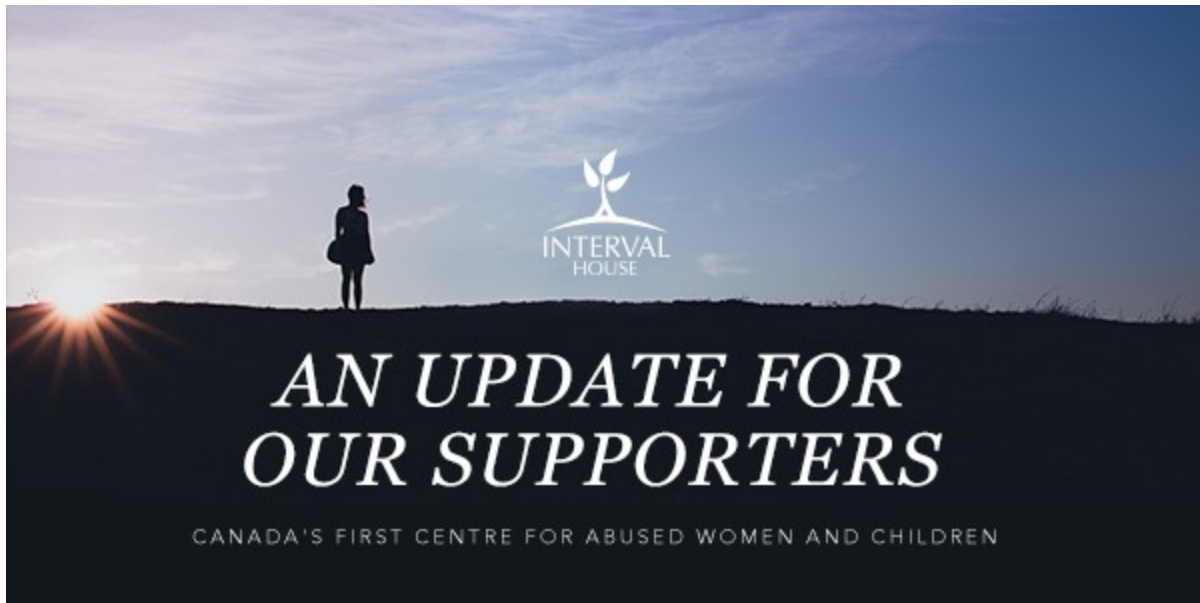


Thank you!

Together we are rebuilding lives after abuse.

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



As the days get shorter, the change in seasons can be a hard time of year. Even as the pandemic drags on, there are signs life is beginning to return to normal for many of us and we're able to do things that seemed impossible only months ago.

But for women experiencing intimate partner violence, the light at the end of the tunnel still seems a long way off ... if they can see it at all. 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.

As the global pandemic continues, we are proud to share that Interval House is still 100% COVID-19 free. We have received a great response from residents who have stayed in our sanctuary suites. Each room is equipped with all of the client's everyday needs including an ensuite bathroom, a mini-fridge, microwave, flat screen tv, coffee maker, laptop, and so much more to ensure their comfort and safety.

For the overall health and safety of our residents, volunteers and staff, we now have a rapid COVID-19 rapid testing stations at the shelter. Thanks to our supporters and partners, we are continuing our increased sanitization procedures and providing high quality PPE to all staff and residents.

This is only possible because you gave us the ability to quickly adjust our procedures, move most of our in-person programming online, and more recently – as you'll read about in [our most recent newsletter](#) - create our sanctuary suites for residents who may need a safe place to quarantine.

For our staff and clients, the fall months are a very busy time. We often see a rise in the number of women fleeing abusive partners with their children but the ongoing global pandemic has made our services more important than ever. Our counsellors in the shelter, and with our BESS program, are ready to welcome survivors in need of refuge and support, even during an ongoing global pandemic. It is because of your continued support that we can continue 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.

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

inside  
OCTOBER 2021



CANADA'S FIRST  
CENTRE FOR  
ABUSED WOMEN  
AND CHILDREN

# Bruised Fruit: The Rotten Truth



Reaching Women in One of the Only Places **They're Free to Go**

[Click here to read our most recent newsletter](#)

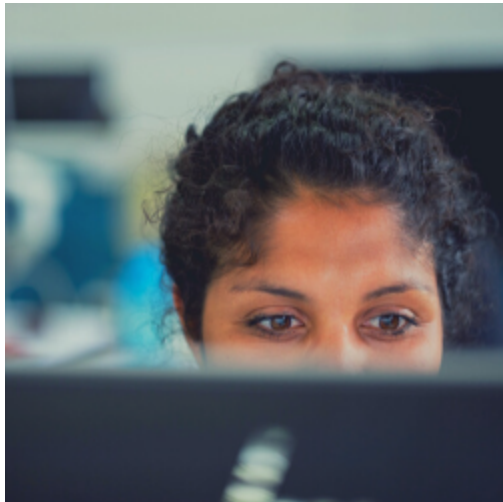


Thank you so much to all our generous donors! Thank you to Loblaws and Toronto Police for hosting the Cram a Cruiser fundraiser three times last month! Community members packed a local police car FULL of food and personal hygiene products, thank you to everyone who donated! Also, thank you to MedChart for donating thanksgiving dinner and halloween candy and costumes for the families at the shelter. And a big thank you to Feist for donating proceeds from her merchandise sales from her recent Multitudes concert in Toronto. And thank you to each and every donor for your kind donations! We are feeling very grateful for all the generous support!



"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

[Globe and Mail: Easing COVID restrictions don't apply to abused women](#)

[The Guardian: Police urged to better protect black women who face domestic abuse](#)

[Boston Globe: I'm tired of violence against women. I'm tired that few care unless the victims are young and white.](#)

[Financial Post: One in four Canadian women has been target of sexual harassment at work: StatsCan](#)

[The Guardian: Denied a voice': how Australia fails migrant victims of 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](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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