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Spring is in full bloom and so are the families at Interval House!

Thanks to your support, the women and children have been able to enjoy the simple pleasures of the season: trips to the park, sharing meals outdoors, and family outings together. These everyday experiences mean so much more in the secure environment of the shelter, surrounded by love and safety.

Your generosity and compassion make this all possible. We are truly grateful for your commitment to help survivors break the cycle of abuse and regain their independence.

Mother's Day at Interval House



Mother's Day is a very special occasion at Interval House. This year, we hosted a Mother's Day brunch, and arts and crafts activities for the children. Each kid crafted lovely hand-made cards and flower bouquets for their mothers and the women at Interval House.

It is because of your generosity that the women and children were able to celebrate this special day together in a safe, loving place. Thank you for your support.

Remembering Anne-Marie Stewart

We are deeply saddened to share the recent passing of Anne-Marie Stewart at the age of 89.

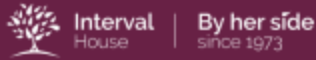
A former board member, long-time advisor, and donor of Interval House, Anne-Marie played an instrumental role in initiating and shaping our Building Economic Self-Sufficiency (BESS) program, helping to create opportunities for survivors of intimate partner violence to rebuild their lives through employment support, housing assistance, counselling, and other essential services.

Her decades of leadership in organizational development, expertise in Diversity, Equity and Inclusion, and unwavering commitment to social change strengthened and built capacity, not only for Interval House, but every organization she worked with.

We are grateful for her years of guidance and extend our heartfelt condolences to her family, friends, and all who had the privilege of working alongside her.

Gratitude Report - Donor Spotlight

2025 GRATITUDE REPORT



Have you had a chance to check out our [2025 Gratitude Report](#)?

Inside, you'll read about long-time Interval House supporter, Hugh Furneaux. Hugh began donating to Interval House almost 25 years ago when he received a letter in the mail about a woman who had escaped violence and found safety in our shelter.

Since then, his generosity has had a major impact on countless women and children rebuilding their lives after abuse.

"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."

[Read Now](#)

Royal LePage Build-a-Bike Fundraiser

Thank you
Royal LePage!



Earlier this year, Royal LePage Canada assembled bicycles for Interval House residents at their Build-a-Bike Fundraiser. With the warmer

weather, the kids have been enjoying riding their new bikes around the neighbourhood.

Thank you Royal LePage Canada for helping to create fun, happy memories for the children at Interval House!

Programming Updates



What's Happening in BESS?



Recently, we hosted a workshop called, "**Unlocking Your Talent: Seeing Your Potential**". In this session, clients were guided on how to reconnect with their strengths, rediscover their confidence, and take meaningful steps toward their personal or career goals.

Through interactive activities, reflection, and group discussions, they uncovered their natural talents and celebrated the skills they already possess.

Virtual Counselling Services



Our **Virtual Counselling Services (VCS)** offers support to women across Ontario who have experienced or are currently experiencing abuse.

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

Here's some feedback from a current client:

“Over the course of the sessions, I noticed real emotional shifts in myself—feeling more grounded, more self-aware, and more capable of setting boundaries and understanding my needs. The sessions didn't feel rushed; instead, they felt intentional and supportive of my personal pace.”

-Kara*

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

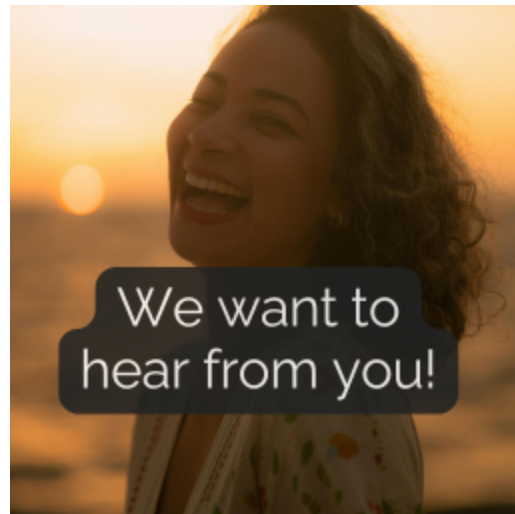


2025 Impact Report

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](#)



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](#)

"Learning how to reduce high-interest debt was so useful. I can already apply it. I feel more confident about

managing my money now."

— Amanda*, Financial Literacy Pilot Project

Financial Literacy Pilot Project



In the News

- > **CBC News:** [How free makeovers are empowering women from shelters across the GTA](#)
- > **Times Colonist:** [Gender-based violence costs B.C. \\$1.12B annually, YWCA report says](#)
- > **National Post:** [Canada remains more safe for women than the U.S. despite rising domestic violence](#)
- > **HuffPost:** [When Domestic Violence Is In The Headlines, This Is What Happens To Survivors Like Me](#)

> **UN Women:** [How women and girls are being targeted in the war in Sudan](#)



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](#)

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