

Together we are rebuilding lives after abuse.

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The Postal Strike Will Impact Interval House

Between July 21 and August 1, more than 53,000 employees will have the opportunity to vote on Canada Post's final offers.

The result may be another labour disruption which will severely impact our ability to provide life-saving support for women and children fleeing abuse.

With intimate partner violence at crisis levels, your support remains critical.

Help us maintain our life-saving services by donating [online](#) or call us at 416-924-1411 ext. 238.



With summer in full swing here at Interval House, we can't help but feel grateful for the light and warmth your generosity brings to the lives of the survivors we serve.

Thanks to your support, the women and children at our shelter are enjoying a season full of fun activities and memorable family outings.

Your commitment helps break the cycle of violence and brings hope to those who need it the most. From all of us at Interval House, thank you!

BESS Celebration 2025!



We recently held our annual **Building Economic Self-Sufficiency (BESS) Celebration!**

It was a special evening, joined by our clients, donors, and supporters, where we celebrated the incredible accomplishments of our BESS clients over the past year.

Thank you for your unwavering support in empowering women to live a life free from violence.

Have You Read Our Recent Newsletter?



Finding safe and affordable housing is one of the biggest challenges facing women who have fled intimate partner violence.

That's why we developed the **Rent Subsidy Program (RSP)**, which provides crucial support to clients in our BESS program. With a one-year rent subsidy of up to \$1000 per month, our RSP strives to support abused women in securing housing so they can focus on achieving greater economic stability.

In our [Newsletter](#), you'll read all about the exciting updates to the RSP, including the City of Toronto's recent contribution to the program and what this means for our clients.

[Read Now](#)

P.S. If you haven't had a chance yet, we would be very grateful if you would take the time to complete a [brief survey](#). Thanks to the input of caring supporters like you, we are able to refine our services and better serve our community.

[Supporter Survey](#)

Updates on New Programming at Interval House!

NEW PROGRAMMING AT INTERVAL HOUSE



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Virtual Counselling Services

VIRTUAL COUNSELLING SERVICES



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Our **Virtual Counselling Services (VCS)** program is designed to meet each woman's unique needs and challenges. Outside of individualized counselling, clients have access to our secure online portal which houses a variety of learning modules and e-Books focused on education, awareness, and early steps to prevent violence.

One of the newest additions to our resource library is an e-Book titled **Building and Maintaining Friendships**, aimed at supporting survivors as they rebuild trust, reconnect with old friends, and seek to create new healthy friendships.

Clients have said they are finding the e-Books really helpful in understanding their relationships and figuring out how to move forward in a safe and positive way.

Financial Literacy Pilot Project



FINANCIAL LITERACY



Interval
House

By her side
since 1973

The **Financial Literacy Pilot Project (FLPP)** scales up on our existing BESS program, empowering participants to strengthen their financial management skills.

Clients take part in monthly workshops, receive one-on-one coaching, and develop a personalized financial work plan with the help of our Financial Empowerment Specialist.

This month's workshop, **How to Find Ways to Boost Your Income**, walked clients through using online tools to find practical ways to increase their income.

We're excited to see clients deepen their financial knowledge and feel empowered to take control of their finances.

If you are interested in supporting our new programming, or would like to learn more, please email us at donations@intervalhouse.ca or call us at 416-924-1411 ext. 238.

[Donate Now](#)

What's Happening in BESS?



Moving to a new home is a significant life event that brings both excitement and challenges. For women rebuilding their lives after abuse, this is a big step.

This month's workshop – **Fresh Start: Thriving in Your New Home** – focused on delivering practical tips and essential resources to help clients navigate their transition into a new neighbourhood. The workshop included:

- **Smart Settling-In Strategies:** Tips for organizing, personalizing your space, and managing move-in stress.
- **Neighbourhood Know-How:** Discovering local amenities, understanding public transit, and finding essential services right in your area.
- **Connecting with Your Community:** Learning how to meet neighbours, finding local groups, and exploring events that make your city feel like home.

If you're interested in learning more about our BESS program, please click below.



"My counsellor was excellent. She was patient and spoke to me in a way that made me feel safe and not judged. I felt safe to share and enjoyed when we met to discuss various topics."

– Anna*, Virtual Counselling Client

In the News



CBC News: [Independent provincial review warns gender-based violence 'normalized'; outlines recommendations](#)

CTV News: [Mother of the Kelowna woman allegedly murdered by estranged spouse speaks out](#)

Ottawa Citizen: [Intimate partner violence reports up nine per cent in first half of 2025, Ottawa police say](#)

CBC News: [Barbershop meetings discuss ways to prevent domestic violence in Nova Scotia](#)



Do you know someone in crisis?

If you know someone that is being abused and needs immediate assistance, call our crisis line.

CRISIS LINE: 1-888-293-5516

For more information about our shelter and programs, see our non-emergency contact information below.

TEL: 416-924-1411 EXT. 251

EMAIL: info@intervalhouse.ca

CONTACT US

For other questions and donor inquiries, please find our non-emergency contact information below:

TEL: 416-924-1411 EXT. 238

EMAIL: donations@intervalhouse.ca

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**Interval
House**

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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