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Interval House



Dear Friend,

As the days grow shorter and the air turns colder, your generosity each month is bringing warmth and comfort to women and children rebuilding their lives after abuse. Because of you, families have a safe place to heal and prepare for a brighter future.

This fall has been a time of growth and renewal. The kids at Interval House are finding the joy of learning again, in new neighborhoods, with new friends and teachers. Their mothers are taking powerful steps towards independence with the support of our programs and services.

On behalf of the families at Interval House, thank you for your generosity and compassion in making all of this possible. We truly appreciate your monthly commitment to supporting survivors as they take meaningful steps toward safety, healing, and independence.

Our Fall 2026 Newsletter is here!



Check out our Fall Newsletter to see what has been happening at Interval House!

Thanks to your incredible support, we continue to push boundaries, raise awareness of intimate partner violence, and offer programs that empower women and children to build safer, brighter futures.

In this newsletter, you'll discover how our Financial Literacy Program has become a permanent part of our BESS program, read about how Justica is building a brighter future through safe housing and education, and learn how our Children's Program helps families heal together and break the cycle of violence.

Read our Fall Newsletter

Annual Open House



This month, we were excited to host our annual Open House! Thank you very much to all of our donors, community partners, and supporters for joining us for this special evening.

We were honoured to hear from our guest speaker, Kiki Sauriol-Rhode of the Royal LePage Shelter Foundation, as well as a former resident, who

courageously shared her personal journey and the impact Interval House has had on her life.

Thank you to everyone who joined us and helped make the evening so special. Your generosity and dedication to supporting women and children impacted by intimate partner violence mean so much to us!

Back To School Drive



The children at Interval House headed back to school with a little extra support, thanks to our Back-to-School Drive. With the generous support of Wyse Meter and CIBC, kids received school supplies and essentials to help them start the new school year feeling prepared and confident.

Thank you to Wyse Meter and CIBC for helping our children start the school year with the supplies, confidence, and support they need to succeed.

Programming Updates



What's Happening in BESS?



This month's BESS workshop **'Young Women in Business'**, brought together young women for an inspiring day focused on career readiness, confidence, and professional growth.

From personalized styling sessions and meaningful networking to engaging conversations about business, personal branding, and social media, clients had the opportunity to build practical skills, connect with one another, and feel empowered to take the next step in their careers.

BESS Workshops

Financial Literacy Program



Our Financial Literacy Program empowers survivors of intimate partner violence with the skills, knowledge and increased self-confidence to navigate their day-to-day financial challenges.

The program, now a permanent pillar of BESS, helps women advance their skills in financial management and decision-making, equipping them with the tools they need to make informed choices about their financial future.

"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."

-Kim*

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.

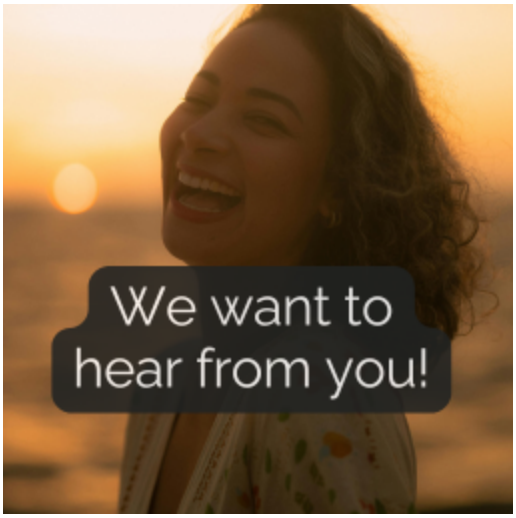
Donate Now



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!



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

“I just wanted to thank you for all of your support throughout this process. I truly appreciate all of the guidance, encouragement, and support you've given me along the way.”

— Michelle *, Interval House Client



In the News

- **CBC News:** Brain injuries often go untreated in victims of intimate partner violence.
- **Salon:** Flock is just the latest example of using surveillance to stalk women
- **The Guardian:** More women will die if domestic abusers leave prison early, victim's parents warn
- **The Guardian:** New report reveals prevalence of physical and sexual violence in US
- **SooToday:** Local author aims to counter romanticized portrayals of abuse with new novel



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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