Interval House Strategic Plan

2026/7 to 2028/9



A place for safety. A voice for change.

Interval House is Canada's first centre for women survivors of intimate partner violence and their children. Founded in 1973 by a feminist collective, Interval House has always had a pioneering spirit, taking a holistic approach to helping women and children leave abuse behind and start new lives, free of violence.

Interval House's organizational effectiveness is grounded in its historical development as well as its organizational vision, mission, values, and culture. In achieving its strategic directions and operational outcomes, Interval House is guided by the philosophy, roles, and responsibilities of the Executive Team in partnership with the Board.



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

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

Values: Safety, confidentiality, accountability, collaboration, responsiveness, integrated services, awareness, diversity and independence.



Interval House | By her side since 1973



Interval House Strategic Priorities

Strategic Direction	Strategic Goals
#1 Quality and Impact	Interval House implements a sound, viable, and dynamic business management model in its provision of services and continually strives to improve its performance.
#2 Growth and Innovation	Interval House's services and service delivery models continue to be unique and relevant in a volatile, ever-changing environment, and creatively and effectively respond to the expressed needs of all stakeholders.
#3 Sustainability	Interval House has the capacity to fulfill its current and future mandate and goals.
#4 Social Change Agent	Interval House participates in and supports national, provincial, and municipal efforts to change the social conditions that perpetuate intimate partner violence.



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