

OCTOBER 2024



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since 1973

CANADA'S FIRST  
CENTRE FOR  
ABUSED WOMEN  
AND CHILDREN

## FROM SHELTER TO STABILITY

How your support makes safe housing  
and new beginnings possible



A safe home is more than just four walls – it's the foundation for a new beginning. For women escaping the grip of intimate partner violence, having a secure place to rebuild their lives with their children can make all the difference. That's why Interval House is committed to providing innovative housing solutions that go beyond the basics of putting a roof over someone's head. With your generosity, we can provide survivors with the support and resources they need to create a fresh start.

You help develop programs like the **Rent Subsidy Program**, which offers a \$1,000 monthly subsidy for one year. *"When you take away the fear of losing their home, it frees survivors to focus on healing and rebuilding,"* says Fazia Mohammed, Senior Manager of Programs Services at Interval House. *"It gives them the breathing room to reclaim their futures."*

Through your support for the **BESS program** and our housing partnerships, we've also secured high-quality apartments in welcoming communities where our clients can live with dignity, free from stigma. These units aren't just affordable – they're integrated, giving families access to the same amenities and opportunities

as everyone else. For many women, this is the first time they've felt safe in a place they can truly call home.

Thanks to your incredible support, Interval House can continue pushing boundaries, offering programs that empower women and children to not only survive, but to thrive. *"Housing is the cornerstone of everything we do,"* Fazia adds. *"Without it, there's no way forward."*

*"When you take away the fear of losing their home, it frees survivors to focus on healing and rebuilding."*  
– Fazia Mohammed, Senior Manager of Programs Services



[intervalhouse.ca/take-action/donate](https://intervalhouse.ca/take-action/donate)

# A New Chapter: Florence's Journey to Safety and a New Life

For four long years, Florence eagerly awaited the day she would be reunited with her three daughters. As that day drew near, anxiety grew. Her small, shared apartment was hardly suitable for a family of four.

That's where your incredible support made a world of difference. Your generosity enabled Florence to access the **Building Economic Self-Sufficiency (BESS) program** at Interval House. With the guidance of our dedicated employment counselors, Florence was able to secure a job that set her on the path to a new life.

As a survivor of intimate partner violence, Florence faced many hurdles. The hardest part was being separated from her children. "Every time I spoke to them, I broke down and cried," Florence remembers. "I promised them we'd be reunited, even though I didn't know when or how."

Through BESS' **Rent Subsidy Program**, Florence found a beautiful, affordable apartment where she and her daughters now live. "I am so grateful to Interval House for being a part of our journey," Florence says. "We would not be where we are without them."

And when Florence took the stage to deliver her valedictorian speech at this year's BESS celebration, she left the room with a powerful message: "**Healing does not mean the damage never existed; it just means that the damage no longer controls your life.**"

*"Healing does not mean the damage never existed; it just means that the damage no longer controls your life." - Florence, from her BESS Celebration valedictorian speech*



# Partner Spotlight:

## From Compassion to Action: Empowering Survivors of Intimate Partner Violence

For Brenan Wyatt, supporting Interval House started with a simple yet powerful realization: organizations like this one are doing incredible work, but they need more than just resources – they need their communities to get involved too!

Since 2020, Brenan has been a passionate advocate for Interval House, leveraging his relationships with major corporations to champion initiatives that help women break the cycle of abuse.

Brenan's connection to the cause is deeply personal. Growing up, he saw firsthand the damage caused by abusive relationships, which sparked his desire to help make a difference.

Through the Cram-a-Cruiser and Bruised Fruit campaigns, he has mobilized resources and rallied community support to shine a spotlight on the urgent needs of survivors of intimate partner violence. "You can see the genuine compassion from everyone at Interval House," Brenan shares. "It's not just about providing immediate support; it's about helping individuals rebuild their lives."

**Thank you, Brenan, for your dedication and for showing that behind every donation is a person making a real difference!**



## A Soundtrack for Change:

### The SheRuns Campaign



Scan to listen

In the quiet moments of a run, women around the world can now find more than just a rhythm – *they can find a lifeline.*

Interval House, in partnership with DonerNorth and Sport Chek, has created SheRuns, a unique 8-track Spotify playlist. What starts as an inspiring "how-to" female running guide quietly transforms into a source of hope, offering information and resources to help women escape abusive relationships safely.

Since it was launched in March, SheRuns has been downloaded in **25** countries, with **76%** of listeners saving the playlist.

We are very thankful to Sport Chek and DonerNorth for their incredible partnership in helping us bring this idea to life and their dedication to helping women break free from violence. Their support helps turn each beat of this playlist into a step toward safety, freedom and empowerment.

**Together, we're creating new paths of hope for women everywhere – one run, one song, one life at a time.**

# Your Support in Action!



## Update:

### Empowering Financial Independence

Thanks to your support, our **Financial Literacy Pilot Project** is a huge success! The program is empowering survivors of intimate partner violence with financial literacy knowledge, skills, and the confidence to make responsible financial decisions. Several of our learning groups have wrapped up their workshops and are now diving into monthly sessions on a variety of topics including **Budgeting, Credit Counselling, Investing, Money Management, Fraud, and Saving**. The women are not only gaining financial skills, but also connecting through peer-support circles, building a strong community as they work towards financial independence.

The feedback has been incredibly positive, with participants continuing to thrive through personalized financial coaching and action plans, so they are able to reach their goals.

**Thank you for helping survivors regain stability and improve their lives!**

## Update:

### Breaking Barriers to Counselling

Our first province-wide initiative, **Virtual Counselling Services**, continues to thrive, thanks to your generosity. The program is growing and diversifying as survivors of intimate partner violence across Ontario continue to join

our program to access crucial support, and acquire key skills to break free from the cycle of abuse.

Through one-on-one virtual sessions and a wide range of E-books available on our online portal, women who have experienced or are currently experiencing violence at home are receiving counselling tailored to meet their unique needs.

The response from survivors has been overwhelming with many women sharing how much this service has helped them regain confidence and take control of their healing journey. **Thank you- we wouldn't be able to deliver this crucial new program without your support!**

## Update:

### Nurturing Healing and Growth

With your support, we've launched our new **Mom and Me Group Counselling program** this year. This initiative is designed to help mothers and children heal together, providing tools for emotional well-being and fostering strong, healthy relationships.

As the first women's shelter in Canada to develop a Children's Program, we're continuing to lead the way in helping children in their healing journey and providing personalized support for young survivors of intimate partner violence.

**Thank you for making compassionate, individualized care accessible to families seeking a brighter future!**



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If you'd like more information about how you can support the women and children of Interval House, visit our website [www.intervalhouse.ca](http://www.intervalhouse.ca) or call 416-924-1411 ext. 238