



By her side
since 1973



Compassion in Action: **Because of YOU!**

2024 Gratitude Report





Thank You for Standing with Survivors for 50 Years... and Counting

Last year, we commemorated 50 years of Interval House. This year, we are pressing forward, determined to give even more women and children the safety and resources they need to live lives, free of violence.

Thank you, from the bottom of our hearts, for standing alongside survivors as they embark on a new life of safety, independence, and freedom.

Because of you, when we look to the future, we see hope.

Along with generations of fellow Interval House supporters, you have helped build a strong and solid foundation. Over the decades, our building, programs and services may have changed, but

our principles have remained the same. We have always believed in empowering women and bringing the issue of intimate partner violence to the forefront of the national conversation.

As we continue this vital work, your impact is felt in every room and every program, every day.

Your support has allowed us to develop innovative new programming, take bold risks and evolve beyond the brick-and-mortar walls of our shelter. You help us reduce barriers and ensure we can reach even more women through our Virtual Counselling Services, our first province-wide initiative.

Through the Financial Literacy Pilot Project and our Building Economic

and Self Sufficiency (BESS) Program, you give women the tools and resources they need to achieve financial independence and rebuild new lives.

Because of your generosity and commitment, we have been able to push boundaries and serve as trailblazers in our field for over 50 years.

Together, we are leading the way in the fight against intimate partner violence. Thank you for being at the centre of all we do!

LESLEY ACKRILL
EXECUTIVE CO-DIRECTOR

NADINE CHAN
EXECUTIVE CO-DIRECTOR

Meet our Board of Directors



CINDY VOGEL

Cindy, a lawyer and social worker, has dedicated her career to supporting children and families affected by abuse and trauma. Since 1995, she has maintained a private counselling practice and also manages a medical legal assessment company. She is honoured to support the organization's incredible work assisting survivors and their children.



MICHELE GRANNEN

Michele has 30+ years in the financial sector and has served on Interval House's Board of Directors for 7 years. Passionate about supporting women survivors of intimate partner violence, she deeply admires the organization's dedicated staff and critical work.



HEATHER PICKIN

Heather is a registered Occupational Therapist with advanced certifications in Life Care Planning and Forensic Professionals. She specializes in medical-legal consultations and long-term disability issues. She previously volunteered for the Board of Interval House from 2003 to 2012 and is honoured to be given another opportunity.



CLAIRE HAMILTON

Claire brings nearly 20 years of experience in financial services operations, audit management, and process improvement. She is passionate about supporting Interval House and contributing to its meaningful mission.



EMMA WARRILLOW

Emma is a data and analytics expert who helps clients develop customer-centric marketing strategies. With a Masters in Management Sciences and backgrounds in mathematics and financial services, she mentors clients by making complex data insights accessible. She is thrilled to add Interval House to her many volunteer activities.



Because of You, Hope Lives Here

More than 20 years ago, I sat down with a pair of bright, passionate, forward-thinking women. That meeting was the beginning of my close relationship with Interval House.

Lesley Ackrill and Nadine Chan had come to our marketing agency with a bold idea: an infomercial to spread awareness about intimate partner violence and raise funds for a women's shelter – Interval House.

Working on the project, I learned about the epidemic of intimate partner violence. I was impressed to discover how Interval House constantly adapts and innovates to meet women where they are. That's why when a board position opened up, I took it without hesitation – it was just a full-circle moment.

Today, Interval House's dedication continues to inspire change and bring the issue of intimate partner violence to the forefront.

Our community—people like you—are critical in this mission as well. Year after year, your generous support enables us to transform our passion into an innovative organization with a clear vision of serving others.

Together, we're working towards a future free from intimate partner violence.

Your generosity goes beyond providing a safe place for women and children to escape violence – it provides the life-changing programs that transform lives.

Looking to the year ahead, I'm excited to have your continued partnership as we expand on some of Interval House's ground-breaking programs, so we can reach even more women and children in need.

Your support gives women and children the opportunity to take a deep breath and live without

fear, sometimes for the first time in years.

You're empowering women to envision a future of hope and safety – a future without violence. Thank you.

ANNA FOWLES

CHAIR, BOARD OF DIRECTORS.



Changing Times, Changing Needs: **New Program Highlights**

Your continued support enabled us to find innovative ways to reach survivors of intimate partner violence this year. Here are some highlights from our new programming!





Virtual Counselling Services: Breaking Barriers

Your generosity is delivering free, province-wide counselling to survivors of intimate partner violence through our Virtual Counselling Services.

The program is growing and diversifying, giving women across Ontario access to crucial support to break free from the cycle of abuse. Through one-on-one virtual sessions and online resources, women who have experienced or are currently experiencing violence at home are receiving counselling tailored to meet their unique needs.

Financial Literacy Pilot Project: Empowering Independence

Thanks to your support, our Financial Literacy Pilot Project is thriving. It provides financial literacy knowledge and hands-on, skills-based activities through workshops and one-on-one sessions covering a variety of topics like budgeting, credit counselling, investing, money management, fraud and saving.

The women are also connecting through peer-support circles, building a strong community as they work towards financial independence. The program is empowering survivors of intimate partner violence with the skills and confidence needed to accomplish their financial goals.

Rent Subsidy Program: Starting Strong

Interval House is committed to providing innovative housing initiatives to help women escaping intimate partner violence secure a safe, sustainable place to rebuild their lives. Donors like you help support programs like the Rent Subsidy Program, which offers 10 BESS clients a monthly subsidy of up to \$1,000 for one year.

Our housing services help survivors and their children find high-quality apartments in welcoming communities, so they can have the chance to heal and rebuild their lives with dignity. For many, this is the first time they've felt safe in a place they can truly call home.

New Program Update: Virtual Counselling Services

Your Support Sends Hope Everywhere

Intimate partner violence (IPV) impacts thousands of women across Canada. But for those living in smaller or remote areas, access to specialized counselling is limited.

Now, your support is helping address this gap with our Virtual Counselling Services, our first province-wide initiative.

This program offers free, one-on-one counselling to women who have experienced or are currently experiencing abuse. The virtual format opens access to women with disabilities and women living in rural or remote areas of Ontario. Sessions are tailored to the unique needs and experiences of each client. No matter what stage they are on

their healing journey, survivors are in a safe and supportive environment where they can develop essential life skills, understand the cycle of abuse, and make informed decisions about their future. And perhaps more importantly, it breaks down the barriers that cause isolation.

They collaborate with their counsellor to create personalized plans, identifying areas where they need the most support.

Our online portal has various learning modules and E-books developed by Interval House. These resources foster a deeper engagement with the counselling process, and are designed for

education and awareness and early intervention and prevention of IPV.

Together, we're eliminating barriers and empowering more women to find the skills and confidence needed to break free from the cycle of abuse. Thanks to you, hope lives in more communities today.



Josephine's Journey



Your Support Helped Me Rediscover My Skills and Build a Life Filled with Hope.

I remember holding my perfect newborn, my mind filled with the questions many new parents have. *Will I be a good mom? Will I make her proud?*

But fear interrupted my thoughts. *It's getting worse. I need to leave. How will I support us?*

Adding to my worry was an upcoming psychological assessment. I imagined they would judge me as many others did: someone who lacked any real skills to build a brighter future.

Instead, the psychologist connected me with Interval House.

I began attending support groups and skills programs. I discovered the healing power of therapy. My daughter and I were welcomed with so much love.

Slowly, I began to see what my Interval House community saw in me: a survivor escaping intimate partner violence. A bright university graduate. A courageous woman. A good mom.

My BESS employment counsellor, Fiona, spent time listening to my goals and helping me identify my strengths. I wanted to build a career in healthcare after starting out as a patient care assistant. Although I'd

studied finance many years ago, I didn't see how that was any use to me now.

Fiona pointed out that my education was an asset and there were opportunities within healthcare to apply my experience. I upgraded my skills with a Microsoft 365 course and Fiona helped me update my resume. For the first time in years, I felt confident.

I joined a home care team as a junior administrative assistant. I moved into the payroll department, and today I'm their newest executive administrative assistant.

I'm proud of that, but you know what really makes me feel like I've made it? Each time my daughter shouts, *"That's my mommy!"* when I pick her up from school each day. I know I'm making her proud, too.

When you support Interval House programs, you help women like me find hope. From the bottom of my heart, thank you.



Corporate Partnership Highlight Celebrating a \$1 Million Milestone!

The Federation of Rental-housing Providers of Ontario (FRPO) is the province's largest association representing those who own, manage, build and finance residential rental properties.

They're also a valued partner, deeply woven into the fabric of Interval House.

Since 2006, FRPO has been steadily raising funds for Interval House through corporate events, highlighted by their annual Charity Golf Classic.

"Interval House has always struck a chord with us," explains FRPO's President & CEO, Tony Irwin. "From our board members to people involved with our member companies, the common thread is just a real desire to do our part to support the incredible work Interval House does."

This year's tournament was not only a success but forged an incredible milestone: FRPO has now raised \$1 million in support of Interval House over the past 17 years!

Tony hopes this achievement is just the beginning. "We raised \$1 million in 17 years. Now let's see if we can achieve \$2 million in half the time that took us to get to one!"

Support from donors like you and partners like FRPO is essential to providing safe and secure housing for survivors of intimate partner violence, and helping them rebuild their lives.

We're so grateful to everyone at FRPO, and their membership, for going above and beyond to help support the women and children of Interval House. Together, we can continue to create a path to safety for survivors of intimate partner violence.

Donor Spotlight

Spreading the Love of Family

Nothing makes Stephen happier than getting together with his family.

He's proud that his three grown kids are still close. As the oldest of 12, Stephen knows what a lifelong gift it is to have a special sibling bond.

Growing up on a small Caribbean island, Stephen and his brothers and sisters were a tight-knit bunch. "We were just always together, all the time," he remembers. Being together often meant accompanying their father when he offered rides or took food to those who needed care.

Through difficult times, the family relied heavily on each other for support. To this day, Stephen is grateful for the close relationships he has with his siblings.

Like his own dad, Stephen has always looked for ways to pay it forward in his community. When he first heard about Interval House in

the late 1970's, he sent a donation, and he's continued his support ever since.

"It really got to me," he says, "the fact that we have mothers and children in our community who need a place to go."

Stephen attended his first Open House event at the shelter over 20 years ago. Seeing how deeply families are affected by intimate partner violence, showed him the true impact of his support.

As he toured the living spaces, one thought really hit home: Interval House keeps women and their children safe – surrounded by care and kindness – after experiencing violence.

Surrounded by care and kindness. The way he was raised, and the way he and his wife were raising their children.



Stephen recognized his gifts to Interval House were a way to share his love of family with our community. He became a monthly donor – a gift he has continued to give for more than 25 years with joy.

After that first Open House, Stephen discovered how donor generosity extends beyond emergency shelter. He learned about our holistic approach, and the programs and services that empower women to break the cycle of violence.

For Stephen, it all comes back to strengthening families. He knows his gifts have driven our programs to grow and adapt every year.

Thank YOU for standing by our side, too. Your support transforms the lives of women and their children who have experienced abuse.

Reflections from 2024

Voices of Gratitude



"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 Interval House. I'm grateful to you for holding ground for me to grow into my own"

- **Charlotte***, Former BESS Client

"Thank you so much. BESS truly came at the right time in my life. Thanks again I really appreciate it."

- **Heather***, Former BESS Client

"Thank you again to the entire Interval House staff. Thank you for your support, encouragement, guidance, and thoughtfulness. I hope one day I can give back to you in some way."

- **Nancy***, Former BESS Client

"I arrived at Interval House exhausted and afraid. To my surprise, I found myself in a place of care and welcome. I'm grateful to the beautiful people who support Interval House."

- **Jessica***, Past resident and BESS client

"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***, Former BESS client



*names have been changed to protect privacy



2025 and Beyond

Our Co-Executive Director Shares What's Next at Interval House



Q: *There's no escaping the fact that we're living in a time of rapid change. How is Interval House shifting to meet today's biggest challenges?*

Lesley: Interval House has a long history of being ready to adapt, shifting in a rapidly-changing landscape.

This year we're working to meet women where they are by not only continuing to strengthen our services, but by focusing on breaking down even more barrier for survivors through our new programming.

Q: *What's your greatest hope for the year ahead?*

Lesley: I hope we'll be able to build a model with the Financial Literacy Pilot Project that will help women understand their finances, and learn how to achieve their economic goals.

Also, I hope we'll reach more women who have experienced or are currently experiencing intimate partner violence across Ontario with our Virtual Counselling Services.

Q: *On that note, which program do you hope to grow the most in 2025?*

Lesley: Our Financial Literacy Pilot Project is top of mind. Seeing its success has been amazing, and I'm excited to watch it grow with the support of our community.

Educating women about understanding their finances really is the key to empowering them towards independence.

Summarized*

STATEMENT OF OPERATIONS

REVENUE	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2024 TOTAL	2023 TOTAL
*M.C.C.S.S	\$6,084	-	\$1,228,967	\$1,235,051	\$1,154,568
United Way	-	-	\$72,360	\$72,360	\$69,070
Donations	-	-	\$2,747,956	\$2,747,956	\$2,292,285
Miscellaneous	\$150,969	\$1,006,891	-	\$1,157,860	\$363,171
	\$157,053	\$1,006,891	\$4,049,283	\$5,213,227	\$3,879,094

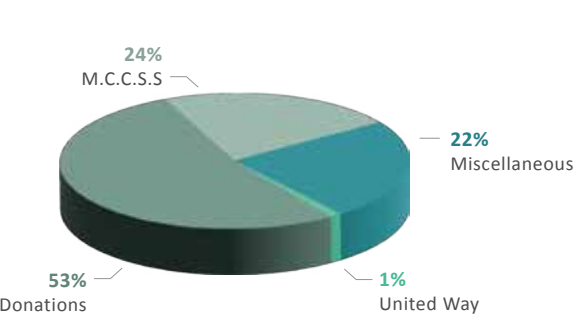
EXPENSES

Programs	-	\$100,807	\$2,875,193	\$2,976,000	\$2,763,455
Public Education and Awareness	-	-	\$354,506	\$354,506	\$624,092
Resource Development	-	-	\$410,264	\$410,264	\$335,875
Facilities and Operations	\$7,180	\$44,613	\$227,708	\$279,501	\$219,740
Amortization	\$267,598	-	-	\$267,598	\$266,534
	\$274,778	\$145,420	\$3,867,671	\$4,287,869	\$4,209,696

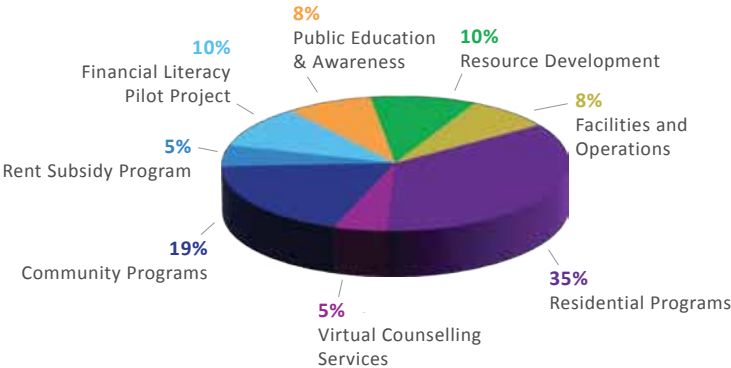
EXCESS (DEFICIENCY) CURRENT YEAR	\$(117,725)	\$861,471	\$181,612	\$925,358	\$(330,602)
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*M.C.C.S.S. - Ministry of Children, Community and Social Services

REVENUE 2023/2024



EXPENSES 2023/2024



Summarized*

STATEMENT OF FINANCIAL POSITION

ASSETS – Current	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2024 TOTAL	2023 TOTAL
Cash and Temporary Investments	\$1,886,435	\$4,892,698	\$25,061	\$6,804,194	\$5,702,877
GST/HST/Sundry Receivable	-	-	\$51,698	\$51,698	\$61,167
Prepaid Expenses	-	-	\$42,930	\$42,930	\$36,651
	\$1,886,435	\$4,892,698	\$119,689	\$6,898,822	\$5,800,695
Capital Assets	\$3,126,037	-	-	\$3,126,037	\$3,348,751
TOTAL ASSETS	\$5,012,472	\$4,892,698	\$119,689	\$10,024,859	\$9,149,446
LIABILITIES – Current					
Accounts Payable and Accrued Liabilities	-	-	\$119,689	\$119,689	\$169,634
	-	-	\$119,689	\$119,689	\$169,634
NET ASSETS					
Invested in Capital Assets	\$3,126,037	-	-	\$3,126,037	\$3,348,751
Internally Restricted	-	\$4,892,698	-	\$4,892,698	\$4,031,227
Unrestricted	\$1,886,435	-	-	\$1,886,435	\$1,599,834
	\$5,012,472	\$4,892,698	-	\$9,905,170	\$8,979,812
TOTAL LIABILITIES AND NET ASSETS	\$5,012,472	\$4,892,698	\$119,689	\$10,024,859	\$9,149,446

**The summarized statements of financial position and operations are derived from the complete financial statements of Interval House as of September 30, 2024 and for the year then ended. The full audited financial statements are available upon request.*

Our Mission:

As Canada's first shelter for women and children experiencing abuse, we remain trailblazers in the campaign for women's empowerment and independence, providing innovative, specialized and transformative services that help to break the cycle of intimate partner violence.

Our Vision:

We envision a world without intimate partner violence against women and their children.

Our Values:

Safety, confidentiality, accountability, collaboration, responsiveness, integrated services, awareness, diversity & independence.



Interval
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By her side
since 1973

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