



2016

STRENGTH
— *Is In Our* —
NUMBERS

ANNUAL REPORT



WE KNOW THAT YOU ARE WITH US.

At Interval House, we firmly believe that every person deserves dignity. That every woman deserves to feel loved and valued. That every family who has lived under the shadow of abuse should have the opportunity to lift it, and build a new life.

You've proven that you believe it, too.

And not only that – you choose to act upon it. This year, you stood tall alongside **78 women** and their **89 children** as they started from scratch here at Interval House. Our oldest resident in 2016 was 71 years of age. Our youngest was just 3 months.

We want to thank you, from the bottom of our hearts, for being an ally to women fleeing abuse. Your kindness, caring, and compassion touch not only those who stay with us, but all people whose lives have been impacted by violence.

Our allies work in many ways. Some are donors. Others give their time, clothing, food

or furniture. Others still are passionate advocates who influence policy, or corporate partners who come together to make big change. Each and every one is immeasurably valuable.

The message of your kindness rings loud and clear: We believe in you. We support you. We know that you have the strength to do this! And, you do not have to do it alone.

2016 was a landmark year, in so many ways, because of you.

You helped women build the skills and develop the tools to thrive by delivering **7 life skills workshops** and supporting **40 housing clients**.

Your kindness empowered more women to rebuild their homes through the **Her Home Housing Project**. Having safe, stable housing is a vital piece of the puzzle once a woman leaves Interval House. It wouldn't be possible without our incredible partners at The Federation of Rental-Housing Providers of Ontario (FRPO), or without your selfless support.

The Building Economic Self-Sufficiency (BESS) program continues to grow and evolve, thanks to you. In 2016, **22 women found career placements through BESS**, along with another **4 students who found job placements**.

We've come a long way – and yet, there is much to look forward to in the next year.

With you standing beside us, we've begun to lay the groundwork to **offer counselling to women outside of our shelter**. That means you'll be offering strength and resiliency to even more women and their families.

Interval House, and our supporters, have always been trail blazers and risk-takers. Your phenomenal support enables us to design innovative programs that meet the real, urgent needs of families escaping violence. You trust us to look inwards, to think critically about the work we do, and to always be improving. You may already know that fully 70% of our funding comes from our phenomenal donors. **Truly, we could not do this without you.**

Nadine Chan
Executive Co-Director

Lesley Ackrill
Executive Co-Director

Arlene McCalla
Executive Co-Director

Working with the women who lead Interval House is a privilege. Bearing witness to the great work that this dedicated group does at times when women are coming out of traumatic abuse is an important reminder that good can triumph over bad. Being part of the Interval House cause in any way, no matter how small it may be, tends to have an impact on abuse survivors that helps get them back on their feet with the courage that humanity is alive and well. Congratulations to another great year of changing lives!

- Mark Kenny
Chair of the Board for FRPO



“I remember all the positive stuff. I have visual memories of the place, and it was a really fun environment. Even when I think of it now, I have a big smile on my face”

Linda doesn’t remember growing up in an abusive home. She never saw the injuries or the sadness. Her mother selflessly shielded her from her father’s violent mood swings.

What she does remember is playing in the big living room at Interval House. She remembers the start of her life-long love for Broadway when she saw The Lion King and Beauty and the Beast, thanks to donated tickets. She remembers whispering to her sister through a vent in the wall, marvelling at the room full of donated gifts at Christmas, and brushing her teeth with all the other kids before bed.

Linda has these wonderful memories because when she was two years old, and her sister was four, Linda’s mom brought them to live with us. Thinking back on it, Linda didn’t even realize it wasn’t

their home. **It felt like home – filled with support and strength, because of you.**

More than 25 years later, Linda is about to graduate from business school. She still looks back fondly on her time at Interval House. She sees how the experience set the family on the right track.

She and her sister wanted to have that same impact on other families like theirs. Remembering how all the moms rummaged excitedly through piles of newly-donated clothing, hunting for treasures for themselves and their kids, they decided to give back in a way they knew would be incredibly powerful: to donate clothing for the women at Interval House, to put them on track for career success. And they decided to deliver it themselves to the shelter – to pay homage to the place that changed their lives for the better.

WOMEN’S PROGRAM

Messages of Hope

Last year we asked donors to return handwritten cards from inspiring allies like you, and we displayed them around the shelter. They helped to spread your powerful message of strength, perseverance, and positivity – especially in those moments when it was needed the most.

4

art group projects thanks to 9 volunteers, to harness creativity.

33

families sponsored over the holidays, to make the season warm and bright

921

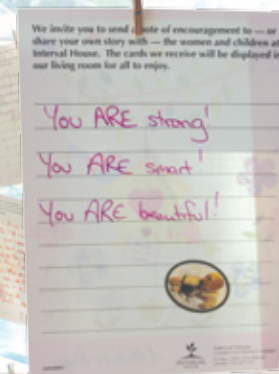
one-on-one counselling sessions, to foster hope and healing.

14

yoga mats, to bring peace and calm.

13

thank-you cards received from women, for women.



DOMINIQUE'S STORY

"Interval House helps people move into their new place in life, whatever that is for them. Any time you get people helping others in their journey, I think that's important. It's the best thing about being human."

After her sister was diagnosed with cancer, Dominique's parents spent most of their time at the hospital. Dominique was shuffled from one caretaker to another.

There were times she didn't even know where she was, let alone where she'd be next.

When Dominique was two, her sister lost her battle with cancer. But it was the start of a new challenge, as her father directed all his pain towards her mother. He used drugs, and became emotionally and physically abusive.

Her mother, a compassionate woman from a loving family, was shocked. She knew it wasn't safe to stay. So, she packed up her children and brought them to Interval House.

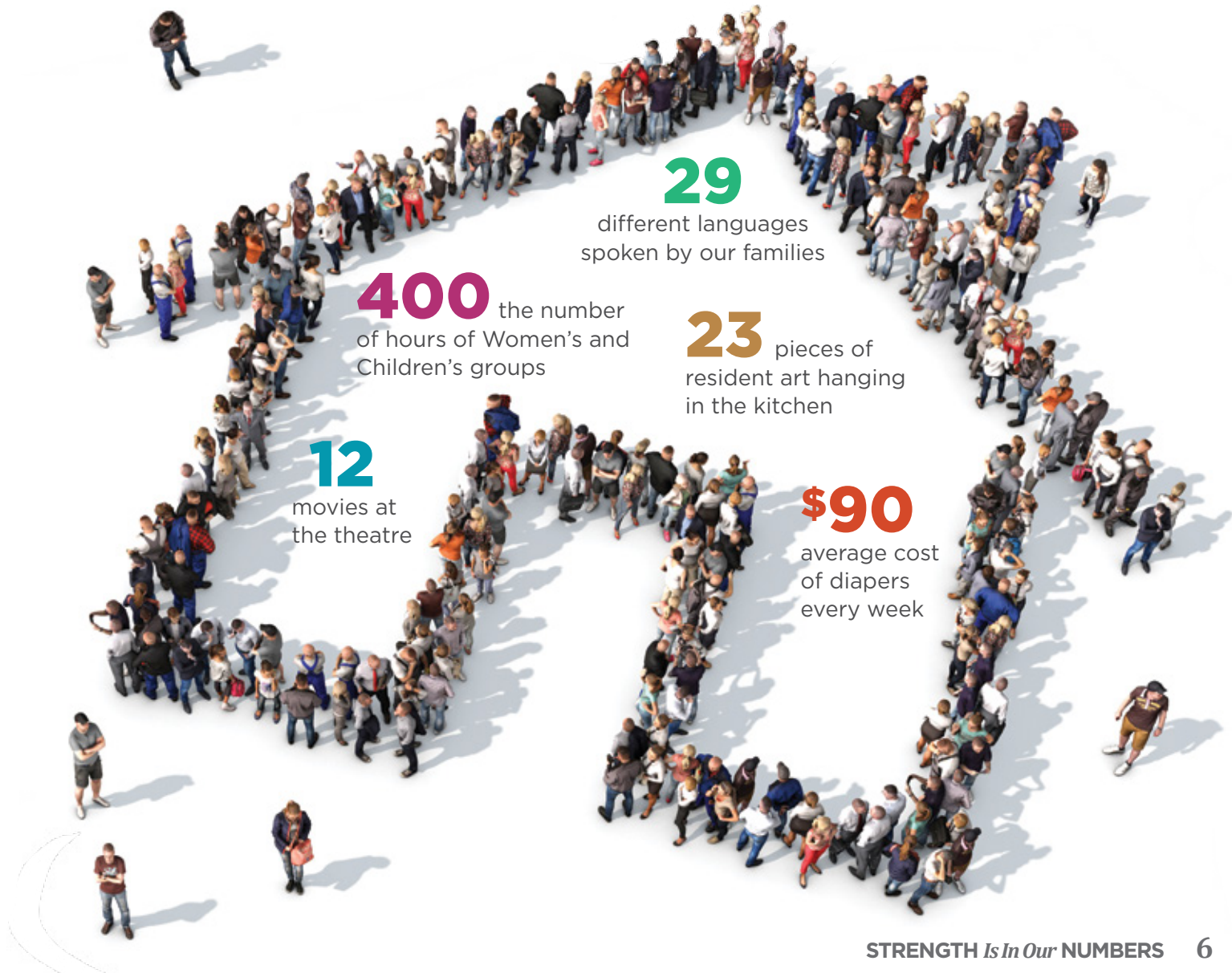
You gave Dominique the first place in her life where everything was the same, every day. Finally, there was stability and calm. The other children became a close-knit family.

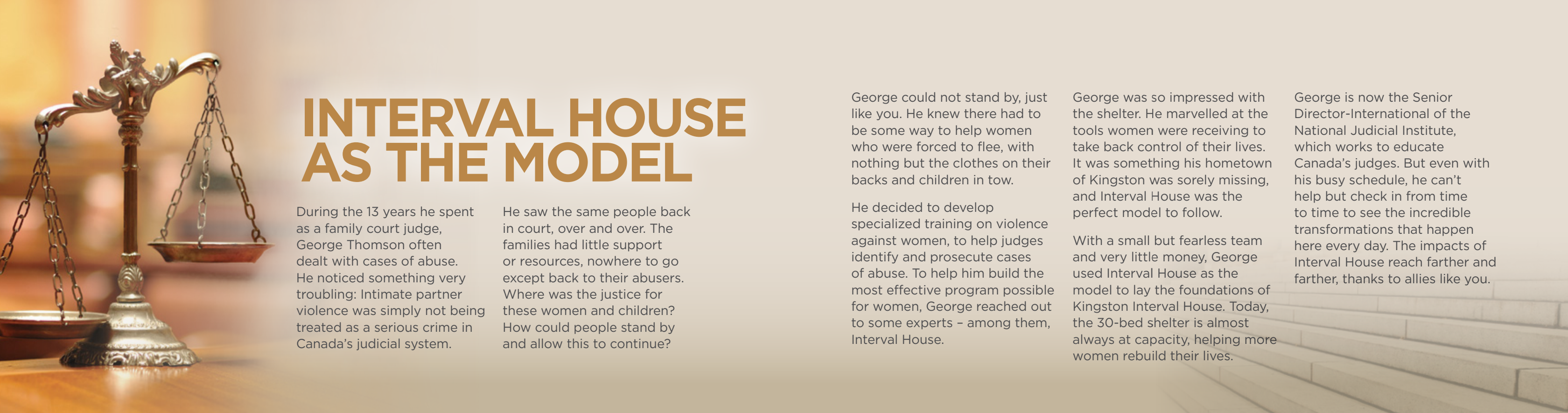
Interval House helped Dominique's mom complete her education, begin a career in social services, and find an

apartment. She was thrilled to find that some other Interval House families were also living in the same building! She still keeps in touch with these families – and her mother still lives in that same apartment building, her home.

Without you, families like Dominique's could never get the help needed to escape violence. She firmly believes that her mother could not have accomplished what she did, without allies like you to help her start rebuilding her life.

A DAY IN THE LIFE AT INTERVAL HOUSE





INTERVAL HOUSE AS THE MODEL

During the 13 years he spent as a family court judge, George Thomson often dealt with cases of abuse. He noticed something very troubling: Intimate partner violence was simply not being treated as a serious crime in Canada's judicial system.

He saw the same people back in court, over and over. The families had little support or resources, nowhere to go except back to their abusers. Where was the justice for these women and children? How could people stand by and allow this to continue?

George could not stand by, just like you. He knew there had to be some way to help women who were forced to flee, with nothing but the clothes on their backs and children in tow.

He decided to develop specialized training on violence against women, to help judges identify and prosecute cases of abuse. To help him build the most effective program possible for women, George reached out to some experts – among them, Interval House.

George was so impressed with the shelter. He marvelled at the tools women were receiving to take back control of their lives. It was something his hometown of Kingston was sorely missing, and Interval House was the perfect model to follow.

With a small but fearless team and very little money, George used Interval House as the model to lay the foundations of Kingston Interval House. Today, the 30-bed shelter is almost always at capacity, helping more women rebuild their lives.

George is now the Senior Director-International of the National Judicial Institute, which works to educate Canada's judges. But even with his busy schedule, he can't help but check in from time to time to see the incredible transformations that happen here every day. The impacts of Interval House reach farther and farther, thanks to allies like you.

CHILDREN'S PROGRAM

We were one of the first to create a program specifically for children who have lived through trauma and abuse. Today, our children are far younger than when the program began. Moms are leaving earlier, because they know they have support in allies like you. It means the cycle of violence is being broken sooner, and for good.

But counselling little ones has its own challenges. They often struggle to express themselves with words, and are less aware of their emotions. They need more counselling, more often, from someone they trust enough to open up to. At the same time, their moms are learning new parenting strategies to help their kids cope.

In 2016, **you helped us prepare to expand our Children's Program**, including the hiring of a second full-time Children and Youth Counsellor Advocate. This means we can assign a counsellor to each family, to build up trust and confidence and measure progress more closely.

SAFETY PLANNING

One of the most valuable tools you have given women fleeing abuse this year is a safety plan.

Some women reach out months before leaving. Others are ready to leave right away. We help remember the important things, like paperwork for custody or immigration, medications, and financial records. We guide women in planning how to get here.

When children arrive at the shelter, the first thing they receive is a comfort package. You gave 23 of them this year. It includes a quilt from a caring donor, and at least one other special item — something Mom brought from home, or maybe an object that takes on super powers. It's a package filled with your kindness, and it reminds children that feelings of calm, comfort and safety are possible.



She's honest, but gentle, and approaches the women without all of the legalese they may hear from other police officers.

COMMUNITY PARTNER SPOTLIGHT: TORONTO POLICE SERVICE

With the VSU, Jennifer works closely with victims of abuse. She knows that it can happen to anyone, anytime. And it becomes even more serious when a woman sees the police force not as an ally, but as an enemy. That's often the case, for any number of reasons.

That's why, when she heard about an opportunity to work with Interval House, Jennifer jumped on it right away.

As an Interval House partner, Jennifer helps women understand their legal rights. She prepares them for the processes they'll encounter, from pressing

charges to their day in court. She's also provided training to Interval House staff about how to approach police, and what to say to get women the help they need as fast as possible.

When she's going to Interval House, Jennifer wears plain clothes – she wants the women to know that she's just like them. She's honest, but gentle, and approaches the women without all of the legalese they may hear from other police officers.

She and some of her fellow officers have become even more involved. They sponsored a family, and cooked a full

Christmas dinner for the women and children of Interval House. One officer even dressed up as Santa Claus, and all of the kids got to share their Christmas wishes! Best of all, they're looking forward to doing it all again this year.

Jennifer and the officers of her division are working hard to help women understand that the police are on their side, that they want to help, and that they can be a positive force. Like you, they're allies that empower women to seek a safe place for themselves and their children, and to understand that they deserve better.



IMAGES, STATS, FACTS.

5 FISH SWIMMING
IN THE AQUARIUM

6 CHILDREN SENT
TO SUMMER CAMP

19 COSTUMES IN THE
KIDS PLAYROOM

14 CAKES TO CELEBRATE
BIRTHDAYS



WOMEN CALL OUR CRISIS LINE AT EVERY STAGE.

Some are reaching out at the last possible moment – they need to leave right now, and they need help.

Others are still planning out when and how to leave, gathering information for the transition. They're worried about what will happen to their children, about how the family can be kept safe from their abuser. Sometimes, they think the best thing to do is to stay.

No matter what a woman is looking for when she dials the Interval House number, you make sure she gets it. You provide a listening ear, a shoulder to lean on, and a hand to hold as she takes that leap forward, into a brand new life.

ALLY SPOTLIGHT: TIM REID



Tim uses the word “feminist” to describe his wife Julyan, but it’s clear by his actions that he, too, is a passionate supporter of women’s rights. Throughout their long marriage and respective careers, issues of poverty and equality mattered a great deal.

Tim uses the word “feminist” to describe his wife Julyan

So, when the family received a call from Interval House, looking for used furniture, Tim and his son promptly loaded up the car with a dresser and drove it to the shelter.

That call came many years ago, and it was the start of a long and meaningful journey.

The cause became deeply important to Tim and Julyan. Like you, they knew that they would never change their minds about supporting women and families. The couple decided to commit to a monthly donation, to provide reliable and sustained support. They were thrilled to attend a BESS graduation ceremony, to see the transformation that their support was enabling.

Sadly, Julyan passed away almost three years ago. Tim honoured her request that donations in her memory would be directed to Interval House. Inspired by the graduation ceremony, Julyan also made him promise to donate some of her favourite career clothes to Interval House’s career boutique, to help women dress professionally for job interviews.

By continuing to support Interval House and the values that were a part of Julyan’s life’s work, Tim has found a special way to stay connected.

“The most effective action against poverty is people organizing themselves to make things happen in their communities. The power is the passion of a few people who want to make something happen.”



A MESSAGE FROM RENEE WEEKES BOARD CHAIR

When we were founded 40 years ago, no one talked about intimate partner violence. Things have changed since then.

You are an enormous piece of what has kept Interval House at the forefront of this powerful movement.

Your unwavering support has allowed us to evolve over time, to better meet the needs of women and children recovering from abuse and to really inform people of this worthy cause.

Even in the past five years, you’ve helped shift extraordinary transformations — in how the public perceives violence, how women are taking control of their own lives, and how the cycle of violence can be broken forever.

You are changing minds, hearts, and lives.

One of the changes I’m most proud of in 2016 is the redesign of the BESS program. The revamped program will include specialized workshops on a schedule that accommodates the needs of women, and long-term counselling once a woman leaves us. More women will have the tools to overcome barriers to employment after trauma, at every stage of their healing.

Your kindness is empowering women to achieve their career dreams.

Your support means everything to Interval House and the women we serve. Thank you for your fearlessness, your generosity, and your kindness. I can think of no better ally to stand with in 2017.

Gratefully,

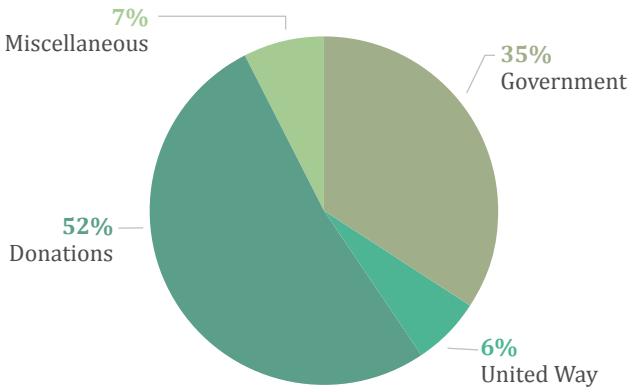
Renée Weekes
Board Chair

Summarized*

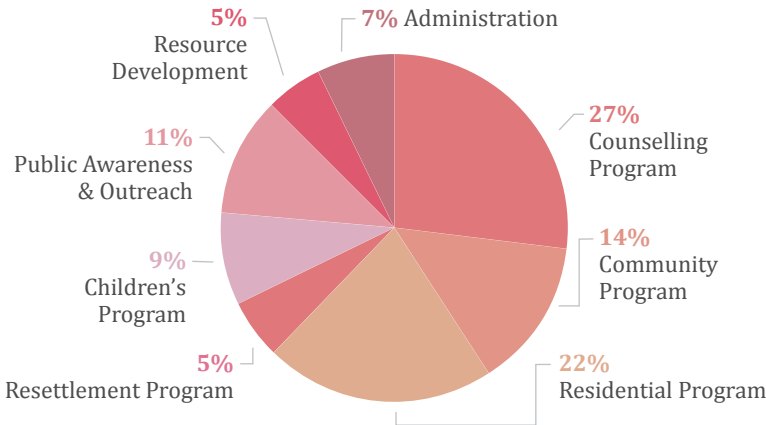
Statement of Operations

REVENUE	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2016 TOTAL	2015 TOTAL
Government	\$16,823	-	\$1,035,947	\$1,052,770	\$1,088,837
United Way	-	-	194,498	194,498	214,498
Donations	-	-	1,588,591	1,588,591	1,669,379
Miscellaneous	75,483	150,290	-	225,773	64,230
	\$92,306	\$150,290	\$2,819,036	\$3,061,632	\$3,036,944
EXPENSES					
Programs	2,455	-	1,999,688	2,002,143	2,077,754
Public Awareness and Outreach	-	-	377,876	377,876	466,066
Resource Development	-	-	187,564	187,564	196,489
Administration	33,964	25,944	107,729	167,637	171,502
Amortization of Capital Assets	204,924	-	-	204,924	208,098
	\$241,343	\$25,944	\$2,672,857	\$2,940,144	\$3,119,909
EXCESS (DEFICIENCY) CURRENT YEAR	\$(149,037)	\$124,346	\$146,179	\$121,488	\$(82,965)

REVENUE 2015/2016



EXPENSES 2015/2016



Summarized*

Statement of Financial Position

ASSETS - Current	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2016 TOTAL	2015 TOTAL
Cash and Temporary Investments	\$2,114,202	\$1,486,503	\$169,753	3,770,458	3,494,828
GST/HST/Sundry Receivable	-	-	44,469	44,469	34,633
Prepaid Expenses	-	-	42,939	42,939	29,757
	\$2,114,202	\$1,486,503	\$257,161	\$3,857,866	\$3,559,218
Long Term Investments	115,882	90,975	-	206,857	196,803
Capital Assets	3,713,978	-	-	3,713,978	3,886,549
TOTAL ASSETS	\$5,944,062	\$1,577,478	\$257,161	\$7,778,701	\$7,642,570

LIABILITIES - Current

Accounts Payable and Accrued Liabilities	-	-	171,832	171,832	100,198
Current Portion of Mortgage Payable	59,322	-	-	59,322	56,991
	\$59,322	-	\$171,832	\$231,154	\$157,189
Mortgage Payable	\$72,284	-	-	\$72,284	\$131,606

NET ASSETS

Invested in Capital Assets	3,641,694	-	-	3,641,694	3,754,943
Externally Restricted	-	207,730	-	207,730	197,531
Internally Restricted	-	1,369,748	-	1,369,748	1,255,601
Unrestricted	2,170,762	-	85,329	2,256,091	2,145,700
	\$5,812,456	\$1,577,478	\$85,329	\$7,475,263	\$7,353,775
TOTAL LIABILITIES AND NET ASSETS	\$5,944,062	\$1,577,478	\$257,161	\$7,778,701	\$7,642,570

*The summarized statements of financial position and operations are derived from the complete financial statements of Interval House as of September 30, 2016 and for the year then ended. The full audited financial statements are available upon request.





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