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Interval House

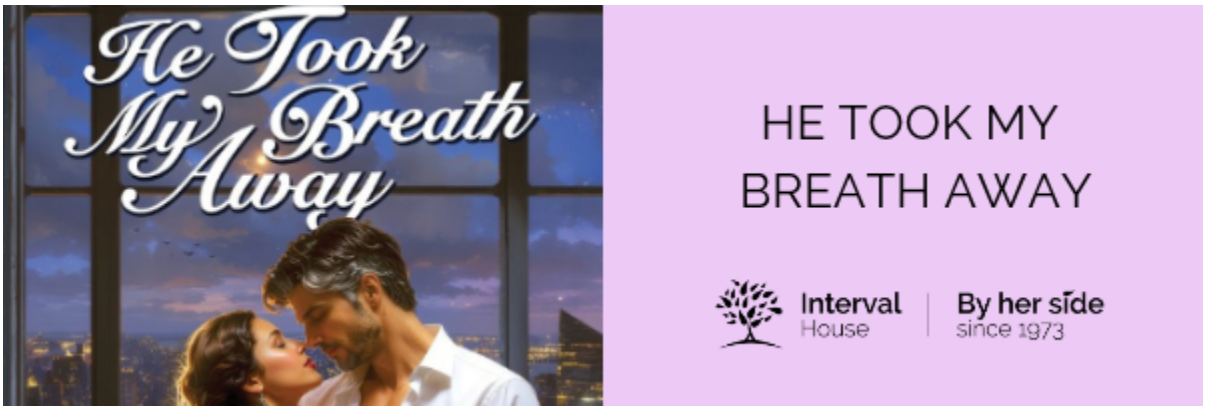


November marks Women Abuse Prevention and Domestic Violence Awareness Month, an opportunity to reflect on the strength, courage, and resilience of survivors.

For women and children escaping abuse, the journey toward safety and healing can be challenging. Thanks to your continued support, Interval House provides survivors with a safe place to turn, essential resources and the opportunity to rebuild their lives with dignity and hope.

Thank you for standing alongside survivors and helping us create safer futures for women and children in our community.

He Took My Breath Away



In recognition of Domestic Violence Awareness Month (DVAM) in Canada and Women Abuse Prevention Month (WAPM) in Ontario, we're sharing a novel published by Interval House in partnership with DonerNorth, called ***He Took My Breath Away.***

This novel reads like a romance but carries a far more urgent truth. It follows Olivia, a woman whose love story slowly becomes something dangerous.

Read it. Share it. You could save a life.

He Took My Breath Away

Fall Newsletter



Have you had the chance to read our Fall Newsletter?

In this newsletter, you'll meet a former client **Justica**, whose journey through our BESS program helped her secure safe, affordable housing and pursue her Master of Social Work.

Thanks to your incredible support, Interval House can continue to give women experiencing abuse a chance at finding safety and rebuilding their lives. Thank you!

Fall Newsletter

Programming Updates



Children's Program



Our **Children's Program** provides a safe and nurturing environment where children can begin to heal, express their feelings, and rebuild a sense of safety and confidence.

This year, we supported **51** children and **30** women through the program and delivered **33** children's group sessions focused on fostering healing, connection, and resilience.

Children's Program

Virtual Counselling Services



Our **Virtual Counselling Services** extends our continuum of care beyond our shelter walls, providing accessible and secure support to women across Ontario, regardless of their location or schedule.

Here's some recent feedback from a client:

"I found the counsellor so easy to talk to. She listened without judgment and had good strategies and information on abuse and future relationships. I liked the virtual option - it allowed me to do counselling from anywhere."

- Amy*

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?



Our Building Economic Self-Sufficiency (BESS) program recently hosted a **Scams & Frauds Workshop**, where clients learned how to recognize common employment and financial scams, protect their personal information, and spot fraudulent job postings.

By building awareness and sharing practical tools, the workshop equipped participants to navigate employment and financial opportunities with greater confidence and make informed decisions.

BESS Workshops

Give the Gift of Hope!

A Gift of Hope provides support to women and children at Interval House to help them rebuild their lives and end the cycle of abuse for good.

Check out the Gift of Hope catalogue!





In the News

- **BBC News:** The day he nearly killed me is the day that he saved my life

> **CBC News:** These domestic violence shelters can hardly keep up with the cost of groceries

> **Orillia Matters:** Intimate partner violence, violent crime rose in Orillia last year

> **Women's Press:** A Story of Healing From Domestic Violence

> **People:** Calif. Dad Out on Bail Following Alleged Domestic Violence Incident Accused of Killing His Wife, and Kids Witnessed the Horror



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

Interval House Website - Donate Now - Crisis Line

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