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Today is the International Day for the Elimination of Violence Against Women and the first day of 16 Days of Activism to end gender-based violence. Violence against women is at crisis levels across the country. Even before the pandemic, a woman was killed by her intimate partner every six days. During COVID-19, 1 in 10 women are very concerned about the possibility of violence in the home during COVID-19. After almost two years of being told to “go home and stay home,” women facing abuse are feeling as trapped as ever. Living under the constant threat of violence, the mental health costs are staggering – and increasing. Anxiety and depression are at an all-time high for so many.

According to the Canadian Government, there are 3 pillars in their strategy to prevent and address gender-based violence: prevention, support for survivors and their families, and promotion of responsive legal and justice systems. This strategy is important but now it is time to provide concrete steps, address the gaps in the system and to ensure that Intimate Partner Violence is a key element of the National Action Plan to End Gender Based Violence. Interval House is committed to working with the government, other VAW shelters and feminist organizations to ensure that we empower survivors and end violence against women.

Thank you to all 14,000 supporters that signed Interval House’s petition to advocate that the National Action Plan to End Gender Based Violence consults Intimate Partner Violence experts and organizations, ensures a collaborative response from all levels of government as well as law enforcement, judicial systems, and health care systems.

Today, on the International Day for the Elimination of Violence Against Women consider taking a moment to raise awareness that we need a collaborative approach to end violence against women that:

- prevents violence through education and awareness;
- ensures the legal justice system responds to lived realities of women facing violence;
- increases access to services and protections for women living in fear;
- breaks down barriers to housing, employment and child care; and
- invests in further supports for women to rebuild their lives.

Women and children escaping abuse find a safe haven at Interval House — a home where they can heal their physical and emotional wounds and rebuild their lives. To truly break the cycle of abuse and prevent gender-based violence for future generations, women need financial security, safe and affordable housing, and to believe in the possibility of a violence-free life.

Thanks to our supporters and partners, we are continuing to be a voice for women who have experienced intimate partner violence. We use our experience and trusted voice to speak up for

survivors' rights and to call for an end to gender-based violence. Everyone deserves a life of peace and safety, and our goal is to help break the cycle of violence, for good.

It is because of your continued support that we are able to create a safe space for women and children to heal, grow and support each other. They are rebuilding their self-worth and self-confidence. They are breaking the cycle of abuse. Read about everything you've made possible in [our most recent newsletter](#).

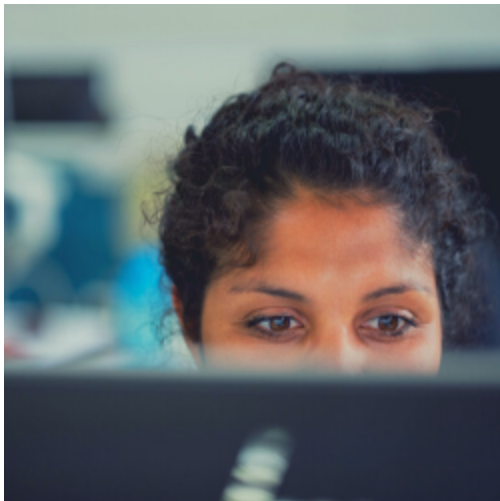
We are very grateful for all of the support and generosity. Thank you, to all of our donors and supporters, for taking a stand to end intimate partner violence and helping survivors rebuild their lives.

[Click here to read the fall Interval House newsletter](#)



"BESS gave me hope and strategies to deal with the effects of the abuse and trauma I've experienced. I couldn't have achieved any of the things I have in the past five years without the love and encouragement I got from the staff at Interval House. I'm grateful to you for holding ground for me to grow into my own"

- Charlotte, BESS Client



In the News

[Toronto Star: Marchers across France decry violence against women](#)

[City News: Officials in Peel highlight need for action to tackle gender-based violence](#)

[CBC: How a made-in-Canada distress signal may have helped save the life of a North Carolina teen](#)

[CTV News: Future police officers in CEGEP getting workshops on domestic violence](#)

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

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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.

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