



INTERVAL home HOUSE

2010 Gratitude Report



Walk with me through Interval House. My home.
Our home.

You'll find my fingerprints on the doors, my toothbrush by the sink, my sweater on the back of a dining room chair, my coffee cup in the sink. I am living here. I am parenting here. I am healing here.

And you are with me.

Put your fingerprint over my fingerprint and turn these pages with me. I'll walk you through my home, and show you that you've helped create the little moments that make Interval House a home. You'll also hear from other families living here - I'll share little things I see and hear every day in our home.



OUR PLAYROOM

This is my favourite space. Our playroom is big, bright and colourful. During the day, most kids are at school and daycare, so I cherish quiet moments with my girl watching the birds in the trees outside our window. It's like our own personal treehouse.

You can feel the energy in the house lift when the older kids get home - loud voices, coats and boots, backpacks and snacks. Today, I heard one boy say, "Simon, if you got a bad grade on your report card, show your mom when she's on the phone."

As they play with the cars, toy kitchen or costumes, I imagine my daughter putting on the princess costume in a few years in our own home. And then it hits me. If we were still with my husband, I would not be daydreaming about princesses. I would be focused on staying out of his way so I wouldn't get hurt.

We tailor our programs for kids by age. Families with kids under 5 take part in programs focused on sharing and co-operation - with lots of singing, reading and connecting through creative play. The older kids talk about bullying, defining abuse and open talk about living in a shelter. We have group and family activities like baking and gardening. And we have weekend outings in the city. You can read more about our programs at www.intervalhouse.ca.



OUR KITCHEN

The heart of our home. We take turns cooking, and everyone helps with cleaning. And we all eat together. It's busy. And noisy. And messy. And wonderful.

The other day the mom beside me was coaxing her 6-year-old boy to eat his beans. She tried "you'll grow up big and strong". Shrug. "If you eat all your beans you can have dessert". He slowly picked up his fork. She got him with "it's a cupcaaaaaake".

Outside of meal time, our kitchen is a place where moms sit with their kids over a snack and talk about their day.

I can see moms cherishing these everyday, regular-family moments — moments they likely never had in their own homes.

And every single time I touch the side of the kettle it is warm. There's always someone sitting and sipping tea in our home.

With the help of a student in Ryerson University's Nutrition and Food Program, we created a 5-week culturally diverse and healthy meal plan. We offer workshops on healthy eating on a budget and are hoping to offer cooking workshops. Each and every day we hear talking and laughter coming from the kitchen. You can read more about our programs at www.intervalhouse.ca.



OUR BEDROOM

I love, love, love our bedroom. Lily and I have the sunniest window, and the afternoon sun keeps her cheeks warm when she naps. When I'm nursing her in bed and she falls asleep in my arms I don't put her in her crib right away. I just hold her. I wish those moments could last forever.

I shudder when I think of my old bedroom. I try not to picture the colour of the walls or the pattern on the bedspread. I'm sure it wasn't always cold, but I feel cold when I think of it. Here, I feel warm. I feel happy. And I feel at home.

I whisper to Lily that when we have our own home, she will have the best bedroom on our block. It will be her space, where she can read, write in her journal or listen to music I'll probably hate. I also whisper to her that she will always be welcome in my bed for a cuddle.

There are 14 bedrooms at Interval House — some family suites and some single rooms, and a dedicated room for families with special needs. Every bedroom has a unique design and decor, painted and furnished with love and care by our caring supporters. Each family does their own laundry and keeps their bedroom tidy. You can read more about our programs at www.intervalhouse.ca.



OUR HEALING

We talk.

Sometimes I look at the walls and think about all the stories that have been told here. All the women who are finally in a safe, comfortable place and who can talk about surviving abuse. For the first few weeks, I only talked about Lily. I kept saying, over and over, "I left for her". It was easier than confronting what happened to me. But eventually, I had to.

Our counsellors are part of our home. They are just here with us, 24 hours a day, 7 days a week. To listen. You never know when you'll be ready to talk, so they are ready to listen.



All women at Interval House participate in our Women's Group, exploring issues like independence, self-esteem, healthy relationships and boundaries. We offer one-on-one and group counselling, and encourage women to learn from and support each other. In addition, we offer Expressive Art Groups for both women and children to express themselves in a safe and creative way. You can read more about our programs at www.intervalhouse.ca.



OUR FUTURE

I arrived on the doorstep because I knew my husband was going to kill me, or Lily, or both of us. All I needed was a safe bed. But there is so much more within these walls. I receive job training, attend workshops on living on a budget, and when I'm ready, I'll get help finding my first home.

There's a Career Boutique, where we get suits for job interviews and find staples that can help us start a work wardrobe. Professional women donate clothes to us - isn't that amazing??

And in our classroom we learn about writing cover letters

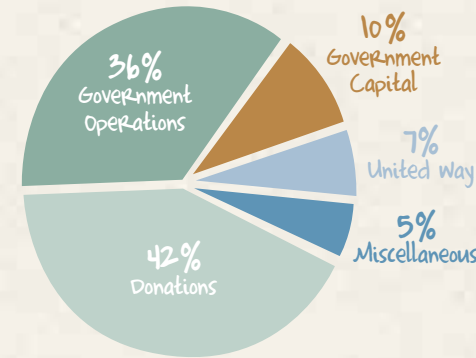
and resumes, how to search for a job and prepare for interviews. We even have to do practice interviews (I'm really nervous about that). But in my heart I know that to be on my own, and take care of Lily, I need it.

Our BESS (Building Economic Self-Sufficiency) program provides women with the tools to rebuild, reinvent and transform their lives. We work with each woman one-on-one, from a skills inventory to designing and executing a career plan. We help women find both good job and a safe home. Graduates from BESS have a 75% employment rate and a 90% job retention rate. You can read more about our programs at www.intervalhouse.ca.

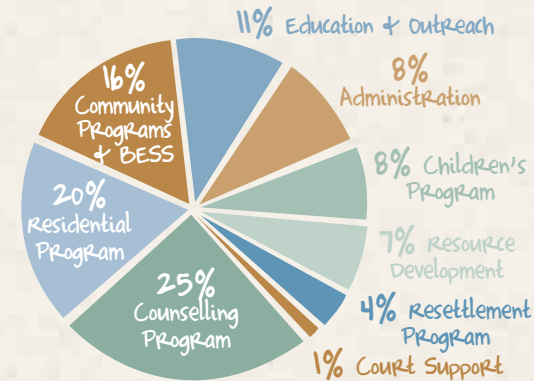
SUMMARIZED STATEMENT OF OPERATIONS - September 30, 2010

	Capital Fund	Reserve Fund	General Fund	2010 Total	2009 Total
REVENUE					
Government	\$281,763	\$ -	\$1,022,696	\$1,304,459	\$1,157,284
United Way	-	-	190,684	190,684	215,873
Donations	-	-	1,035,200	1,035,200	946,017
Capital fund donation	70,477	-	-	70,477	157,277
Miscellaneous	70,267	73,110	101	143,478	216,700
	\$422,507	\$73,110	\$2,248,681	\$2,744,298	\$2,693,151

EXPENSES					
Programs	40,264	151,841	1,695,984	1,888,089	1,794,548
Public awareness and outreach	-	-	290,223	290,223	289,408
Fundraising	29,922	-	150,967	180,889	167,346
Administration	54,884	16,266	88,622	159,772	159,414
Amortization of capital assets	198,477	-	-	198,477	192,570
	\$323,547	\$168,107	\$2,225,796	\$2,717,450	\$2,603,286
SURPLUS (DEFICIT)	\$98,960	\$(94,997)	\$22,885	\$26,848	\$89,865



Revenue: Interval House provides a continuum of services and a holistic approach to help women and children escape violence and rebuild their lives. Your gift is combined with the support of other donors, corporate partners, the Ministry of Community and Social Services and United Way Toronto. Here's how we raise our funds.



Expenses: Thank you for entrusting us with your gift. Every single gift is precious. We deeply value your investment in our home, and we ensure that every dollar we spend improves the lives of women and children we serve. Here's how we spend our money.

SUMMARIZED STATEMENT OF FINANCIAL POSITION - September 30, 2010

	Capital Fund	Reserve Fund	General Fund	2010 Total	2009 Total
ASSETS - Current					
Cash and temporary investments	\$687,877	\$514,657	\$287,350	1,489,884	\$2,008,598
GST/HST receivable	-	-	48,719	48,719	9,742
Prepaid expenses	-	-	4,662	4,662	4,690
	\$687,877	\$514,657	\$340,731	\$1,543,265	\$2,023,030

Long Term Investments	676,720	541,592	-	1,218,312	931,138
Capital Assets	4,469,729	-	-	4,469,729	4,100,749
TOTAL ASSETS	\$5,834,326	\$1,056,249	\$340,731	\$7,231,306	\$7,054,917

LIABILITIES - Current					
Accounts payable and Accrued Liabilities	-	-	155,988	155,988	83,892
Current portion of mortgage payable	11,532	-	-	11,532	10,984
Accrued mortgage interest	942	-	-	942	1,395
Deferred revenue	-	-	122,464	122,464	31,654
	\$12,474	\$ -	\$278,452	\$290,926	\$127,925

Mortgage Payable	\$320,275	\$ -	\$ -	\$320,275	\$333,735
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NET ASSETS					
Invested in capital assets	4,149,454	-	-	4,149,454	3,767,014
Externally restricted	-	174,700	-	174,700	166,223
Internally restricted	-	880,731	-	880,731	984,205
Unrestricted	1,415,220	-	-	1,415,220	1,675,815
	\$5,564,674	\$1,055,431	\$ -	\$6,620,105	\$6,593,257

TOTAL LIABILITIES AND NET ASSETS	\$5,577,148	\$1,055,431	\$278,452	\$7,231,306	\$7,054,917
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2010 Board of Directors

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Chair/Treasurer

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Secretary

Heather Pickin
Member

Andrea Slack
Member

Charmaine Ewing-Chow
Member

Linda Tung
Member



OUR MESSAGE TO YOU

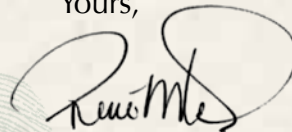
Message from the Chair

You've been reading about the moments that make each family feel at home at Interval House. From an evening spent doing craft projects to a quiet afternoon in the garden, each moment here reflects our overarching goal: ending violence against women.

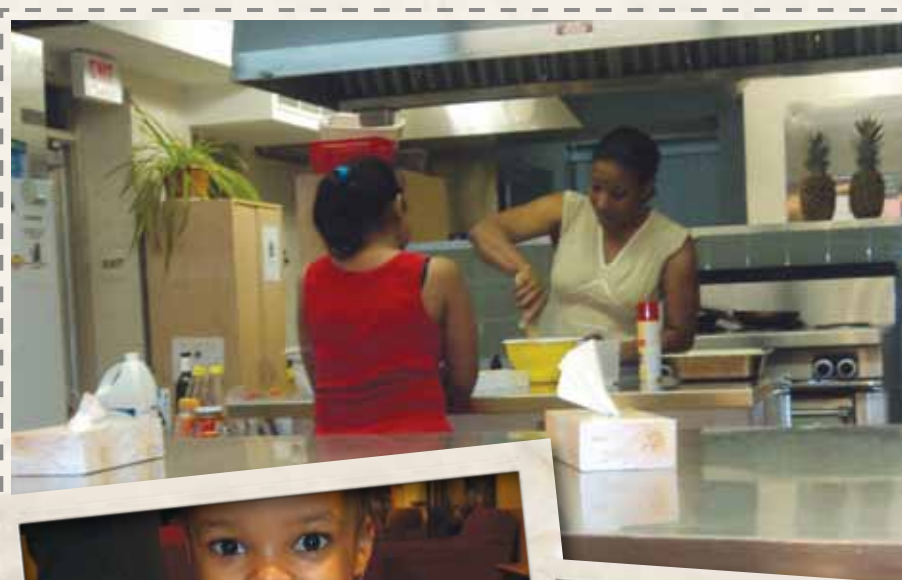
Each and every woman and child who comes through our doors leaves a mark – a fingerprint – on the community at Interval House. Like Amy, who you are reading about today. Their courage, strength and resilience give us hope and encouragement. And the stories they share with us remind us that despite our successes, we must be unrelenting in our work and continue to provide innovative, specialized services for women and children who have escaped abuse.

On behalf of the Board of Directors of Interval House, I'd like to thank our community – our donors, volunteers, staff and supporters for their dedication to ending violence against women. Your support gives us the strength to carry on, and most importantly, gives hope to the women and children we serve.

Yours,



Renee Weekes
Chair, Interval House Board of Directors



MOMENTS AT INTERVAL HOUSE

We gave cameras to some of the women in our home and asked them to take photos of their life here at Interval House. You can find more at www.intervalhouse.ca

OUR MESSAGE TO YOU

Message from the Executive Management Team

Every little moment at Interval House can be a moment that transforms a life. As each year passes, we are heartened to hear the stories of women who have moved on. They call us to tell us that they've graduated from university, landed their dream job, or bought their first home. And with each story, we reflect on the moments in our home that made these dreams possible.

We believe that working together as a team is the best way to serve our community. Here at Interval House we are privileged to count on the support of our front line, management and administrative staff, our volunteers, donors and community partners who all play a crucial role in delivering quality services to the women and children who walk through our doors.

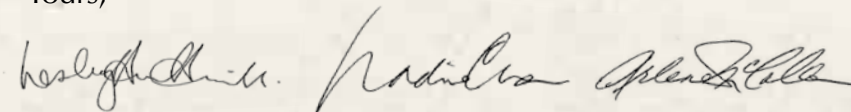
Through teamwork we've accomplished quite a bit in the past year. We sheltered 89 women and children, and welcomed 225 women into our Community Programs. Along with a renovation that expanded our program space, we reevaluated our organization to ensure that our mission is being achieved. And we worked to engage the community to raise awareness about violence against women and the issues survivors face.

As we look forward to a new year, we continue to be humbled by the support of our community. Your fingerprints are everywhere – from the plates in the kitchen to the workbooks used in BESS. We value your support

and will continue to manage your gift with care and respect.

You can find out more about all of our programs and our approach to helping women rebuild their lives on our website at www.intervalhouse.ca. You can also find more photos and moments that make Interval House a home.

Yours,



Lesley Ackrill, Nadine Chan and Arlene McCalla
Executive Managers





With our thanks to you

