pandemic, we witnessed a rise in intimate partner violence across Ontario, as more women were restricted at home with their abusers and unable to get the help they needed.

Since then, the numbers have continued to reach crisis levels, with 95 Municipalities in Ontario declaring intimate partner violence as an epidemic. To tackle this issue and extend our reach, we created the **Virtual Counselling Services Pilot**. Our aim is to ensure that our support network and resources are accessible to even more women, who have either experienced or are currently experiencing intimate partner violence.

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?



This month, our clients in the Building Economic Self-Sufficiency program have been keeping busy with workshops and enjoying their group discussions as they progress in their healing journeys.

Our **Self-Sufficiency Workshop Series** is back! These weekly sessions are designed for women survivors of intimate partner violence, who are currently unemployed, to address barriers to success, and facilitate healing from abuse.

Each week, we cover a diverse range of topics including Understanding Abuse, Improving Self-Confidence, Managing Stress, and Building Boundaries. These workshops are a great way for survivors to rejuvenate, connect with other women and learn strategies to promote their well-being!



For our **Employment Group Sharing Session** this month, the clients discussed the topic, "**Does the Perfect Job Exist?**". Too often, we get caught up with having the "perfect job", but like everything else, finding the perfect job is also a journey and every step counts.

By the end of the session, the group came to the conclusion that no matter what step of your employment journey you are on, it's always important to look back and see how far you've come!



"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 News: [MPs vote unanimously to criminalize coercive control.](#)

CBC News: [Boyfriend sentenced to life in prison for murder of Ashley Simpson.](#)

People Magazine: [Kansas man tracked ex on Snapchat while she was on date, then killed her when she got home.](#)

CBC News: [A decade after escaping her abusive partners, a Newfoundland woman goes to Ottawa to lobby for new legislation.](#)





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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