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It's hard to believe how quickly summer flew by! Fall signifies a season of new beginnings and new opportunities at Interval House, the leaves are changing, and the long, lazy days of summer are behind us. The children and youth living at the shelter are back at school, and with the help of their mothers and the Interval House Children's Counsellors, they have the tools, resources, and emotional support needed to succeed.

For our staff and clients, the fall months are a very busy time. At this time of year, we often see a rise in the number of women fleeing abusive partners with their children. 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's because of your continued partnership 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.

With your continued support, Interval House is not only a safe haven for women and children in times of crisis, but a long-term network for survivors. Currently, we are continuing to focus on our COVID-19 response, constantly evaluating our programs and evolving to better assist the women and children that turn to us. COVID-19 has heightened the importance of your donation. Your ongoing generosity is essential in helping us provide safety planning, emergency shelter, food, clothing, and services like 24-hour counselling, employment workshops, housing options, and much more.

Thank you, to all of our donors, for taking a stand to end intimate partner violence and helping survivors rebuild their lives.



I thought I wouldn't
feel anywhere but I
feel safe here

You saved
my life

Thank you for everyone
who makes Interval
House possible



"When I was able to break free from my abusive relationship along with my daughter, I felt disoriented and scared, as if I'd lost my own identity. Everyone in the program has played a key role in helping me reinvent myself and rebuild my self-esteem and confidence. I've never felt alone. I'd like to thank everyone who makes BESS possible"

-Maggie, BESS Client



Bruised Fruit

Since the onset of COVID-19, intimate partner violence has increased by over 30 percent in Canada. Women are effectively trapped in their homes with their abusers, and the isolation has limited their ability to seek help. To respond to this crisis, Interval House launched the Bruised Fruit stand is a display of bruised apples with produce stickers that offer facts about the increase of domestic abuse and the Interval House crisis line.

We are pleased to share that we reached over 700,000 people with this campaign video! [Watch video discover the rotten truth about abuse.](#)



In the News

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

[The Guardian: What happens to the children of women killed by men?](#)

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

[CBC: Labrador woman says she was abused for years by cop ex-husband — and the RNC turned a blind eye](#)

[PC Magazine: Protect Yourself From Abuse: How to Find and Remove Stalkerware on Your Phone and PC](#)

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.

[Interval House Website](#) – [Donate Now](#) – [Crisis Line](#)

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PO BOX 35003 STN BRM B, Toronto, Ontario M7Y 6E3 (416) 924-1411 ext. 238 donations@intervalhouse.ca

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