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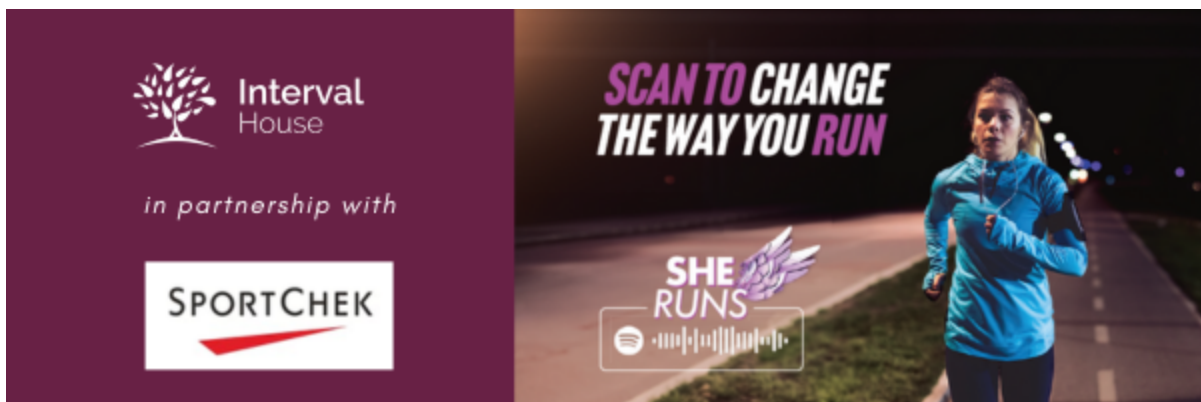
As we embrace the early days of summer, the residents of Interval House are healing from the wounds of the past and beginning to move forward. It is because of your support they are able to break the cycle of abuse and look to a future free of violence.

Your support allows us to expand our services and create innovative new programming like our new Virtual Counselling Services Pilot. It offers free, province wide virtual counselling to help women who have experienced or are currently experiencing intimate partner violence.

Thanks to your generosity, the women and children at Interval House have access to resources that make it possible to break down the unique barriers they face and gain the lasting freedom from abuse that they deserve.

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

### **Interval House Partners with Sport Chek for SheRuns Campaign**



This past month, Interval House and Sport Chek partnered together to create **SheRuns**, a playlist on Spotify disguised as a "how-to" female running guide.

The playlist allows listeners to gain life-saving advice and helpful tools and resources for anybody that may be a victim of intimate partner violence.

To disguise the content of the playlist, each track begins with a motivational guided running lesson designed to get people ready for their run. The tone then quickly

shifts to let the listener know that the playlist is actually designed to coach women on how to safely escape an abusive relationship.

Click on the link below to check out our SheRuns campaign video!

[Check out the SheRuns Campaign](#)

### **Mother's Day at Interval House!**



This Mother's Day, Interval House hosted many fun-filled Mother's Day activities, including our annual brunch, children's crafts, and cards of love and appreciation for all the incredible women at Interval House.

Your generosity means so much to the women and children who were able to celebrate this special day - perhaps for the first time - in a safe, loving place.

### **2023 Gratitude Report**



Have you had a chance to read our 2023 Gratitude Report yet?

We created new innovative programs and services for our clients, including some amazing initiatives with our housing partners.

You can read about Florence's inspiring story. As a survivor of intimate partner violence, Florence wanted to break the cycle of abuse and move forward. With the help of our Building Economic Self-Sufficiency (BESS) program Florence was able to secure a job in her chosen field. And through the Rent Subsidy Program, she was able to find the perfect affordable apartment for her and her family.

Read more about Florence's story and our housing initiatives by clicking the link below!

## New Programming at Interval House



## BESS Financial Literacy Pilot Project



Interval House has developed an innovative solution to address the financial challenges that intimate partner violence survivors often face: our **Financial Literacy Pilot Project**, which expands on our existing Building Economic Self-Sufficiency (BESS) program.

The project provides clients with financial literacy knowledge, a \$1000 Participating 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.

The first cohort has completed their first major workshop, with just a few more months left until the end of their term! So far, the clients have had a very positive response. They have found the sessions easy to understand, very educational, and supportive in helping them reach their financial goals.

## Virtual Counselling Services Pilot Project



Since opening its doors in 1973, Interval House has always strived to seek innovative ways to offer holistic support to survivors of intimate partner violence (IPV) at all stages of their journey.

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

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.

If you are interested in supporting our new programming, or would like to learn more, please email us at [donations@intervalhouse.ca](mailto: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 successfully hosted another Employment Group Sharing Session. Our clients have been enjoying having engaging and supportive discussions that help them in their employment journeys.

The topic this month was, “**How Do We Build Confidence?**”. It was focused on the importance of building confidence in yourself in order to achieve your goals, no matter how small.

BESS also hosted a **Spring Vision Board Workshop** where clients explored their goals for the future and envisioned the steps they need to take to accomplish them.



Lastly, BESS hosted a workshop called, "**How to Manage Your Stress**". Our clients often face stressful and overwhelming situations, so this session was aimed at helping them learn methods and techniques to reduce and manage stress in a healthy manner, so they can thrive in their daily life.

### **Toronto Police X Interval House**

**Thank You  
Toronto Police  
Services!**



A big thank you to the officers at Toronto Police Service for your wonderful donations! We are so grateful for your kindness and support of women and children fleeing abuse.



**"I just wanted to say thank you for your support, patience, dedication and guidance over the years. I have appreciated and grown from it more than you know."**

***Crista\*, BESS Client***

### **In the News**



CityNews: [A new pilot addresses strangulation in domestic violence cases.](#)

The Guardian: [Almost 30% spike in rate of Australian women killed by intimate partner last year, data shows.](#)

CBC News: [National women's group demand banks to do more to stop abusive e-transfers.](#)

The Guardian: [Ten years after ending an abusive relationship my ex-partner is still trying to destroy me financially.](#)



## ***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](mailto: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](mailto: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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PO BOX 911 STN U, Toronto, Ontario M8Z 5P9 (416) 924-1411 ext. 238 [donations@intervalhouse.ca](mailto:donations@intervalhouse.ca)

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