



2015 Interval House  
**GRATITUDE  
REPORT**

*“But suddenly like the transformations of the kaleidoscope there came another and a marvellous change.”*

Hortense, Makers of History Series  
John S. C. Abbott



# Radical feminists house runaway wives

## THAT WAS THE NEWSPAPER HEADLINE ON THE DAY THAT INTERVAL HOUSE OPENED.

It's hard to believe, isn't it? People didn't understand what 'violence against women' meant. They chose not to see how it tears apart families and destroys lives.

But you saw it – and **you stood up**. You joined a movement that builds women up instead of holding them down.

More than forty years after that headline, you've kept the movement going strong. Each woman who comes here feels your kindness and love. **They know in their bones that you believe in them** – even when they don't believe in themselves.

This year, that belief helped **77 families**, including **53 moms**, escape violence and start anew.

Because of you, women get the tools for success – so much so that other shelters take their cues from Interval House. In 2015, **39 women** graduated from our employment program. You funded **4 life skills workshops** on topics like financial literacy and tenant rights.

Our programs are trail-blazing, just like you. **You're not just setting the bar. You're raising it.**

We're inspired by that. Our team is constantly looking inwards, evaluating, seeking out and filling gaps. **We see it as a responsibility to improve and innovate.** We can only do that because we have supporters like you, who see why it matters.

Your gifts give women the things they need most: employment and empowerment. Careers and confidence. Healing and hope.

As you read this Gratitude Report, I'd like you to keep that in mind. **Think about the women who are moving forward, because they know you stand with them.** You are changing lives.

I hope you feel as proud as we do about the incredible progress we've made together. **And I hope you're ready to continue, one step at a time.** I know we are.

Thank you.

*I always tell donors that our work is possible because of their commitment.*

*The reason we have been so resilient and successful in the past, and why we will be in the future, is because of that support.*

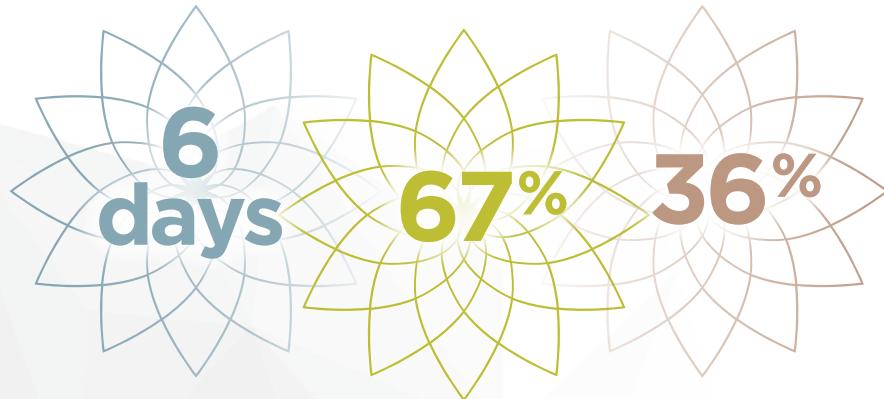
-Lesley Ackrill

**Nadine Chan**  
Executive Co-Director

**Lesley Ackrill**  
Executive Co-Director

**Arlene McCalla**  
Executive Co-Director

# 3700 women. 2500 children.



In Canada, at least one woman is killed by her partner every six days

of Canadians know a woman who has been physically or sexually assaulted

of Canadians know a mother who has experienced domestic abuse

Those are the numbers of women and children who **spent the night in a shelter** like Interval House in Canada this year.

Not in one year, or in one month. In **one day in Canada**, that's how many families were forced to flee from abuse and manage to find room in a shelter.

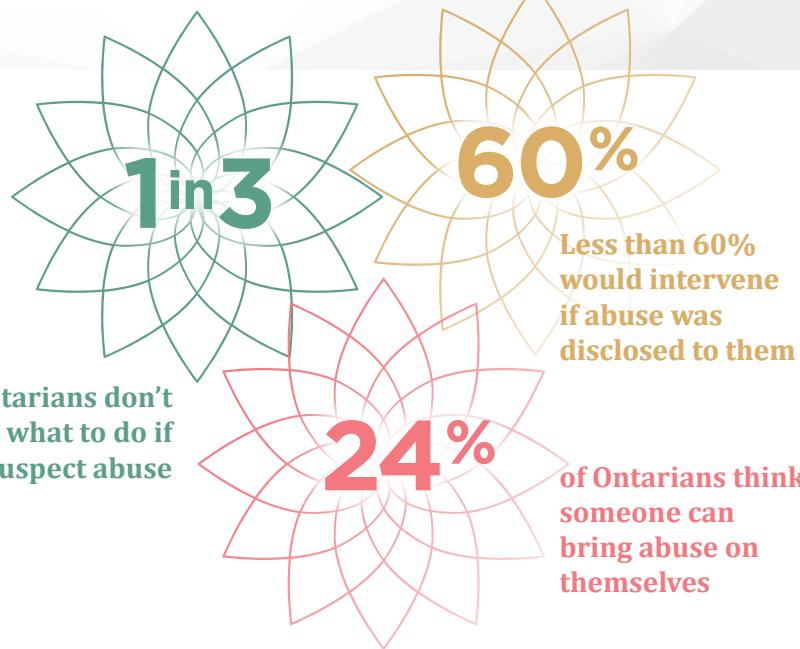
Thankfully, there are incredible people like you waiting to meet those thousands of women and children. **Your compassion greets them the moment they come through our doors and wraps them in a warm embrace.**

This year saw several high-profile cases of violence against women. They brought to light something that you knew, but many try to forget:

## ABUSE STILL HAPPENS IN CANADA

We received a shocking number of calls around those cases, and the message was often the same:

**I DIDN'T REALIZE IT WAS ABUSE**



Ontarians don't know what to do if they suspect abuse

Less than 60% would intervene if abuse was disclosed to them

of Ontarians think someone can bring abuse on themselves

## There's more to a fresh start than meets the eye.

Arriving at the shelter is the first step for many. Interval House families are re-building from the ground up. But with the right tools, these women take control of their life.

Your kindness fuels that transformation by providing women with the services they need, when they need them through the Women's Program.

This year, Interval House families spoke **29 different languages**, so **cultural interpreters** helped replace confusion with confidence. **Parenting workshops** helped moms re-learn how to parent outside of abuse. Court Support guided

women through the processes of pressing criminal charges, custody, divorce, or immigration with less stress.

And all the while, women took strides in their own healing through counselling and workshops, along with the **20 art group sessions** and **143 hours of women's counselling groups** you helped us provide this year.

Social activities are often made possible by donors like you. The joy on a woman's face after a Raptors game or a theatrical play is indescribable. They start sharing stories and smiles the moment they walk through the

door. It's impossible not to find yourself grinning too.

Building on her strong new foundation, the BESS program helps women unearth the skills and abilities they already have. They're always far more talented and capable than they realize. In 2015, BESS women wrote **58 resumes**, and dreamed big with **39 vision boards**. And most importantly, **69% of BESS graduates** found stable jobs.

You see a change in a woman after BESS. She stands a little taller. Her eyes are a little brighter.

In the end, that hard work pays off when a woman realizes how strong she is. And it's the caring you showed when she was at her most vulnerable, that helped her take the first step.

**\$80** THE COST OF 1 HOUR OF WOMEN'S GROUP PROGRAMMING



**70** Outfits

**34** Handbags

**39** Woman's suits

**YOU NEVER LOOK AWAY FROM THE PROBLEM.**

You face it head on. And your gifts help raise awareness of and support for abused women, so that other Canadians can learn to do the same. You're leading by example. And we have a long way to go, so we need leaders like you.

# “They teach you how to believe in yourself again. How to love yourself again.”

*Women who stay in the shelter sometimes reconnect with us after they move on. This year, we spoke with Claire, who told us about how far she'd come since her first night at Interval House.*

Claire was new to the city, and a single mom to two young girls. She wanted to give her children a male role model who would provide for them, a man who would be much like her very own father.

Instead Claire found herself trapped in an abusive relationship. Late in the evening, when he would leave for the night shift, her little girls would find her in tears. They would ask “Why are you crying, Mommy? Why are you so sad?” They never saw the abuse, but still – **they knew.**

**She wanted to leave.** But she had two children to look after, and no family nearby – where could she go? What would happen to her and her girls?

Finally though, enough was enough. When her ex threatened to hurt them, **Claire packed up her daughters and fled to a shelter** where they knew they'd be safe: Interval House.

Claire remembers crying so much on that first night, and in the days that followed, but never out of sadness. She was overwhelmed by the warmth and generosity she was received with. **She had almost forgotten that there was kindness left in the world.**

There were struggles, but there also was help. **The women and children there became her big, new family.** Together, they cooked, cared for the little ones, and healed.

When she was ready, Interval House helped Claire apply for college. **She even won a prestigious scholarship to help pay for the tuition!** Then, taking her independence another step further, Interval House worked with Claire to apply for affordable housing. Thanks to donors like you, she even received necessities – from bed sheets to a toaster – to help her get established in her new home.

Today, Claire has a job she loves in finance, thanks to an education she'd never dreamed possible. Her girls are on the path to becoming strong young women. **This is all because your kindness made it a reality.** Because of you, women like Claire can rebuild a new life, free from violence and filled with hope.

And there is more good news: the average age of children at Interval House is decreasing. That means women are leaving sooner, and giving their kids a better chance to break the cycle of violence. This year:



**2 babies were born at Interval House**



**The average age of a child at Interval House**



**63 women were helped to resettle in the community**



**9 housing workshops**

Stories like Claire's are inspiring. They're also frightening. It can be hard to hear or even think about some of the struggles Interval House families have experienced.

Sadly, we know these stories not unique. **But your gifts have helped these women to build their own happy ending.**

# “It’s like a castle from a fairy tale!”

A little girl described Interval House that way once. That speaks volumes, doesn’t it?

When you think of a castle, you think of unbreakable stone walls. A moat and drawbridge keeping out monsters. Soldiers and horses and catapults, ready to defend.

It may look different to you, but that’s what **94 children** found this year at Interval House.

Piece by piece, they took off their armour. They didn’t need to protect themselves or their moms anymore. With a village of friends like you, kids know they’re safe. And with the guidance of our Children’s Program, they begin to heal.

They work through their feelings with Interval House’s counsellors. They spend time with our Male Facilitator, Fred, who shows them that men don’t have to be scary.

Children find healthier ways to express themselves. They used more than **42 paintbrushes** and **15 pads of construction paper** in the Art Program. They had animated conversations with the aquarium fish. They played on **7 drums for our drum circle**. They get to play with other kids who just ‘get it.’

They learn that what happened was not their fault.

You helped us organize **38 family outings** in 2015 to revitalize strained bonds between moms and children. The joy and relief in a mother’s eyes as she watches her child laugh and play are deeply moving. We’re careful to keep those activities low-cost and local, like trips to Riverdale Farm, because they often become family traditions.

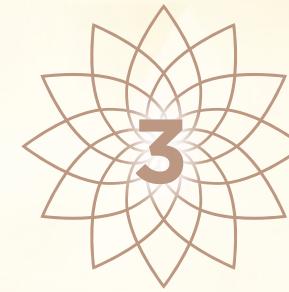
When they feel safe and loved, children at Interval House take the steps to move

forward from abuse. Stone by stone, your support has built the castle that gives them that security to just be kids again.



For a lot of the children who stay at the shelter, the world feels a little less magical. Many have witnessed or even experienced abuse themselves. **They feel scared, or angry, and it’s hard.**

Part of helping little ones to heal is helping them find the magic again – and you might be surprised by how quickly it returns. **They read, they play dress-up, and their imaginations run wild.** This year, we even kept some caterpillars until they turned into butterflies!



**butterflies were seen hatching from cocoons**



**costumes are hanging in our play room**



**boxes of diapers are used weekly**



**kids went to summer camp**



# “I feel freedom from telling people what I’ve gone through and where I am today.”

*This year, Stefania shared her memories of Interval House. She’s come a long way from the teenage girl who lived with us years ago.*

Stefania spent her childhood with her grandparents in British Columbia. They owned an orchard, and she loved scrambling up trees and crunching fresh apples in the sunshine.

**Then, after years apart, her mother called.** She had decided to bring Stefania to live in Toronto. They would be a family – Stefania, her mom, her stepfather, and her baby brother.

But her stepfather abused her mother, beating her and locking her in her room. No matter how bad it got, **her mother was too terrified to leave** – scared of being alone with two children, and no help.

One day he hit Stefania’s mother with a glass ashtray. Stefania decided it had to end. **She called 9-1-1.**

The police brought Stefania, her mother and her brother to Interval House. It was strange, living with other families. At first, they couldn’t even leave the shelter because of her stepfather’s threats. But little by little, Stefania talked with other kids who had experienced abuse, like she had. A counsellor helped her work through the trauma. **Unbreakable bonds began to form.**

Stefania and her family stayed at Interval House for more than two years. Two birthdays. Two Christmases. **They were safe there, and happy, and healing.**

When they were ready, they moved next door to another family from the shelter

Today, Interval House is still a force in Stefania’s life. She has two beautiful children with a wonderful man. Occasionally, she sees her friends from the shelter. **And she knows that her story could have had a much different ending.**

Thanks to you, women like Stefania’s mom have a place to go, and a helping hand. And their children – like Stefania – can grow up and break the cycle of violence **for good.**

Children of all ages stay at Interval House, from newborn babies born right in the shelter to teens who have been living with abuse all their lives. They’re all unique, but we have the same goal for all of them: **to give them the tools to break the cycle of violence, and move on.**

Your gifts make that possible. Your generosity gives kids the chance to build and live a better life. They can be whatever they want to be, without limits. **Because of you, their possibilities are endless.**

children’s  
birthdays  
that we  
celebrated  
together

14



counselling  
students  
completed  
placements  
with us

newly  
decorated  
bedrooms.



books to read  
in the library

660





## A woman arriving at Interval House is in a whirlwind.

She feels relief, but also fear. She's second-guessing her decision to leave. Trying to heal, and often helping her little ones do the same. All the while, she's figuring out what's next.

Her world has turned upside down. But our supporters – 33 corporate partners, 43 volunteers, 35 volunteer groups, 12 employer partnerships, and thousands of amazing donors– help a woman to right it.

### Volunteer Group Spotlight:

## CIBC

This year, the folks at CIBC **donated an amazing \$20,000** for the families at Interval House. And each time they visit us to volunteer, it's clear they've put in so much thought and effort.

One night, CIBC volunteers hosted a mini spa right in the shelter! They pampered the women with facials and manicures, and kept the kids busy with arts and crafts. We thought it was a brilliant and rejuvenating idea. Afterwards, everyone was just glowing.

CIBC volunteers cook yummy dinners to give the families a night off from cooking.

These things might seem small, but the impact on the women and children is huge. It reminds them of the many people walking right beside them on this new path.

### Corporate Partner Spotlight:

## frpo THE FEDERATION OF RENTAL-HOUSING PROVIDERS OF ONTARIO

When a woman is ready to move on from Interval House, we all stand with her.

Federation of Rental-housing Providers of Ontario (FRPO) is the largest association in Ontario representing those who own, manage, build and finance residential rental properties. They are some of our strongest, proudest advocates who are key to ongoing support programs. And in 2015, they **raised nearly \$70,000!**

FRPO's generous members help women access affordable housing in the private market. They set rent based on income, so she never wonders where she and her kids will sleep. We call it Her Home Housing, but it's more than walls, floors and a roof. For **2 women in 2015**, it's a home.

It's security, warmth, and comfort – all the things you give a woman at Interval House. And because of this support system that you're a part of, she gets to take them with her as she moves forward.

## Together, we're forging ahead on a new path.

A woman who leaves an abusive home is walking in a whole new direction. But the next steps are just as challenging. Your support shows that you're walking alongside her, by getting her the help she needs.

**At every step, you are a comforting hug.**

**You are a shoulder to lean on.**

**You are a strong hand to hold.**

**You are a warm cup of tea, a soft blanket, a nightlight.**

In 2015, we received **441 crisis calls**. In those moments, you gave stability and strength when they were desperately needed.

And when the crisis was calmed, you were there to help pick up the pieces. You are helping women and their families get what they need to rebuild, rise up, and move forward.

When you give women the right tools, it's amazing what they will achieve. They build careers and homes, raise strong children, and break the cycle of violence.

And they come back to visit us, and share their stories. This year we held **5 reunion events**. We received **12 thank-you cards** in the mailbox. Now, I'm passing that gratitude along to you.

We are so proud of all that we have accomplished this year. Together, we're working towards a world where Interval House doesn't need to exist.

Thank you for taking the time to read this report. We are so grateful for your past and ongoing support of Interval House and the incredible, brave women who are fleeing violence every day.

From the bottom of our hearts, thank you.

Renée Weekes  
Board Chair

*"The big picture is the ending of violence. In small steps, it's making sure that anyone who needs us knows we're here, and continuing to tell the stories of these women to ultimately help to stop the cycle."*

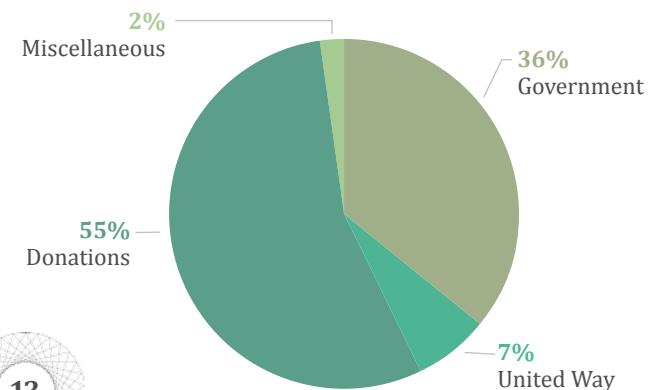


Summarized\*

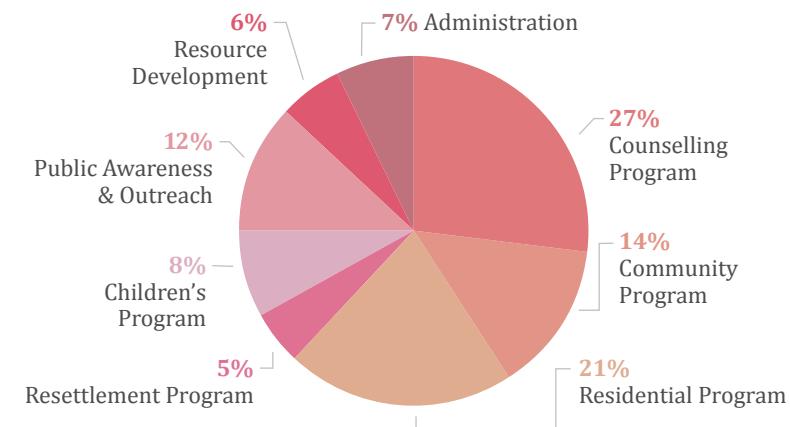
## Statement of Operations

REVENUE	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2015 TOTAL	2014 TOTAL
Government	\$12,500	-	\$1,076,337	\$1,088,837	\$1,038,883
United Way	-	-	214,498	214,498	209,498
Donations	-	-	1,669,379	1,669,379	1,351,990
Miscellaneous	22,917	41,313	-	64,230	254,228
	<b>\$35,417</b>	<b>\$41,313</b>	<b>\$2,960,214</b>	<b>\$3,036,944</b>	<b>\$2,854,599</b>
<b>EXPENSES</b>					
Programs	9,618	41,211	2,026,925	2,077,754	1,892,279
Public Awareness and Outreach	-	-	466,066	466,066	323,367
Resource Development	-	-	196,489	196,489	172,876
Administration	37,855	25,917	107,730	171,502	148,767
Amortization of Capital Assets	208,098	-	-	208,098	204,930
	<b>\$255,571</b>	<b>\$67,128</b>	<b>\$2,797,210</b>	<b>\$3,119,909</b>	<b>\$2,742,219</b>
EXCESS (DEFICIENCY) CURRENT YEAR	\$(220,154)	\$(25,815)	\$163,004	\$(82,965)	\$112,380

REVENUE 2014/2015



EXPENSES 2014/2015



Summarized\*

## Statement of Financial Position

ASSETS - Current	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2015 TOTAL	2014 TOTAL
Cash and Temporary Investments	\$2,004,651	\$1,369,040	\$121,137	3,494,828	\$3,433,713
GST/HST/Sundry Receivable	-	-	34,633	34,633	34,945
Prepaid Expenses	-	-	29,757	29,757	53,457
	<b>\$2,004,651</b>	<b>\$1,369,040</b>	<b>\$185,527</b>	<b>\$3,559,218</b>	<b>\$3,522,115</b>
Long Term Investments	112,711	84,092	-	196,803	195,481
Capital Assets	3,886,549	-	-	3,886,549	4,077,895
<b>TOTAL ASSETS</b>	<b>\$6,003,911</b>	<b>\$1,453,132</b>	<b>\$185,527</b>	<b>\$7,642,570</b>	<b>\$7,795,491</b>

### LIABILITIES - Current

Accounts Payable and Accrued Liabilities	-	-	100,198	100,198	115,403
Current Portion of Mortgage Payable	56,991	-	-	56,991	54,753
	<b>\$56,991</b>	<b>-</b>	<b>\$100,198</b>	<b>\$157,189</b>	<b>\$170,156</b>
<b>Mortgage Payable</b>	<b>\$131,606</b>	<b>-</b>	<b>-</b>	<b>\$131,606</b>	<b>\$188,595</b>

### NET ASSETS

Invested in Capital Assets	3,754,943	-	-	3,754,943	3,889,300
Externally Restricted	-	197,531	-	197,531	196,002
Internally Restricted	-	1,255,601	-	1,255,601	1,282,945
Unrestricted	2,060,371	-	85,329	2,145,700	2,068,493
	<b>\$5,815,314</b>	<b>\$1,453,132</b>	<b>\$85,329</b>	<b>\$7,353,775</b>	<b>\$7,436,740</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$6,003,911</b>	<b>\$1,453,132</b>	<b>\$185,527</b>	<b>\$7,642,570</b>	<b>\$7,795,491</b>

\*The summarized statements of financial position and operations are derived from the complete financial statements of Interval House as of September 30, 2015 and for the year then ended. The full audited financial statements are available upon request.





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