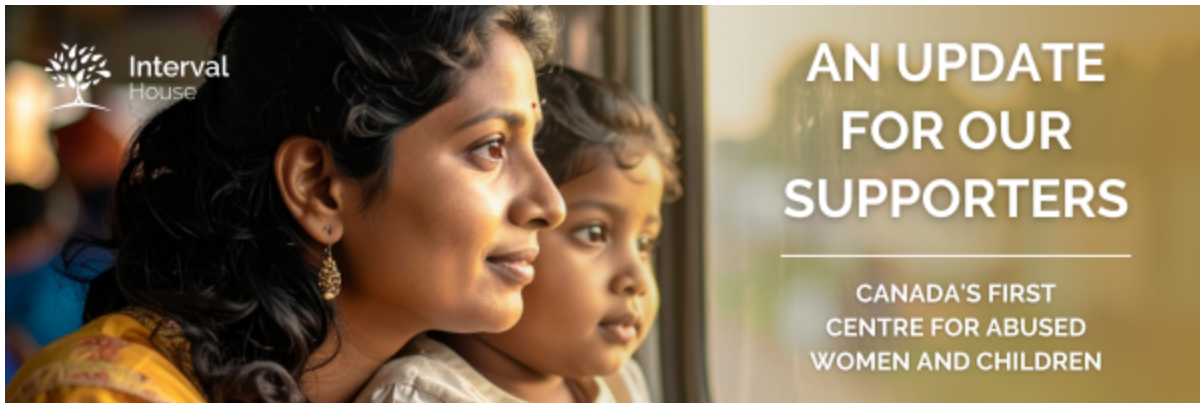


[View in browser](#)



As the temperatures drop and we embrace the new year, we are reminded of the importance of warmth, safety, and hope.

The residents at Interval House are empowering themselves to live the life they deserve and break the cycle of abuse. We're so proud of their courage as they move on to their next chapter, rebuilding their self-worth and self-confidence.

All this could not be possible without the generosity of donors like you. You help give survivors the hope, security, and the resources they need to create a fresh start.

Thank you for continuing to take a stand to end violence against women.

Holiday Season at Interval House!



The holiday season can be a difficult time for our residents. Because of donors like you, we were able to put together a special celebration for the residents!

Families gathered to sing Christmas carols, watch classic holiday movies, and open gifts that were generously donated.

The season's festivities also included a beautiful viewing of The Nutcracker at The National Ballet of Canada, creating ornaments at The Clay Room, and watching Zootopia 2 at the theatres!

Thank you to those that supported our Holiday Drive and gave families the chance to experience a festive season.

BESS Holiday Party



We were delighted to host a festive holiday party for our clients in the Building Economic Self-Sufficiency (BESS) program.

Everyone came together to enjoy delicious food and engage in fun activities, including a henna tattoo and selfie station!

Programming Updates



Virtual Counselling Services



For survivors, there is a long journey of healing after leaving their abuser. That's why our **Virtual Counselling Services (VCS)** offers support to women who are currently experiencing abuse, and those that have escaped an abusive relationship.

Our counsellor works to help women understand the dynamics of abuse and address the psychological impacts of intimate partner violence.

Here's what Nicole*, a current client expressed:

"The information and support provided both allowed me to work through the issues and understand my situation and the cycle of abuse better, while also pushing me to try new things and not just accept my emotional and mental state post separation from my abuser."

Financial Literacy Pilot Project



Our **Financial Literacy Pilot Project (FLPP)** empowers survivors of abuse with financial literacy knowledge through hands-on, skills-based

activities.

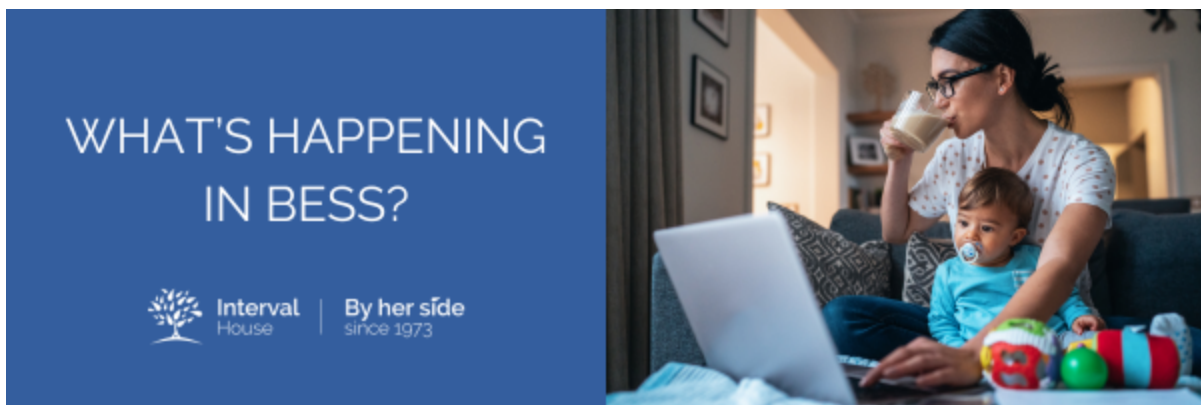
Currently, clients in the program are attending monthly workshops that cover a variety of topics, such as budgeting, credit counselling, tax clinics, and saving.

They are excited to move to the next part of the program, where they will work one-on-one with our Financial Empowerment Specialist to create a personalized work plan.

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?



We recently hosted a workshop called **Style and Success: How to Present Your Best Self**. This session explored how personal style can influence your professional success.

Clients defined what “success” means to them and learned practical tips for presenting themselves in ways that feel empowering, safe, and aligned with their professional goals.

Building Economic Self-Sufficiency

We Want to Hear From You!

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

[Click Here](#)



In the News

- > **The Walrus:** [Behind closed doors: Why Aurora Freedom is bringing pink doors to Toronto City Hall and issuing an urgent call to action on femicide](#)
- > **Global News:** [Saanich mother, alleged victim of domestic violence, remembered as loving, dedicated](#)
- > **CBC News:** [Cornwall shooting sheds light on intimate partner violence among seniors, shelter says](#)
- > **United Nations Population Fund:** [Lifetime toll: 840 million women faced partner or sexual 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 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](#)

© 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](#)**