

SPRING 2025



By her side
since 1973

CANADA'S FIRST
CENTRE FOR
ABUSED WOMEN
AND CHILDREN

MY DAUGHTER AND I WERE WELCOMED TO INTERVAL HOUSE WITH SO MUCH LOVE



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?*

Then I found Interval House. My daughter and I were welcomed with so much love.

I began attending support groups and skills workshops. I discovered the healing power of counselling.

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

Through the BESS program, I was able to determine my goals and identify my strengths. I wanted to build a career in healthcare. To my surprise, I found that my previous education in finance from many years ago could still be utilized today. I upgraded my skills and my resume. For the first time in years, I felt confident.

Today, I'm the newest executive administrative assistant in the payroll department of an organization that provides home care.

I'm proud of what I've achieved, but the best feeling in the world is when my daughter shouts, *"That's my mommy!"* when I pick her up from school every 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.



Your Support In Action!



Financial Literacy is Critical

Our Financial Literacy Pilot Project continues to empower women with the critical knowledge needed to secure their economic independence as they rebuild their lives after surviving IPV.

Thanks to our partnership with CIBC and WAGE, clients are given a learning tool to pay down a portion of their debts, advance their education or invest in their future, while gaining confidence in their financial decisions.

"Our advisor did not judge us and helped us learn a lot. I learned things that I was able to apply in my everyday life. It had a huge impact on me."

"I felt very emotional that the program invested in me with a generous amount of money to apply what we learned."

Enhancing Our Children's Programming

Abuse at home can leave a lasting impact on the whole family. Your support is helping to expand programs for kids on their healing journey at Interval House.

After identifying some gaps in programming for children who have experienced violence in the home, we launched our Enhanced Children's Program. Our goal is to ensure families always have mental health and parenting supports uniquely suited to their needs.

A new program we developed is the Mom and Me Intervention Group, a facilitated one-hour weekly workshop where women and their children learn and grow together. The group allows families to address specific issues and helps them integrate new strategies into their parenting experiences.



Exciting Boost for the Rent Subsidy Program

In December 2024, the City of Toronto announced they will invest \$100,000 into our Rent Subsidy Program, which provides BESS clients with a rent subsidy of up to \$1,000 a month for one year. This funding will be transformational in empowering women survivors of IPV to achieve self-sufficiency amid rising living costs and economic challenges. With these additional resources, we will be able to ensure that 10 more families have a safe home to heal, grow, and care for each other.

Legacy Spotlight:

Paul's Story: Protecting IPV Survivors and Their Children

Growing up on Air Force bases in Germany and across Canada and realizing he was gay, Paul Paquette regularly endured emotional and verbal abuse from bullies at school.

"I felt too ashamed to tell anyone. I thought I was responsible for my own torment," he recalls.

Paul discovered at a young age that survivors of intimate partner violence feel the same kind of shame. A close family friend privately admitted to his mother that her husband was raising his fists and his voice to her and their children.

"I remember thinking how horrible it must be for those kids not to feel safe in their own home," says Paul. "However bad things got at school for me, my home was always a sanctuary."

As a result, Paul developed a fierce desire to protect children, and their mothers, from violence and abuse.

A regular donor for over 30 years now, Paul recently made a gift in his will to Interval House, to "pre-pay" his donations for the time when he's not around to contribute in person. Paul says he is absolutely confident in Interval House's ability to carefully steward his gift for future generations.

"I'm sad that intimate partner violence still exists, but I take hope from the work that Interval House does so brilliantly," he says. "I want to protect children and their mothers for as long as I can, and I want to be remembered for making that kind of difference in the world."



Program Spotlight: Virtual Counselling Services

Currently, there are thousands of women experiencing intimate partner violence (IPV) in Ontario. It's happening in their homes, where they are supposed to feel safe. Access to specialized counselling remains limited, particularly for women in rural and remote areas or with disabilities.

To address this gap, Interval House developed Virtual Counselling Services. Our first province-wide initiative, this program provides free, one-on-one counselling to women who have experienced or are currently experiencing abuse.

By video call or phone, counsellors help survivors to become empowered to live a more self-sufficient life, free from abuse. The program is tailored to each woman's unique challenges, situation and cultural background.

In addition to counselling, survivors have access to E-books and online learning modules developed by Interval House. These resources cover topics designed for education and awareness, and early intervention and prevention of IPV.

Since the program's launch, clients from all across Ontario have shared that it has helped them regain confidence and take control of their lives.

"This innovative program is only possible because of your steadfast support. Donors like you give Interval House the financial security necessary to take risks and explore new ways to address the evolving needs of our clients."



INTERNATIONAL WOMEN'S DAY

Thank You For Journeying With Interval House For Over Five Decades!

International Women's Day, March 8, is always a time of both celebration and reflection at Interval House. This year, as we recognized how far we have come in women's rights and equality, we also acknowledged that women are generally paid less, have lower representation in decision-making roles, and face more barriers in accessing quality healthcare and education.

Women's inequality is inescapable when it comes to intimate partner violence (IPV) and sadly incidents in Canada continue to rise.

Your compassionate support for Interval House is empowering survivors to break the cycle of violence. Through our specialized programs, women have access to shelter, counselling, safe and affordable housing, job opportunities, and so much more to help rebuild their lives.

Thank you for your commitment to ending IPV and building better futures for women!



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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 or call 416-924-1411 ext. 238