

Fall 2025



By her side
since 1973

CANADA'S FIRST
CENTRE FOR
ABUSED WOMEN
AND CHILDREN



Residential Program

You Open Doors to Safety

When a woman escapes violence and walks through the doors of Interval House, the first thing she finds is **safety**. And when she engages in our programs, she discovers **community**.

Thanks to your steadfast support, our **Residential Program** provides comprehensive services to support women and children as they heal and rebuild their lives.

In our **Women's Program**, we take a holistic approach to healing. A wide range of tools and resources are available to support survivors, including one-on-one counselling, housing assistance, legal support, expressive art groups, social gatherings and more. Group counselling sessions foster community, encouraging women to share their experiences and learn from each other as they move forward.

Intimate partner violence (IPV) can leave a lasting impact on the whole family. We're breaking the cycle of abuse through intervention and support in our **Children's Program**, where kids and their moms reconnect and establish healthy family relationships.

You make it possible for Interval House to develop innovative programming that supports the emotional, practical and social needs of survivors of violence.

In the face of a staggering rise in intimate partner violence, your support opens doors to safety, community, and the chance for a fresh start.

RESIDENTIAL PROGRAM BY THE NUMBERS

- Total crisis calls: 643 (up 35%)
- Number of women and children who stayed at the shelter: 99
- Languages spoken: 15
- Average length of stay: 92 days
- One-on-one counselling sessions offered for women and children: 119

intervalhouse.ca/take-action/donate



From Isolated to Empowered: Tamar's Story

"To anyone out there who feels like they're just barely holding on: I see you. I've been you. And I want you to know you're stronger than you think. You deserve joy and a future that feels safe and full of hope."

Just a few years ago, I didn't know how I was going to make it alone.

I had left my abusive marriage – and I was overwhelmed by fear and uncertainty. Facing eviction, I spent sleepless nights holding my daughter and wondering where we could go next.

I didn't just need shelter. I needed safety. I needed a place to breathe, to cry, to figure things out. That's what I found when I walked through the doors of Interval House.

The Building Economic Self-Sufficiency (BESS) program offered resources that I never knew existed, starting with help securing a new apartment. I learned how to manage my finances through the Financial Literacy Pilot Project.

Employment counsellors empowered me to set healthy workplace boundaries and advocate for myself at work, which led to a job promotion!

Each program I accessed reminded and encouraged me, each day, that I'm not broken, I'm healing. I'm not just surviving – I'm rebuilding. Not just for me, but for my daughter.

In 2024, I was diagnosed with cancer and underwent major surgery. For a moment, I was transported back to another terrifying time when my world was spinning.

But this time, I wasn't alone. Thanks to your support, I'm now surrounded by an incredible community of Interval House staff, survivors and allies.

You fill me with joy for a future that feels safe and full of hope. Thank you!

– Tamar, 2025 BESS Celebration Valedictorian

Virtual Counselling Services:

Your Support is Breaking Down Barriers For Women Across Ontario

Since opening our doors in 1973, we've strived to find new, innovative ways to offer barrier-free access to our programs and services to women fleeing abuse.

Your ongoing support connects even more survivors across the province with our Virtual Counselling Services, and gives them the resources they need to understand the dynamics of abuse, address their trauma, and break free from the cycle of violence.

Through individualized sessions and access to a wide range of E-books available on our online portal, women who have experienced or are currently experiencing abuse are receiving counselling tailored to meet their unique needs and challenges.

Together, we're finding new ways to meet survivors where they are. **Thank you.**

Opening the doors to support in Ontario: Currently, 66% of women who are accessing Virtual Counselling live outside the GTA.



Donor Spotlight:

Inspired by the Courage of Survivors, Jennifer Williams Pushes Her Limits



This month, longtime supporter Jennifer Williams from Royal LePage will set out on a grueling 5-day, 100 km-long trek in South East Asia. The Cambodia Challenge for Shelter will be her fifth global trek, raising funds for Interval House.

"I know the adventure ahead will test me both physically and emotionally, but I applied once again because I believe strongly in this cause," she explains. "The services provided by Interval House are just so essential for women who have fled violence."

When the intense heat, humidity, and physical exhaustion take hold, turning her thoughts to the Interval House community will inspire Jennifer to push through.

"As I face this challenge, I will draw strength knowing that every dollar I raise and every kilometer I walk will help make it easier for women and children to find the safety, hope and healing they deserve."

Jennifer's incredible efforts over the years have raised nearly \$25,000 for Interval House programs! Thank you, Jennifer!

"I feel strongly about raising awareness that intimate partner violence can include financial control, coercion and emotional abuse that isn't always visible."

Your Support Provides Safety Amid an Epidemic of Violence

As the need for our services continues to grow, your unwavering support saves lives.



The enduring vision of Interval House is a world without intimate partner violence (IPV). Until that world is within reach, your partnership will continue to fuel our mission to remain trailblazers in the campaign to break the cycle of violence.

Your support of women escaping violence has never been more critical than right now.

- National statistics reveal a grim trend: the rate of intimate partner violence* in Canada has risen every year since 2015.

- Since the pandemic, IPV has been at an all-time high. Before COVID-19, a woman in Canada was killed by her partner every six days. **Now, it's every two days.**
- The rise of IPV is so alarming that **106 municipalities across Ontario have declared it an epidemic.**
- **Femicide** is defined as the killing of women and girls because of their sex or gender.
 - ⇒ In 2023, **187 women** in Canada were **victims of femicide.**
 - ⇒ 2024 was equally deadly, with **187 women murdered** in Canada.
 - ⇒ When the victim of a homicide is a woman, there is a **44 percent** chance she was **murdered by her spouse or intimate partner.**

In times of crisis, your support brings hope. You give women experiencing abuse a better chance of finding safety and rebuilding their lives.

Together, we can continue pushing boundaries, opening doors to safety and community by offering programs that empower women and children to not only survive, but to thrive in a better future they've forged for themselves.



**79 per cent of IPV is perpetrated by men against 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