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We are excited to welcome the warmer weather and embrace the season of new beginnings! After a long winter, spring comes as a breath of fresh air and a time of regrowth. The women living at Interval House are breaking the cycle of abuse and starting new lives.

Thank you for your partnership and commitment to helping break the cycle of violence. We're so grateful to have you as part of the Interval House family!

Programming Updates



Children's Program

CHILDREN'S PROGRAM



Interval
House

By her side
since 1973



Intimate partner violence can leave a lasting impact on the whole family, especially children. Abuse affects each child differently, that's why, in our Children's Program, we take an individualized approach in helping children navigate their emotions after leaving an abusive home.

This month, we began a partnership with Monarch House, an organization dedicated to helping children with autism spectrum disorder (ASD) adapt and thrive in their life.

Experts will work collaboratively with families at Interval House to help children with an ASD, build on and refine behaviour, communication, learning, motor and social skills through an Applied Behaviour Analysis (ABA) approach.

We're looking forward to the life-changing impact our partnership will have on the children and families at Interval House.

Financial Literacy Pilot Project



FINANCIAL LITERACY PILOT PROJECT



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This month's [Financial Literacy Pilot Project \(FLPP\)](#) workshop, "**Scams & Frauds: How to Protect Yourself**" highlighted the most common types of fraud, including:

The Bank Investigator Scheme

Fake calls or emails from the Canada Revenue Agency

Romance Scams

Emergency of Grandparents Scam

Clients learned how to identify fraudulent financial requests that should be treated with suspicion and caution.

The women also shared their own personal experiences, advice, and tips on how to avoid financial scams.

If you or someone you know is interested in our BESS Financial Literacy Pilot Project or would like to learn more, please email us at bess@intervalhouse.ca or call us at 416-924-1411 ext. 279.

Do you know a survivor of intimate partner violence who needs help with housing, counselling and employment?

If you have a client or know someone that has survived intimate partner violence and would like to be connected with tools to rebuild their lives after abuse, please direct them towards the Building Economic Self-Sufficiency Program (BESS).

[Contact BESS](#)

Please call or email us for more information about our Building Economic Self-Sufficiency Program (BESS).

TEL: 416-924-1411 EXT. 279

EMAIL: bess@intervalhouse.ca

What's Happening in BESS?

WHAT'S HAPPENING IN BESS?



Interval
House

By her side
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This month in our BESS program, we hosted a workshop called, **AI and the Changing World of Work**.

This session explored how jobs, skills, and hiring practices are continuously evolving and how we can learn practical and realistic strategies to adapt to the changing trends in job hunting.

BESS Workshops



Do you know someone in crisis?

If you have a client or 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

International Women's Day



This year's theme for International Women's Day (IWD), **Give to Gain**, highlighted the importance of taking meaningful steps to advance gender equality. See below to read about some of the ways we commemorated IWD this year!



In our Children's Program, we discussed the importance of IWD, and the kids drew a portrait and hand-made cards for the most important woman in their lives.

At the shelter, we were grateful to host a corporate group of volunteers who came in to cook meals for our residents, donate clothing, and organize our career and casual clothing boutiques to give them a spring refresh!

We were also honoured to attend this year's **CIBC Women's Network Event**, where everyone got the chance to learn about Interval House's mission to empower women in breaking the cycle of abuse and rebuilding their lives.

We're deeply grateful for all the support from our community partners and supporters this IWD.

CLIENT SUCCESS STORY



We're very happy to share the story of Jessica*, a recent resident of Interval House.

Jessica was able to move into an affordable housing unit just before giving birth to her baby. We were happy to provide Jessica with essentials for her new home, including a crib and playpen for her newborn baby.

This could not be possible without the support of our housing partners and generous donors. Thank you for helping Jessica step into her new life, free from violence.

"I'm grateful for your help and patience. Thank you so much for everything." - Jessica*, former Interval House resident



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.

[Read Now](#)

"My counsellor was excellent. She was

patient and spoke to me in a way that made me feel safe and not judged. I felt safe to share and enjoyed when we met to discuss various topics."

— Nicole*, Virtual Counselling Client

Virtual Counselling Services



In the News

- > **CTV News:** [New data shows high rates of interpersonal violence in Saskatchewan: RCMP says](#)

- > **City News:** [Clare's Law enacted in Manitoba, giving access to a partner's history of violence](#)

- > **CBC News:** [Province urged to declare domestic violence in Sask. an epidemic before International Women's Day](#)

- > **CTV News:** [Boyfriend charged with murder of B.C. woman 'may have fled the country,' police say](#)



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

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donations@intervalhouse.ca

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