

Together we are rebuilding lives after abuse.

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Canada Post is Currently on Strike

As of September 25th, Canada Post is on strike. The strike will have a serious impact on our ability to deliver crucial services to 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.

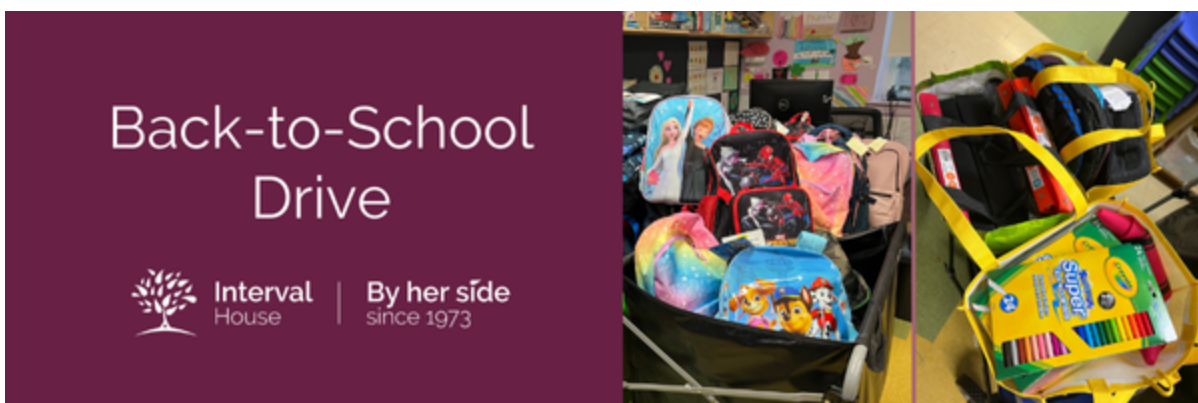


It's hard to believe how quickly the summer flew by. As the warmth gently fades and the air turns crisp, we are excited to celebrate all that the fall season has to offer.

The kids living at the shelter are back at school, and thanks to the generosity of supporters like you, they have the tools, resources, and emotional support needed to succeed.

Thank you for making these transformative moments possible!

Back-to-School Drive



The kids at Interval House were excited to head back to school this year! With brand new backpacks, matching lunch boxes and water bottles, the kids have all the essential supplies they need to succeed this school year.

This was all made possible thanks to our generous donors. On behalf of the families at Interval House – thank you!

'Cram a Cruiser' Food Drive in Support of Interval House



Loblaws and Toronto Police Service hosted a successful '**Cram a Cruiser**' event, where members of the community purchased a ready-packed bag or brought their own non-perishables, with the goal of filling a police cruiser. **In total, they were able to collect 143 bags!**

Thank you to everyone that showed up to support our organization, and to Loblaws and Toronto Police Service for hosting such an amazing fundraiser!

Updates on New Programming at Interval House!





Virtual Counselling Services (VCS) helps survivors to stay emotionally present and become empowered to live a more independent life, free from abuse.

Here's some feedback from one of our most recent clients:

“I rate the counselling excellent because the sessions genuinely met my needs and had a meaningful impact on my well-being.

The counsellor provided practical guidance with clear, actionable strategies, offered support and understanding that made me feel heard and safe, and helped me gain insight into my emotions, behaviours, values, and goals.

I felt empowered and motivated to make positive changes, and the personalized approach addressed my unique situation rather than giving generic advice.

I also noticed significant positive changes in just a few sessions, which shows how effective and transformative the counselling was.”

Financial Literacy Pilot Project



Women who have experienced abuse often face unique financial challenges and barriers, especially after leaving their abusive relationship.

This month's **Financial Literacy Pilot Project (FLPP)** workshop, **“Staying on Track to Achieve Your Goals, Despite Major Obstacles”**, delivered practical tips and tools to help clients push past self-doubt and fear, so they can remain focused and motivated to achieve their goals.

We're really happy to see our clients making confident and informed decisions to help them reach their long-term financial goals.



"The Financial Literacy Specialist did not judge us and helped us learn a lot. It was more than I had expected. I learned things that I was able to apply in my everyday life."

– Marissa*, Financial Literacy Pilot Project Participant

If you are interested in supporting our 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?



Our workshops in BESS are geared to address the particular barriers women who have experienced intimate partner violence have faced.

This month's BESS workshop, "**Understand the Power You Hold**", focused on encouraging clients to recognize their strengths, influence, and potential in both their personal and professional lives.

Through guided reflection, interactive activities, and group discussions, clients learned how to take control of their strengths and lead with purpose and confidence.

Building Economic Self-Sufficiency



In the News

CBC News: [N.S. declared intimate partner violence an epidemic one year ago. What's changed?](#)

Durham Region: ['Must end now': IPV on the rise in Durham](#)

CBC News: [Arson and attempted murder case involves intimate partner violence, says relative of victim](#)

Stratford Today: [Conversation key to ending domestic violence](#)



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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