



By her side  
since 1973

# 2024 Impact Report

## BESS: BUILDING ECONOMIC SELF SUFFICIENCY PROGRAM



Our BESS program connects women with the tools to rebuild and transform their lives after abuse. By providing access to education, financial and housing assistance, employment services, and counselling, BESS helps set women at all stages of the healing journey on the path to living safely and independently.

Here's just some of the impact that you've made through the BESS program this year.

*"Every time I remind myself of my first days at Interval House, I think about how it changed my life. I cannot thank you all enough for what you did for me and my son." - Alyssa\*, Past BESS Client*

- Women served by BESS: **194**  
(**18%** more than last year)
- New BESS Clients: **118**  
(**25%** more than last year)
- Average age: **41 years**
- Women who attended BESS workshops: **150**  
(**75%** more than last year)
  - Workshops include: Understanding Abuse, Building Boundaries, Healthy Relationships, Challenging Your Fears, and more
- Total one on one sessions with clients: **2,182**  
(**40%** more than last year)
- Employment clients: **74**
- Total employment sessions: **769**
- Women who secured jobs: **19**
- Housing clients: **120**  
(**20%** more than last year)
- Total housing services sessions: **1,050**
- Clients who found housing: **34**
- Counselling Clients: **117**  
(**43%** more than last year)



### New Program Highlight

## Financial Literacy Pilot Project

- Client sessions held: **46**
- Number of clients: **26**



By supporting Interval House, you have made an incredible difference in the lives of women and children. In each of these statistics, there is someone whose life has been changed by your kindness. Thank you for your generosity.

# RESIDENTIAL PROGRAM

Women and children escaping abuse find a safe haven at Interval House. But it's more than a home—it's the foundation for healing. Through the Residential Program, women and children access a variety of services, such as counselling, housing, education, legal support, parenting workshops, social gatherings and art therapy, to help them renew hope and get a fresh start. Here's just some of the impact of your support this year.



- Total crisis calls: **643**  
(**35%** more than last year)
- Average length of stay: **92 days**  
(**27** more days than last year)
- One on one counselling sessions offered for women and children: **119**
- Women stayed at the shelter: **47**
- Total hours for Women's group: **400**
- Children stayed at the shelter: **52**
- Total hours for Children's group: **1,170**
  - Children's group topics include: Self-Esteem, Anti-Bullying, Friendship, International Women's Day, Mother's Day
- Number of art pieces created by the children's program: **60**
- Languages spoken: **15**
- Community Partners: **68**

*"In our safe place celebrating, in a peaceful environment. I am forever GRATEFUL for you and every staff member at Interval House for everything you did to help us." - Tara\*, Former IH Resident*

\*Names have been changed to protect privacy.

## New Program Highlight

### Virtual Counselling Services

- Client sessions held: **64**
- Women who are separated from their abuser: **88%**



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