

Together we are rebuilding lives after abuse.

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Canada Post is Currently on Strike

Canada Post has announced they will be moving from a full, national strike to rotating strikes.

The continued service disruptions will have a serious impact on our ability to deliver crucial services to women and children fleeing abuse.

As intimate partner violence continues to rise, your support remains critical.

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



This fall has been a time of growth and renewal.

The kids at Interval House are finding the joy of learning again, in new neighbourhoods, with new friends and teachers. Their mothers are taking powerful steps towards independence with the support of our programs and services.

On behalf of the families at Interval House, thank you for being part of this journey of hope and transformation!

Check out our Fall Newsletter!



In our [Fall newsletter](#), you'll read updates about programs and services like our [Residential Program](#), and [Virtual Counselling Services](#), that help reach isolated women experiencing abuse across Ontario.

You'll also read about how you've changed the lives of women like Tamar, who first arrived at Interval House as a young mother fleeing an abusive marriage. Thanks to your support, she received counselling, secured safe and affordable housing, improved her financial literacy knowledge, and even earned a promotion at work!

Because of your incredible support, Interval House can continue to give women experiencing abuse a chance at finding safety and rebuilding their lives. **Thank you!**

Click below to check out our **Fall Newsletter!**

[Fall Newsletter](#)

Thanksgiving at the Shelter



This Thanksgiving, the families at Interval House were brought together with a traditional turkey meal prepared by one of our corporate partners.

Thank you for making this Thanksgiving extra special for the women and children!

We Want to Hear From You!

We are truly grateful for your support and would appreciate if you would take a moment to fill out our brief survey below.

Supporter Survey

Updates on New Programming at Interval House!



Virtual Counselling Services



Why did we create Virtual Counselling Services (VCS)?

This program was created to increase accessibility and reduce barriers, including physical limitations, so that more women can access our programs and services.

These free counselling sessions are accessible to survivors who may experience barriers with in-person IPV counselling, such as women living in rural/remote areas and women with disabilities. All they need is access to an internet connection or a phone line.

Our Goals:

- Expand our services to reach more women experiencing abuse across Ontario
- Support survivors in healing at any stage of their journey
- Provide a safe and compassionate space to overcome their trauma
- Allow women that are undecided or unsure about leaving an abusive relationship to make the best possible decision for their future

Financial Literacy Pilot Project



Our clients from the newest cohort of the **Financial Literacy Pilot Project (FLPP)** have successfully completed the program!

The response has been overwhelmingly positive as clients expressed how their confidence has increased when it comes to managing their personal finances and planning ahead for their futures.

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

“I have been putting in practice everything that I learned with you. In fact, it's not easy to restart a life after so many difficult situations, but I'm trying. I keep going! I would just like to thank you for your attention and support all this time.”

– Mia, FLPP Client

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?

WHAT'S HAPPENING IN BESS?



Interval
House

By her side
since 1973



This month's workshop, "**Understanding Housing Discrimination**", explored how survivors can face discrimination because of their background or experiences, particularly when it comes to finding affordable housing.

The group engaged in meaningful conversations where they shared similar experiences and learned how to take control, remain courageous and determined on their paths to securing safe housing for their families.

Building Economic Self-Sufficiency

In the News

CBC News: ['Stop the violence': Women's group shining light on brain injuries among abuse victims](#)

InvestigateTV: [Why experts say young adults face highest risk for intimate partner violence](#)

CBC News: [Eric Rich sentenced to life in prison for 2nd-degree murder of intimate partner](#)

Global News: [Spouse of Nova Scotia mass shooter to publish memoir about 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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PO BOX 911 STN U, Toronto, Ontario M8Z 5P9 (416) 924-1411 ext. 238 donations@intervalhouse.ca