

Together we are rebuilding lives after abuse.

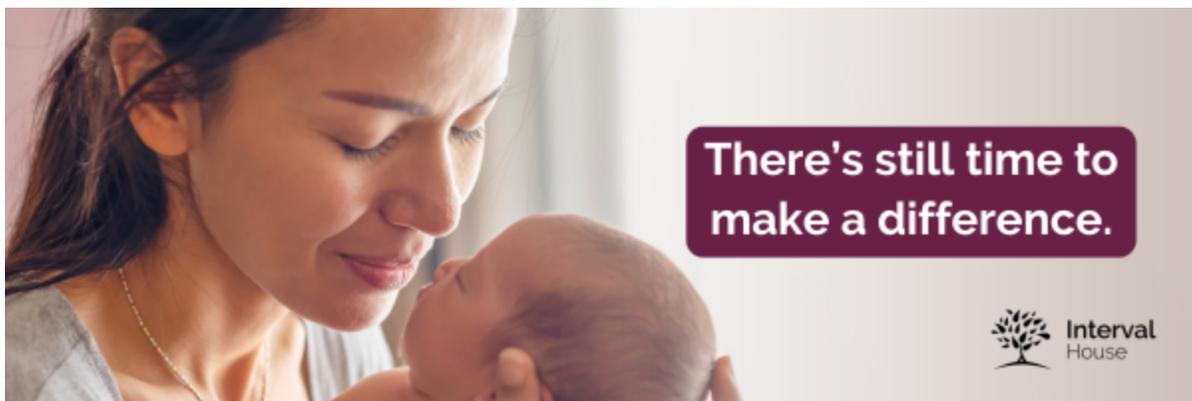
To view this email in your browser [click here](#)



As 2025 comes to an end, we want to say thank you! Your support allows our staff to go above and beyond to make Interval House a place of safety, warmth, and magic this time of year for the women and children we serve.

From our Interval House family to yours, wishing you a happy, healthy, and safe holiday season and all the best in the New Year!

Last Chance to Give in 2025!



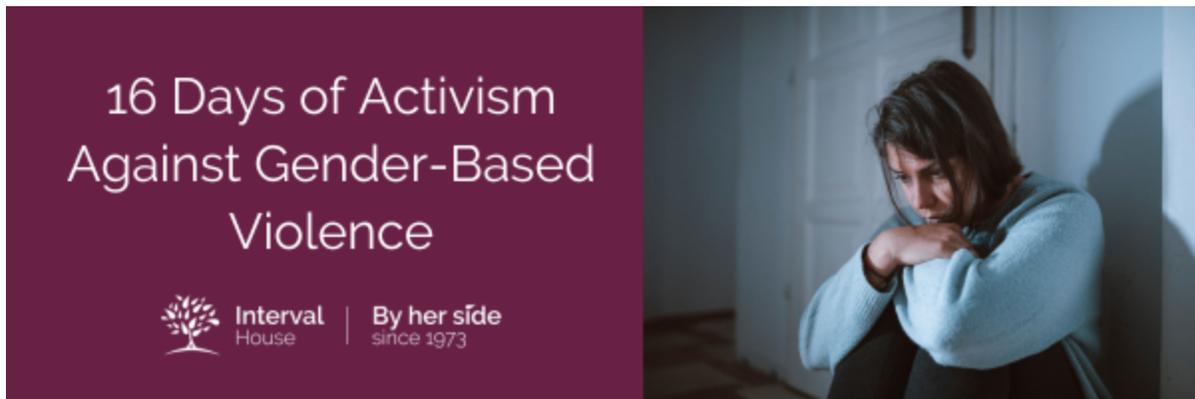
With your donation, you're offering a fresh start to women and children who have escaped abuse and a chance to rebuild their lives, free from violence. Your support is essential in helping us provide safety planning, emergency shelter, 24-hour counselling, employment workshops, housing assistance, and so much more.

If you have already made your gift, thank you for your commitment to helping women fleeing violence build a better future!

And if you still need to make your gift, we encourage you to [donate by midnight on December 31st](#) to obtain your 2025 tax receipt.

Donate Now

16 Days of Activism Against Gender-Based Violence



The 16 Days of Activism Against Gender-Based Violence (GBV) is an annual campaign that runs from November 25th to December 10th. It is a time to both reflect on violence against women and to take action to end it. The theme this year was **“Ending Digital Violence Against All Women and Girls”**.

Across our social media channels, we raised awareness about the rise of intimate partner violence, and the new forms digital abuse being weaponized against women, in Canada and throughout the world.



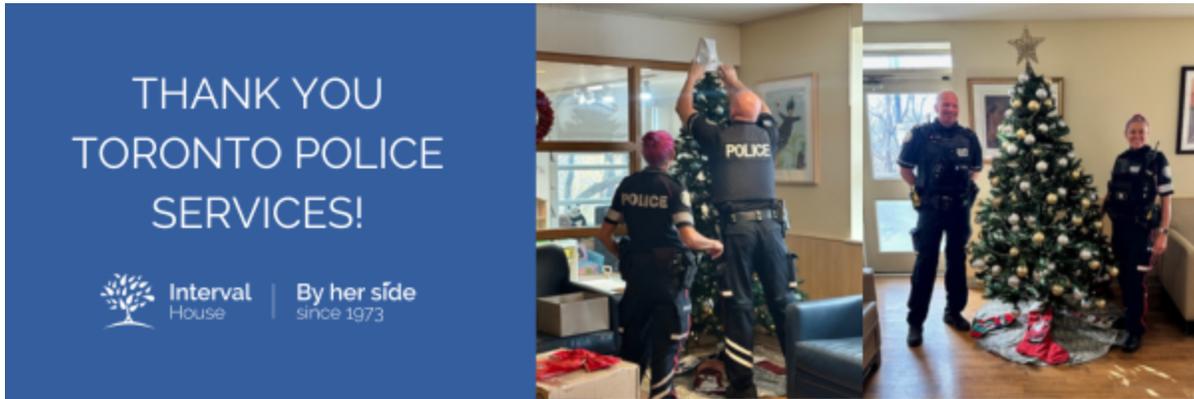
December 6th marked the National Day of Remembrance and Action on Violence Against Women. On this day, we remembered the 14 young women that were killed at l'École Polytechnique de Montréal in 1989, in an act of misogynistic violence.

In commemoration, we're sharing our special video featuring Anna Maria Tremonti, renowned Canadian broadcast journalist.

In this video, Anna Maria Tremonti takes us through the experience of covering the tragic event, and the importance of providing survivors with the resources and support they need to rebuild their lives.

Click below to watch the video now.

Thank You Toronto Police Services!



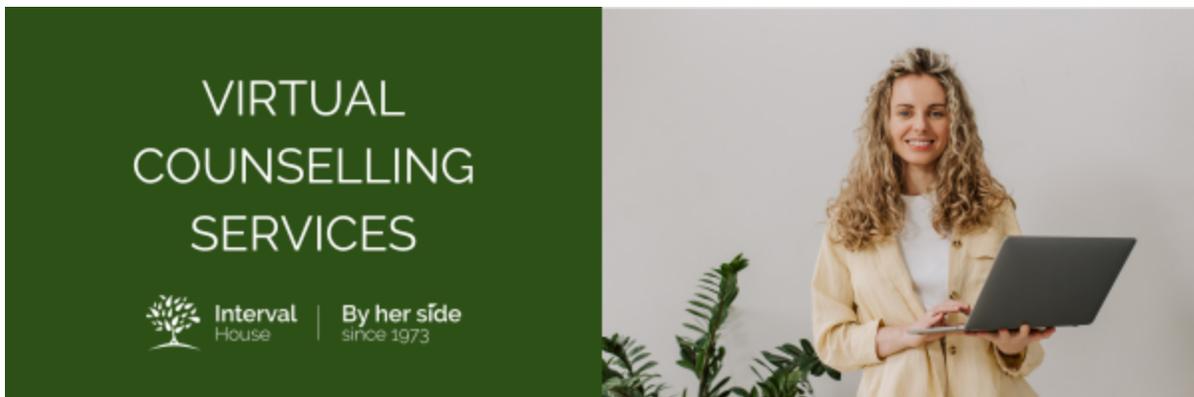
Thank you, Toronto Police Services, for decorating the shelter and cooking meals for our residents!

Because of your generosity, the families at Interval House are experiencing the festive cheer and joy of the holiday season!

Updates on New Programming at Interval House!



Virtual Counselling Services



Intimate partner violence can be more prevalent in rural areas across Ontario due to the lack of accessible services. Because of geographical barriers, women fleeing abuse are not able to promptly receive the help they need.

Our first province wide initiative, **Virtual Counselling Services (VCS)** offers an effective solution to reducing these barriers. By requiring only an internet connection and a phone line, the program delivers quick and easy access to our services.

Currently, 73% of women accessing virtual counselling are outside the GTA. Through individualized counselling, they are able to address the impacts of abuse and acquire key skills needed to break free from the cycle of violence.

Financial Literacy Pilot Project



Clients in the newest cohort of the **Financial Literacy Pilot Project (FLPP)** are making great strides through monthly workshops and weekly peer-support circles.

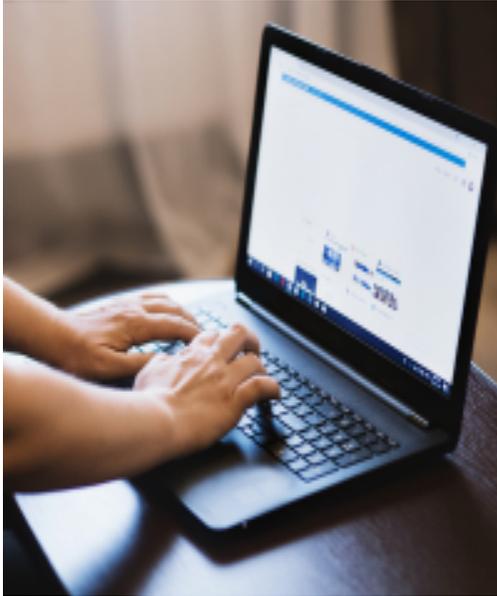
Their recent workshop, “**Re-examining Budgets and Strategies to Increase Savings**”, focused on reviewing their income, expenses and debts to determine the best plan to manage expenses and maximize savings based on their circumstances.

We’re very glad to see clients participating eagerly and progressing in their journeys to become financially secure and independent.

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



In the News

CP24 News: ['Children are never bystanders' to gender-based and intimate partner violence: industry expert](#)

CTV News: ['19 calls, 5 to 6 arrests per day': Police chief reveals London's intimate partner violence statistics](#)

CBC News: [Quebec study finds most victims of intimate partner violence don't go to the police](#)

Global News: [Decade-long analysis looks at domestic homicide rates in Atlantic provinces](#)



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 inquires, please find our non-emergency contact information below:

TEL: 416-924-1411 EXT. 238

EMAIL: donations@intervalhouse.ca

Connect with us to stay up to date



[Facebook](#)



[Twitter](#)



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](#)

© Interval House

PO BOX 911 STN U, Toronto, Ontario M8Z 5P9 (416) 924-1411 ext. 238 donations@intervalhouse.ca

You are receiving this email because you subscribed to Interval House communications. You can [unsubscribe anytime here.](#)