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**On March 8<sup>th</sup> we celebrated International Women's Day** in Canada and around the world. On this day, we commemorated the many achievements women have made since the beginning of the women's rights movement. We are honoured to be surrounded by amazing women every day, including our clients, staff, and community members.

The women of Interval House inspire us to keep pushing forward despite the hardships we face. We hope this month you celebrated the incredible women in your life and took the time to appreciate them.

We were surprised to get to an early taste of spring weather this month and we cannot wait for the warmer days to come! Spring represents not only a new season but new beginnings for Interval House. Our clients and their children look forward to brighter days ahead as they continue their healing journeys.

We are excited to share our latest [Spring Newsletter](#). We are inspired by the stories shared by our clients and staff. A former child resident, Randal, shared his experience of coming to Interval House as a young boy.

**“My mom had come to Canada from a volatile region of South America, and my dad struggled with alcohol addiction. Eventually, my mom and I ended up at Interval House, a move that had a profound impact on my life,” said Randal.**

Read Randal's full story  
in our [Spring Newsletter](#)

Because of you, Randal and other child residents were able to break the cycle of violence and live happy and healthy lives. Your support transforms the lives of women and their children escaping abuse in their homes.

In an effort to spread awareness to the rise in intimate partner violence, we launched a [quiz](#) at the beginning of March. Some of these statistics may shock you. Test your knowledge and [take the quiz today!](#) If you're as stunned as we are share this quiz with your family and friends and keep the discussion going.

We are truly thankful for all your support – we could not do this work without you. Thank you again, for taking a stand to end intimate partner violence.

**"Nothing can dim the  
light which shines from  
within."**

– Maya Angelou

## Spring 2022 Newsletter



When describing his role at Interval House, Fred, Children's Recreation Facilitator, says he "teaches kids to play." For children who have experienced abuse, part of their road to healing is re-discovering how to play and be happy again.

Read more about how Fred re-introduces play to the kids at Interval House [in our Spring Newsletter](#).



**"Every time I remind myself of my first days at Interval House I think about how it changed my life. I cannot thank you all enough for what you did for me and my son.**

**- Alyssa, BESS Client**



## In the News

[Ottawa Citizen: Opinion – Parallels between the 'Freedom Convoy' and domestic violence](#)

[CBC News: Family lawyer of woman abducted in Wasaga Beach questions if police took her safety seriously](#)

[Daily Show: Host, Trevor Noah, breaks down harmful implications of the Kim, Kanye and Pete Davidson situation.](#)

[The Globe and Mail: Alberta government falls behind on implementing tech to track domestic violence offenders](#)

[The Star: Opinion – Two cheers for International Women's Day](#)

## 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](mailto:donations@intervalhouse.ca)

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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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