



By her side  
since 1973

# 2025 Impact Report

## Residential Program

Interval House creates pathways to safety and new beginnings for women and children escaping abuse. Through emergency shelter, counselling, and other support services, we offer survivors a safe haven—and an opportunity to start rebuilding their lives.

**Here's just some of the impact that you've made this year:**

**439**  
total crisis calls



**102**  
days stayed on average  
(up **10** days from last year)



**155**  
individual counselling sessions  
(up **30%** from last year)



**227**  
hours of Women and Children's group



**42**  
women stayed at the shelter



**14**  
languages spoken

**40**  
children stayed at the shelter



**80**  
pieces of art created in the children's program  
(up **33%** from last year)



**Program Highlight!**

### Virtual Counselling Services

- **54** women received virtual counselling
- **41%** of women were from across Ontario (outside GTA)
- **331** client sessions held

*"I arrived at Interval House exhausted and afraid. To my surprise, I found myself in a place of care and welcome. Thank you so much for giving me the strength and courage to move forward." - Shiloh\*, Former IH Resident*

# BESS: Building Economic Self-Sufficiency Program

Women come to Interval House at different points in their healing journey, and we meet them exactly where they are. Our BESS program offers personalized support—everything from employment, housing, counselling and financial literacy—to help women reclaim their strength and reach their full potential.

**Here's just some of the impact that you've made through BESS this year:**



*"BESS gave me hope and strategies to deal with the effects of the abuse and trauma I've experienced. I couldn't have achieved any of the things I have in the past five years without the love and encouragement I got from the staff at Interval House." - Jenny\*, Past BESS participant*



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\*Names have been changed to protect privacy.