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Thanks to your ongoing support, Interval House has remained a trailblazer in finding innovative solutions to support survivors and provide them with the tools and resources they need to regain independence and build new lives.

Because of you, we are able to provide a safe environment for women and children fleeing abuse.

Thank you for your commitment and confidence in the work we do. We're truly grateful to have you as part of the Interval House family!

Read our 2025 Impact Report!



We are proud to share with you the life-changing impact you have made possible in 2025. Thank you for helping us create lasting change for survivors of intimate partner violence.

Check out our [2025 Impact Report](#) now!

2025 Impact Report

We Want to Hear From You!

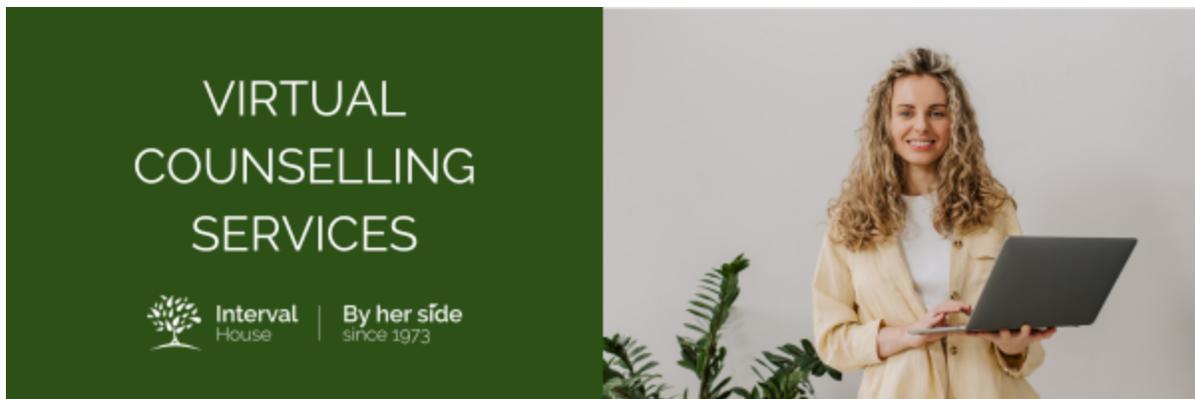
We'd love to hear why you choose to support Interval House and why helping women and children who have experienced intimate partner violence is important to you. Please take a moment to share your thoughts through this quick supporter survey.

Supporter Survey

Programming Updates



Virtual Counselling Services



Our [Virtual Counselling Services \(VCS\)](#) offers holistic support to survivors and empowers them to live a more self-sufficient life, free from abuse.

Here's what some of the clients have expressed:

“I did counselling years ago, but it didn't feel as personable as this did. It didn't feel like just a job to the Counsellor, it felt like true compassion and empathy, which is something I desperately needed during the darkest time of my life.”

– Samantha*

“It was extremely helpful in understanding IPV better and unlearning the misconceptions I had. The counsellor was excellent and a strong support system.”

– Priya*

Financial Literacy Pilot Project



Financial abuse in an intimate relationship can limit a woman's ability to be independent and make her own financial decisions.

That's why we created our [Financial Literacy Pilot Project \(FLPP\)](#) which empowers survivors to learn financial management skills and knowledge. The program offers:

Monthly financial workshops which cover a variety of topics, such as budgeting, credit counselling, tax clinics, and savings

Peer support circles, that provide a safe space for participants to connect and share insights

One-on-one financial coaching sessions with our Financial Empowerment Specialist

A Monetary Learning Tool to help accomplish their financial goals

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](#)

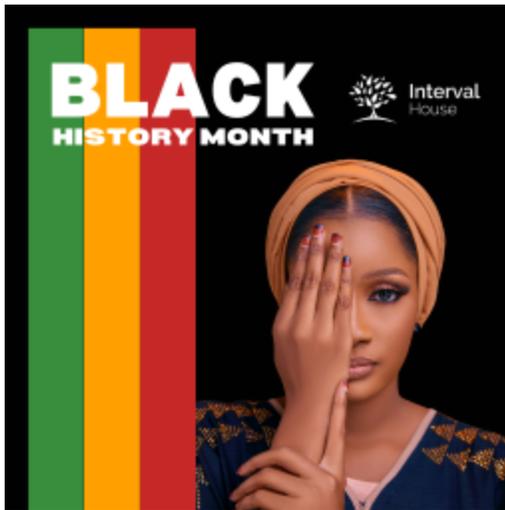
What's Happening in BESS?



This month, we hosted a **Galentine's Day** event for the women in the BESS program!

The day began with a find-your-way puzzle, followed with a karaoke sing-along where women got to share their favourite songs. They ended the day with a creative Valentine's Day card-making activity for their loved ones.

[BESS Workshops](#)



Black History Month

During Black History Month, across our social media channels, we celebrated the accomplishments and contributions of Black women while addressing the harsh reality of the disproportionate gender-based violence they face.

[Read More](#)



Teen Dating Violence Awareness & Prevention Month

February is Teen Dating Violence Awareness & Prevention Month. On social media, we raised awareness about the prevalence of teen dating violence in Canada, and promoted early intervention to help youth break the cycle of violence.

[Read More](#)



In the News

- > **CBC News:** [More than 600 RCMP officers faced gender-based violence disciplinary charges since 2014, CBC analysis finds](#)

- > **City News:** [Ottawa police data shows rise of intimate partner violence in 2025](#)

- > **People News:** [A Woman Reported a Sexual Assault the Day Before She Was Killed. Her Boyfriend Is Now Charged with Her Death](#)

- > **CBC News:** [Advocates renew calls for N.L. to declare gender-based violence an epidemic](#)



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 or 416 - 924 - 1491

For more information about our shelter and programs, see our non-emergency contact information below.

TEL: 416 - 924 - 1441 EXT. 251

EMAIL: info@intervalhouse.ca



[Interval House Website](#) - [Donate Now](#) - [Crisis Line](#)

donations@intervalhouse.ca

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