

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



This month, we celebrated International Women's Day by honouring the women at Interval House and commemorating the social, economic, cultural and political achievements of women around the world.

For women in abusive relationships, it's vital that we come together to provide them with opportunities to feel empowered and find hope for a brighter future, so they can break the cycle of violence for good.

We are honoured to be surrounded by amazing women everyday, including our clients, staff and you, our supporters. Your kindness, generosity, and support has allowed us to serve as a haven for women and children seeking safety and security for over 50 years.

Thank you for your continued commitment to breaking the cycle of violence and for empowering survivors of intimate partner violence.

2023 Gratitude Report



We are excited to share our 2023 Gratitude Report!

For more than 50 years, Interval House has been a place where women fleeing abuse have found safety and a welcoming community. Thanks to supporters like you, we have connected thousands of women with emergency shelter, counselling, employment skills training, financial and housing assistance, job opportunities and so much more.

Thank you for standing alongside survivors of intimate partner violence. We could not do our life-saving work without you!

[Check out the 2023 Gratitude Report](#)

2023 Impact Report



With caring supporters like you by our side, we've spent decades refining and expanding our services. Today, the hopeful faces of the women we serve remind us of the life-changing impact we're making together.

With your support, you are part of every incredible milestone. Here's just a glimpse of what you made possible:

Here are some of the highlights from our Residential Program in 2023:

- 476 crisis calls were responded to.
- 15 languages were spoken.
- Residents stayed at Interval House for an average of 65 days.

In 2023, our BESS program helped many survivors of abuse on their journey to self-sufficiency. Some of the highlights include:

- 164 women were served by BESS.
- 10 clients received monthly rent subsidies.
- 82 clients received counselling.

[Check out the 2023 Impact Report](#)

New Programming at Interval House



Virtual Counselling Services Pilot Project



Since opening our doors in 1973, we have been committed to seeking innovative ways to offer holistic support to women who have experienced IPV at all stages of their journey, while also striving to expand our reach to help more survivors across Ontario.

Interval House's **Virtual Counselling Services Pilot Project** will provide free, province wide virtual counselling to help women who have experienced or are currently experiencing intimate partner violence.

Virtual counselling is tailored to each woman's unique challenges and will enable women who are undecided or unsure about leaving an abusive relationship to get the counselling they need to make the best possible decision for their future.

BESS Financial Literacy Pilot Project



Financial abuse is one of the most common reasons that women stay in, or return to,

their abusive relationships. Also, women who have experienced IPV often face unique financial challenges and barriers that traditional financial literacy programs seldom address.

Our **Financial Literacy Pilot Project** expands on our existing Building Economic Self-Sufficiency (BESS) program, and provides financial literacy knowledge and hands-on, skills-based activities to select 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.

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?



Our Building Economic Self-Sufficiency (BESS) program recently hosted an Employment Group Sharing Session for BESS clients!

The topic this session was, **“Unpacking the Things that Keep Us Stuck”**. The discussion was centred around procrastination. We’ve all been there before. We have a goal but procrastinate to a point that makes it almost impossible for us to start.

The session was a great success! Clients found the discussion to be very open, engaging, supportive and helpful for their employment journeys.

This month, the BESS program also held a free **Virtual Tax Clinic** through the Community Volunteer Income Tax Program (CVITP) for clients. The volunteers did an amazing job and helped clients navigate the complex process of completing and

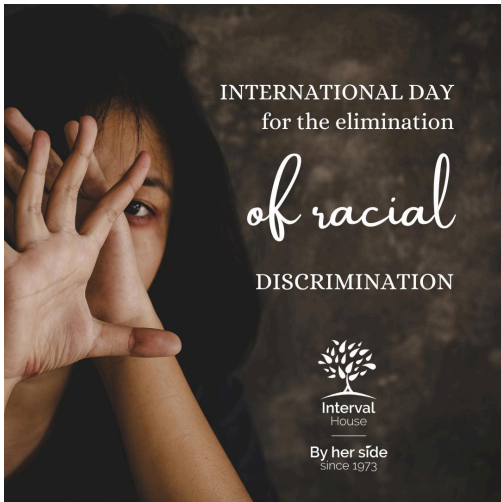
filing taxes.



International Women's Day

On March 8th we celebrated International Women's Day!

Our BESS program held a special event to honour and celebrate the amazing women from the BESS program and their big accomplishments.



International Day for the Elimination of Racial Discrimination

This month on social media, we highlighted the International Day for the Elimination of Racial Discrimination.

This year, as we commemorate the 75th anniversary of the Universal Declaration of Human Rights, we must continue to stand up and speak out against all forms of discrimination, racial prejudice, and intolerance.



"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



CBC News: [Deaths of 5 people in southern Manitoba part of an epidemic of domestic violence: experts](#)

CityNews: [Inuit hardships are lost amid Canada's affordability crisis.](#)

TMZ: [Survivor' star Erik Huffman has been arrested for domestic violence.](#)

In Brampton: [Life in prison for husband who 'snapped' in brutal murder of wife in Brampton Park.](#)



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

Connect with us to stay up to date



[Facebook](#)



[Twitter](#)



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](#)

© Interval House

PO BOX 911 STN U, Toronto, Ontario 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](#).