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Dear Friend,

As spring begins to bloom and the temperature rises, we are reminded that growth takes time, care, and support.

Every day, women living in our shelter are doing the courageous work of rebuilding their lives – setting goals, finding employment, and creating brighter futures for themselves and their children. Your generosity makes that growth possible.

Thank you for your ongoing support and commitment to helping break the cycle of abuse.

Interval House Anniversary



This year, **Interval House is celebrating 53 years** of providing shelter, safety, and security to women and their children fleeing abuse in their

homes.

With just a handful of committed supporters, Interval House opened its doors on April 1, 1973, as the first shelter for abused women and their children in Canada. This included Lynn Zimmer, one of the founders of Interval House.

In commemoration of our 53rd anniversary, Lynn sent our staff the wonderful email below with words of appreciation, perspective, and encouragement.

Dear Women of Interval House,

53 years ago today, Interval House opened its doors to the first women and children's shelter to seek safety there!

As one of your founders, I am still amazed that we were able to establish some basic roots, and then five decades of passionate, skilled and dedicated women, like yourselves, carried on and welcomed thousands of women and children, and supported them in their struggles to grow new roots and survive and thrive.

My experience as one of your founders led me through a 56-year career in VAW work. I'm retired now, but we never retire from our feminism!

It is beyond the founders' wildest imaginations that there would be thousands of VAW workers in Canada, and it is beyond our worst nightmares that you are so needed as feminist life savers!

I wish you and all the women and children you serve a year full of courage, grace and connection. I wish you, the staff, much love, laughter, and mutual appreciation at work and at home!

- Lynn Zimmer, one of the founders of Interval House

If you would like to learn more, our "[Innovation at Interval House](#)" video will take you through our journey over the past 53 years and showcase how we have played a critical role in empowering survivors and bringing the issue of intimate partner violence to the forefront.

Watch Now

2025 Gratitude Report



We're excited to share our [2025 Gratitude Report](#) with you, featuring the incredible work your support has helped us achieve over the past year!

Your generosity enabled us to connect survivors with essential services including, emergency shelter, counselling, housing services, employment skills training, financial assistance, job opportunities, and so much more.

Our life-saving work would not be possible without you – thank you for all your support!

Read Now

Programming Updates



Children's Program



This month, we partnered with **Tiffany Music Therapy** to help the children at the shelter explore their feelings and thoughts through music therapy.

A certified music therapist facilitated the session, creating a safe space for children to connect and relate to each other's experiences through music-based mindfulness exercises, discussions, sharing and writing music.

Virtual Counselling Services



Our **Virtual Counselling Services (VCS)** helps survivors stay emotionally present and empowers them to live a more independent life, free from abuse.

Through individualized sessions and access to a wide range of e-books available on our online portal, women who have experienced or are currently experiencing abuse receive counselling tailored to meet their unique needs and challenges.

Here's some feedback from a current client:

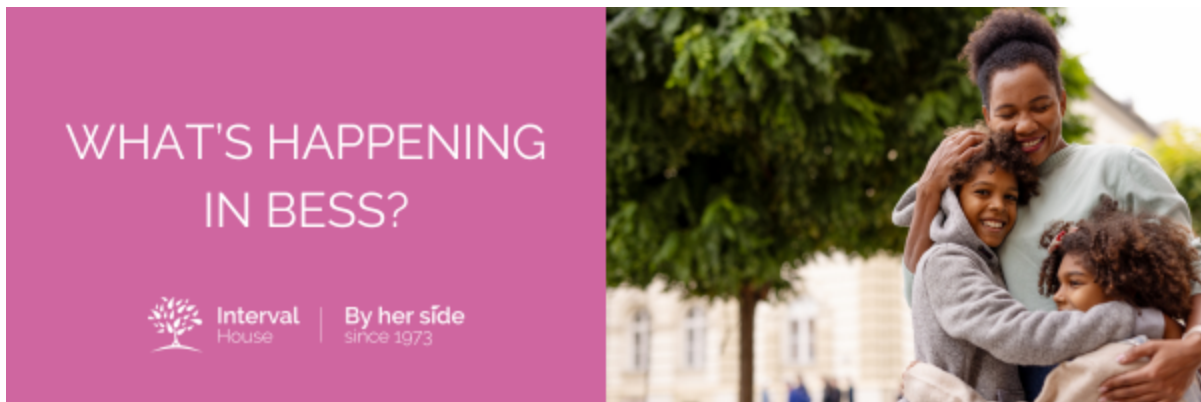
"[The] e-books are wonderfully written and are a great help to expand on the counselling and self learning."

- Sophia*

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?



Recently, we hosted a **Family Law Information Session**, for clients who are in the early stages of separation or experiencing controlling or high-conflict family dynamics and are uncertain what steps to take.

We had the pleasure of hosting **Michael Weisbrot, a Senior Associate Lawyer at Unified LLP**, who discussed important topics including:

- Understanding coercive control in relationships and its relevance in family law

- How to start a family law case in Ontario, key steps, what to expect, and common questions

- General guidance and available supports when navigating family law matters

The session helped clients better understand their options and feel more informed when navigating family law issues.

BESS Workshops

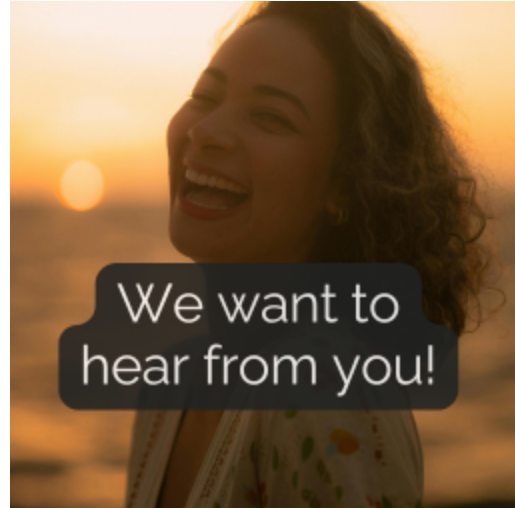


Thank You Toronto Police!

A huge thank you to Toronto Police Service for donating kitchen supplies and helping organize the shelter kitchen.

Thanks to the spring cleaning, our kitchen is back in great shape for the families at Interval House! The women were so happy with the refresh that they made thank you cards for the officers.

[Check out our Instagram for more!](#)



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](#)

"The budgeting session really helped me

understand how to manage my expenses and stick to a plan. I now know how to manage my credit card and maintain a good credit score."

— **Melissa***, Financial Literacy Program Client

Financial Literacy Pilot Program



In the News

> **Global News:** [N.B. police officer charged with harassing former intimate partner](#)

- > **CBC News:** [B.C. MLA Hon Chan charged with assault and choking, kicked out of Conservative caucus](#)

- > **Global News:** [8 children killed in 2 domestic violence shootings in Louisiana](#)

- > **CBC News:** [Québec Solidaire calls on new premier for 'urgent action' to end intimate partner violence](#)

- > **The Trace:** [Trying to Make Sense of the Louisiana and Virginia Murder-Suicides](#)



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](#)

(416) 924-1411 ext. 238

donations@intervalhouse.ca

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