



By her side
since 1973

2025 Gratitude Report

YOU ARE
BREAKING
THE CYCLE!



THANK YOU FOR BREAKING THE CYCLE OF VIOLENCE FOR SURVIVORS

This year's Gratitude Report theme—**Breaking the Cycle**—truly speaks to the heart of our mission. Beyond providing immediate safety, your support has enabled us to focus on empowering women and their children to build independent futures, free from abuse.

This year, we are particularly proud of two innovative programs that continue to break the cycle of abuse. Our **Financial Literacy Pilot Project** helps women develop critical money-management skills to regain their financial independence. Our **Virtual Counselling Services** allow us to reduce barriers and reach more survivors across Ontario, including women in rural communities and those with disabilities, who often face both emotional and physical isolation.

Your partnership and support are what make these life-changing programs possible.

As intimate partner violence rises and the pressures on women seeking independence continue to mount, the urgency of our work has never been clearer.

Together, we are creating meaningful change—one survivor at a time. Your support shapes our society and transforms lives across generations. That is an extraordinary gift, and we are profoundly grateful. **Thank you!**

LESLEY ACKRILL
Executive Co-Director

NADINE CHAN
Executive Co-Director

Meet our Board of Directors



CINDY VOGEL

Cindy, a lawyer and social worker, has dedicated her career to supporting children and families affected by abuse and trauma. Since 1995, she has maintained a private counselling practice and also manages a medical legal assessment company. She is honoured to support the organization's incredible work assisting survivors and their children.



EMMA WARRILLOW

Emma is a data and analytics expert who helps clients develop customer-centric marketing strategies. With a Masters in Management Sciences and a background in mathematics and financial services, she mentors clients by making complex data insights accessible. She is thrilled to include Interval House in her many volunteer activities.



MICHELE GRANNEN

Michele has 30+ years in the financial sector and has served on Interval House's Board of Directors for 8 years. Passionate about supporting women survivors of intimate partner violence, she deeply admires the organization's dedicated staff and critical work.



HEATHER PICKIN

Heather is a registered Occupational Therapist with advanced certifications in Life Care Planning and Forensic Professionals. She specializes in medical-legal consultations and long-term disability issues. She is honoured to support the stellar work done by this innovative organization, its devoted staff, and the families they serve



CLAIRE HAMILTON

Claire brings over 20 years of experience in financial services operations, audit management, and process improvement. She is passionate about supporting Interval House and contributing to its meaningful mission.

STARTING A CYCLE OF HOPE



Every day, I witness the remarkable impact Interval House has on women and children breaking free from violence.

While I'm honoured to serve as Board Chair, the true heart of our organization is the dedicated team whose tireless commitment inspires me to contribute in every way possible.

This year, I've been especially moved by our board members and staff—passionate, motivated individuals fiercely driven to make the world a safer place for women and children. They understand that innovation is crucial to addressing the evolving needs of those we serve.

Interval House began with women determined to change the status quo, and that entrepreneurial spirit continues today.

We're continually re-evaluating our programs to ensure they remain relevant and effective, while building partnerships with donors and community members to break the cycle of violence.

To our generous donors and partners: you are our lifeblood.

Your support provides tangible assistance to survivors—from counselling and employment services to housing support and children's programming. Most profoundly, you provide hope to those who may have lost hope entirely.

Together, we're not just breaking cycles of violence—we're starting cycles of hope that transform lives. Thank you for making this vital work possible.

A handwritten signature in blue ink, appearing to read 'Anna Fowles', with a long horizontal flourish extending to the right.

ANNA FOWLES
Chair, Board of Directors

FROM SURVIVING...

Your support gives women the courage to break free from abuse and make the leap from survival to safety.

Housing Services

It's no surprise that our Housing Services have seen tremendous growth this year, with 207 women accessing support—a 73% increase from last year. Even more encouraging, 48 women successfully secured permanent housing, an increase of 41%.

Our success stems largely from the trusted partnerships we've built with housing providers like Tricon Residential and BGO. For women rebuilding their lives after experiencing violence, a safe home is more than just four walls—it's the foundation for a new beginning.



Rent Subsidy Program

For women escaping abuse, having a secure, affordable home to rebuild their lives with their children can make all the difference. Our Rent Subsidy Program (RSP) provides select BESS participants with up to \$1,000 per month for one year, helping them find quality apartments in welcoming neighbourhoods.

Thanks to support from our donors and a \$100,000 investment from the City of Toronto last year, twice as many women received housing subsidies through RSP. These additional resources

are transformational in empowering survivors to achieve self-sufficiency amid rising living costs and economic challenges.



...TO THRIVING!

Your support creates pathways for survivors to not only break the cycle of abuse but thrive on their own terms.

Virtual Counselling Services

Our Virtual Counselling Services continue to expand, serving women all across Ontario, from North Bay to Toronto. The program has seen impressive growth, with 54 women accessing support online, and a total of 331 counselling sessions held in 2025.

Women have shared that the counselling they've received is invaluable, and the program helped them gain the courage to break free from their abusers.

Financial Literacy Pilot Project

Our Financial Literacy Pilot Project has nearly doubled its participants in 2025. This innovative program helps women break free from abuse by rebuilding economic independence through workshops like budget management, saving, investing, and credit counselling.

It also creates a powerful mentoring network. Through peer-support circles, women are able to connect, share their experiences, and inspire others on the same journey.



As we grow, we are committed to evaluating, refining and strengthening the program so even more women can gain financial freedom and accomplish their goals.

Enhanced Children's Program

Our Enhanced Children's Program is making a real difference for families breaking intergenerational cycles of trauma. Last year, we helped 40 children begin their healing journeys through Children's Group sessions on topics such as conflict resolution, emotional awareness, wellness practices, and mindfulness techniques.

Beyond the group sessions, Child and Youth Workers provide one-on-one parenting support and check-ins with mothers. This provides them with the tools and support they need to nurture healthy family relationships.



FARJANA'S JOURNEY TO FREEDOM

At 16, I entered a marriage that became my prison. For years, I endured abuse while protecting my two children, believing I had no escape. My ex-husband's wealth and power silenced my voice and any chance for justice.

When violence erupted during a visit to Toronto in 2018, the police brought my children and I to Interval House. Terrified in an unfamiliar city with just the clothes on our backs, I discovered something I'd never known before—safety.

The support I received at Interval House transformed my life.

With their help, I secured permanent housing, sole

custody of my children, and finally divorced my abuser. Thanks to their counselling sessions, step by step, I rebuilt my identity, went back to school, found employment, and overcame my trauma from abuse.

"I was scared when I was getting ready to leave Interval House, that I would be alone. But over the years I realized something—I left Interval House, but Interval House never left me."

Today, I'm celebrating my five-year anniversary with my company, where I was promoted from Account Representative to Manager after two years. My children have grown up witnessing strength instead of fear,

independence instead of control, and healthy relationships instead of abuse. I'm so proud of how far we've come.

Breaking the cycle of violence required courage I didn't know I had, and support I never expected to find.

When I started down the path to freedom, I promised myself I would never give up—that I would keep learning and growing. I was able to achieve what I did because of my hard work, and Interval House's support. Now here I am, years later, sharing my story.

Thank you for being part of our journey.



JANICE'S LIFELONG PLEDGE TO STOP VIOLENCE AGAINST WOMEN

Growing up in the 50's and 60's, I witnessed my father's violence toward my mother regularly. I also experienced abuse from another family member.

Years later, when my boyfriend raised his fist at me, I recognized the pattern and left before history could repeat itself. I was lucky to have escaped, but realized that many women are not as fortunate. That moment led to my first donation to Interval House.

Through my journey from a silenced child to a Women's Studies professor, I've seen how important safe havens like Interval House are for women escaping abuse.

Interval House breaks the cycle of violence. They don't just provide emergency shelter—they offer counselling, housing services, employment assistance, and a supportive community that helps women rebuild their lives free from abuse. They

help children who've witnessed violence process their trauma before they internalize harmful patterns.

That's why Interval House matters so much to me. It's why I became a monthly donor over 25 years ago. My experiences have taught me that all women deserve dignity, safety and respect.

At 72, I find myself reflecting more deeply on what truly matters to me. I want to know my life helped make the world kinder and safer for women and children, so I've included Interval House in my will.

We all have the power to create ripples of change that extend far beyond our lifetimes.

Including a gift in your will to Interval House, whether large or small, is an investment in breaking the cycle of abuse and trauma for generations to come.

BUILDING STRONG FUTURES TOGETHER

At MUFG Bank, Ltd., Canada Branch (MUFG), supporting Interval House goes beyond corporate social responsibility—it reflects the company's deeply ingrained value of creating meaningful impact beyond their own walls.

“What really inspired us to work with Interval House is that they are supporting future generations,” explains Fady Ghobrial, Assistant Vice President, Middle Office at MUFG. “If you support women and children, you're supporting the foundation of society.”

The partnership between MUFG and Interval House began in 2018 and has flourished into what Ghobrial describes as an “extended family” relationship.

MUFG's team regularly participates in volunteering

events, particularly in preparing meals in their kitchen. Employees from various levels come together on special occasions like Thanksgiving to support women and children escaping intimate partner violence (IPV) in a way that is meaningful to them.

What resonates most with MUFG is Interval House's comprehensive approach. During his first visit in 2019, Ghobrial was particularly struck by a closet filled with a variety of professional clothes for women preparing for job interviews.

“We're proud to work with an organization that's not just helping women deal with IPV but also preparing them for the future—to go back into the economic cycle and move on from their situation,” he reflects.

This practical, forward-thinking approach aligns perfectly with MUFG's corporate culture, which encourages their staff to contribute meaningfully to the community.

The impact extends beyond the direct service to Interval House. Ghobrial notes that these volunteering experiences transform internal workplace dynamics: “We interact better because we've seen each other giving our best to others.”

Looking ahead, MUFG hopes to expand their partnership. For them, the motivation is simple: “If you do good, you feel good.”



HUGH FURNEAUX: BREAKING THE CYCLE IN A MAJOR WAY

My journey with Interval House began over twenty-four years ago when I received a letter in the mail that caught my attention. It was a compelling story about a woman who had escaped violence and found safety there. That was the day I made my first donation.

Since then, my support has grown to fund larger projects. Over the years, I've watched Interval House grow—from providing emergency shelter for women and children to developing comprehensive programs that now help survivors rebuild their lives.

It's about more than just offering a safe place to stay—it's about breaking the cycle of violence, restoring dignity and

creating pathways to independence.

I find the prevalence of intimate partner violence to be staggering, given how it crosses all social and economic boundaries. What also disturbs me is how many women blame themselves, or return to their abusers. This is why I think Interval House's counselling services are as vital as their physical shelter.

I particularly admire their evolution in supporting women beyond immediate crisis—how their BESS program helps women develop practical life skills, and how their more recent initiatives provide counselling for both mothers and children working through trauma.



Having enjoyed a successful business career, fortunately I'm financially privileged enough to support Interval House's work. I also had 50 fabulous years with my late, loving wife, Penny Fine—she died last Mother's Day.

I hope more people—especially those with financial resources—will recognize the critical importance of this work.

It's important for me to see my donation dollars getting solid results. Each success story represents a woman who has broken free from abuse and found her path forward. I've watched Interval House make that happen.

THE RIPPLE EFFECT OF YOUR GENEROSITY



We've shared a few statistics about our programs through our Impact Report, but here are a few more examples of how your support makes a tangible difference for the women and children we serve:

Last year, 42 women and 40 children lived at Interval House. At the shelter, we held 227 hours of Women's and Children's Group, covering topics like: Managing Anxiety, Coping Mechanisms, Boundaries, Self Care, and Mindfulness..

We supported 118 women in their search for meaningful employment across fields such as banking, early childhood education, leasing and property administration, and social work.

We helped 43 women transition to new apartments by providing departure packages, including essentials like dishes, bedding, utensils, toiletries, etc., making their new space feel more like home.

Behind these numbers are real women taking brave steps toward wellbeing and independence. Every counselling session attended and each program milestone reached represents a small but powerful victory—one that helps break the cycle of abuse.

"Each program I accessed reminded and encouraged me every day that I'm not broken, I'm healing. That I'm not just surviving, I'm rebuilding, and slowly I can stand on my own again. Not just for me, but for my daughter."

- Tamar, Former BESS client

"Interval House has gotten me to where I am now. They've given me security. They've given me peace of mind. They've given me a sense of belonging in having this community and all of these supports. It's just been growth and growth and growth."

- Sarah, Former resident and BESS client



2026 AND BEYOND

Thank you for standing with us through another remarkable year at Interval House. Your support and generosity continue to transform lives and break the cycle of violence for survivors.

This year, we're particularly focused on enhancing the therapeutic services in our Children's Program, helping both mothers and children heal together through art and play therapy.

Looking ahead, we're focused on strengthening our foundation so we can continue to meet the needs of women and children, today and into the future. After several years of exciting growth through our Financial Literacy Pilot Project and Virtual Counselling Services, our priority is now ensuring these essential programs are built to last.

What motivates us to continue this work is seeing how each survivor we help becomes stronger, and how many return to mentor others just beginning their journey.

Together, we're breaking the cycle of violence and turning it into a cycle of hope for so many.

The barriers women face are growing more complex in today's economic and social environments. But we've witnessed how our community—staff, donors, and partners—come together with unwavering dedication to support women and children taking brave steps toward freedom.

Your compassion and kindness are the foundation of our work, helping us stay true to our mission through challenging times. Your partnership creates lasting change that touches more lives than you may ever know. ***Thank you!***

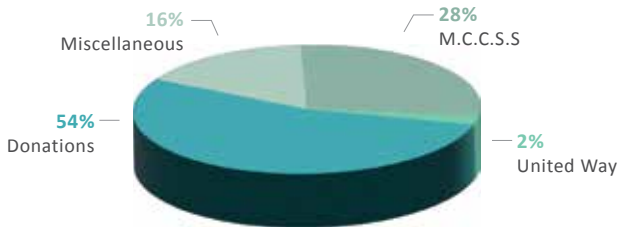


Summarized*

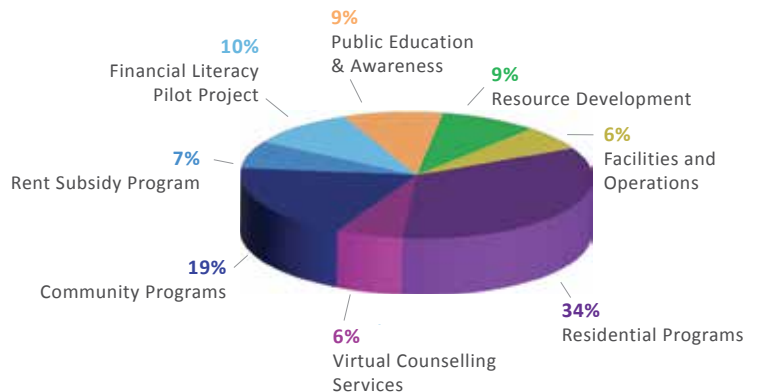
STATEMENT OF OPERATIONS

REVENUE	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2025 TOTAL	2024** TOTAL
M.C.C.S.S	\$24,031	-	\$1,216,242	\$1,240,273	\$1,235,051
United Way	-	-	\$70,965	\$70,965	\$72,360
Donations	-	-	\$2,429,322	\$2,429,322	\$2,687,956
Miscellaneous	\$99,894	\$627,437	\$435	\$727,766	\$1,157,860
	\$123,925	\$627,437	\$3,716,964	\$4,468,326	\$5,153,227
EXPENSES					
Programs	-	\$74,790	\$3,094,627	\$3,169,417	\$2,976,000
Public Education and Awareness	-	-	\$385,957	\$385,957	\$354,506
Resource Development	-	-	\$425,211	\$425,211	\$410,264
Facilities and Operations	\$11,728	\$47,474	\$158,661	\$217,863	\$279,501
Amortization	\$265,036	-	-	\$265,036	\$267,598
	\$276,764	\$122,264	\$4,064,456	\$4,463,484	\$4,287,869
EXCESS (DEFICIENCY) CURRENT YEAR	\$(152,839)	\$505,173	\$(347,492)	\$4,842	\$865,358

REVENUE 2024/2025



EXPENSES 2024/2025



Summarized*

STATEMENT OF FINANCIAL POSITION

ASSETS – Current	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2025 TOTAL	2024** TOTAL
Cash and Temporary Investments	\$1,725,879	\$5,050,379	\$278,730	7,054,988	6,804,194
GST/HST/Sundry Receivable	-	-	51,261	51,261	51,698
Prepaid Expenses	-	-	36,427	36,427	42,930
	\$1,725,879	\$5,050,379	\$366,418	\$7,142,676	\$6,898,822
Capital Assets	2,973,754	-	-	\$2,973,754	\$3,126,037
TOTAL ASSETS	\$4,699,633	\$5,050,379	\$366,418	\$10,116,430	\$10,024,859
LIABILITIES – Current					
Accounts Payable and Accrued Liabilities	-	-	\$196,418	\$196,418	\$119,689
Deferred Revenue	-	-	\$170,000	\$170,000	\$160,000
TOTAL LIABILITIES	-	-	\$366,418	\$366,418	\$279,689
NET ASSETS					
Invested in Capital Assets	\$2,973,754	-	-	\$2,973,754	\$3,126,037
Internally Restricted	-	\$5,050,379	-	\$5,050,379	\$4,892,698
Unrestricted	1,725,879	-	-	\$ 1,725,879	\$1,726,435
	\$4,699,633	\$5,050,379	-	\$9,750,012	\$9,745,170
TOTAL LIABILITIES AND NET ASSETS	\$4,699,633	\$5,050,379	\$366,418	\$10,116,430	\$10,024,859

* The summarized statements of financial position and operations are derived from the complete financial statements of Interval House as of September 30, 2025 and for the year then ended. The full audited financial statements are available upon request.

** 2024 figures are restated. Prior year results were restated to correct an understatement of deferred revenue identified during the audit. This change ensures accurate year-over-year comparison. Full details can be found in Note 4 of our full audited financial statements.

Our Mission:

As Canada's first shelter for women and children experiencing abuse, we remain trailblazers in the campaign for women's empowerment and independence, providing innovative, specialized and transformative services that help to break the cycle of intimate partner violence.

Our Vision:

We envision a world without intimate partner violence against women and their children.

Our Values:

Safety, confidentiality, accountability, collaboration, responsiveness, integrated services, awareness, diversity & independence



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