



Investment in Impact

2018 GRATITUDE REPORT



Your investment yields life-changing returns

When you give to Interval House, your investment helps women survivors of intimate partner violence and their children transform their lives and break the cycle of abuse.

When Interval House first opened its doors in 1973, it was the first shelter for abused women and their children in North America. We began as a volunteer collective of determined feminists who saw a gap in services and set out to make a difference. But as times change, so must we.

In 2018, we transitioned to a more structured organizational approach—one that allows us to respond more quickly and be more nimble. It's vital in these fast-paced times. **This new way of working also allows us to track outcomes more thoroughly and be even more**

accountable to you—and the women we serve.

With you by our side in 2018, we undertook the biggest update to our residential space in over 12 years, renovating and refreshing our bedrooms, bathrooms, laundry room and common living area. The end result? A warmer, more comfortable home for women and children taking their first steps towards new beginnings.

You've supported innovation, as we continuously improve our transformative, specialized services. And you've contributed to wide-ranging impact, ensuring we use our expertise to better ourselves while also mentoring and advising all who are seeking to end violence against women.

As Canada's pioneering centre for women escaping abuse, we

play an important role in leading the conversation and mentoring allied organizations working to end intimate partner violence. Our 45-year history means we know what works and what doesn't. We know what services and supports are needed and we're constantly challenging ourselves to do what we do even better so we can help more women live their best lives.

Your generosity fuels our ability to share our lessons learned far and wide, leading the way to ensure ending family violence is part of the public and political agenda.

And because you cared enough to give, in 2018 we raised our voices louder than ever before.

Together, we took action to break the cycle of abuse by empowering women with new skills and confidence so they don't find themselves back in

“When you help women and children escape abuse and break the cycle of intimate partner violence, your investment pays dividends for generations to come.”

abusive situations and we helped children understand and process what they have experienced so they don't become victims or perpetrators of violence themselves.


Every time you contribute to Interval House, you are saving and transforming someone's life. Thank you for championing brighter futures for women experiencing intimate partner violence and their children. **Your investment in Interval House will have an impact for generations to come.**

Nadine Chan
Executive Co-Director

Lesley Ackrill
Executive Co-Director

Arlene McCalla
Executive Co-Director





“Interval house provided me with a sense of stability and calm in the grips of the storm.”

Randal Williams, M.A.

Former Interval House child resident

Randal's story

I was born to teenagers living in poverty. They met in Toronto after my mother immigrated to Canada from a volatile region of South America. While my father struggled with alcohol addiction, I was raised by my single mother. In the early 1970's, when I was 5 years old, we ended up at Interval House.

One of my earliest memories of being at the shelter was the warmth. We could close the door and leave the wind outside. When you can walk into a room and take off your jacket and actually enjoy some heat and some food, that's not a small thing. **My basic needs were met, which was profoundly comforting.** I had access to

activities, paper and crayons, other children to interact with, and adults who were not panicked and worried all the time. **Interval House created a space that was nourishing and vital.**

I am now 50 years old and the father of two bright, beautiful young adults. I have been a teacher for nearly 30 years. My early experiences at Interval House inform what I do and how I interact with people. In my professional work, I am a champion for improving access to education and encouraging cultural diversity. **The sense of empathy I carried into adulthood came from my childhood experiences at Interval House and I am so grateful.**

BESS: Investing in infinite possibilities



Being in an abusive relationship can impact a person long after it ends. That's where Interval House's Building Economic Self-Sufficiency program (BESS) comes in. Made possible thanks to your generous gifts, BESS helps survivors find employment and housing while providing emotional support.

Economic self-sufficiency means nothing less than control of one's own destiny. It's a fine balance of safe, stable housing, employment, community support, and, importantly, a personal sense of purpose and well-being. BESS recognizes that women recovering from intimate partner violence can experience crises in all of these areas, often at the same time.

With the understanding that each woman's situation is unique, BESS

provides support and workshops in essential areas like housing, resume and interview skills, access to professional wardrobes, goal setting and counselling.

Thanks to your support, we work with each client where they are at, giving them the tools to build their own futures—tools that break down barriers, create employment and change the way survivors view themselves and what they are capable of.

How far can the possibilities reach? In 2018, your generosity helped BESS serve 192 women, many of them mothers. And when we empower a woman to succeed, generations after her will too. **Supporting BESS is an investment in community with truly infinite returns.**

“When you invest in women, you transform lives and help break the cycle of violence. BESS helps remove the barriers that prevent women from achieving their goals.”

Fazia Mohammed
Community Programs
Manager



Catherine's story

Thanks to you, Catherine isn't hiding anymore

I was a few months pregnant with my second child when my husband first physically abused me. I lived in constant fear of physical and emotional abuse. Every aspect of my life was under his control. **When he threatened to have my amazing kids—my angels—taken away from me, I decided: *I am not having this anymore!***

The moment I came to Interval House, I felt like I could breathe again. A weight had been lifted off my chest and I could finally sleep and start thinking. Stress made me pre-diabetic, but my health improved. And there is a great change in my children: they are happy, thriving, and we are connected in a way we never could be before because we can now live in the moment. **Now my kids see their real mom. I'm not hiding anymore.**

The staff at Interval House kept me motivated. When I came here, I felt like my wings had been clipped. I was dragging my feet, but the staff gave me the push I needed. Now I am taking bridging courses in preparation for university. **I have confidence in myself. I now feel ready to be the version of myself that I know I was born to be.** Watch out world, here I come!

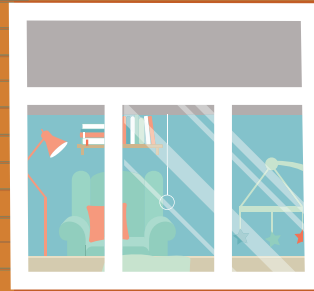
“When you donate to Interval House, you are giving a woman a chance to stand erect, to move in a direction that she doesn't believe is possible. You are giving her—and her kids—a future.”

Catherine, Interval House client

BESS PROGRAM



2018 Impact Report



3 OPEN HOUSES FOR COMMUNITY PARTNERS

56 CLIENTS HOUSED

54 COUNSELLING CLIENTS

60 NEW COMMUNITY PARTNERS

192
BESS
CLIENTS

127
NEW
CLIENTS

35 CLIENTS
HELPED WITH
EMPLOYMENT



3 WOMEN THAT
WENT BACK TO SCHOOL



2,232 HOURS
OF SERVICES STAFF
PROVIDED TO CLIENTS



22 WOMEN THAT
FOUND EMPLOYMENT



35
AVG. AGE OF
BESS CLIENTS

13
LIFE SKILLS
WORKSHOPS

15 COUNSELLING WORKSHOPS OFFERED



50 FAMILIES
SPONSORED AT
CHRISTMAS

20
EMPLOYER
PARTNERS



5 AWARDS
GIVEN OUT AT
ANNUAL BESS
CELEBRATION



120 SUITS & **65** PAIRS OF
SHOES IN CAREER BOUTIQUE

2 HER HOME
CLIENTS

RESIDENTIAL PROGRAM



30 AVERAGE
AGE OF WOMEN



5 AVERAGE
AGE OF CHILDREN



12 DIFFERENT
LANGUAGES
SPOKEN BY CLIENTS



58 HOURS IN
WOMEN'S GROUPS



144 HOURS IN
CHILDREN'S GROUPS



87 OUTINGS
(movies, museums,
parks, zoos, sporting
events & more!)

64
WOMEN
& **82**
CHILDREN
LIVED WITH US

2 MONTHS AVERAGE LENGTH OF STAY



186
PIECES OF ART
ON THE WALL



4 FISH IN
THE FISH TANK



INTERVAL HOUSE: 45 YEARS

OF INNOVATION AND LEADERSHIP
THANKS TO YOU



- The Time Person of the Year award goes to American Women, celebrating the successes of the feminist movement

- Vancouver holds Canada's first Take Back The Night march

- NDP MP Margaret Mitchell tells the House of Commons that each year "1 in 10 husbands beat their wives regularly" and is heckled with laughter

- Canadian Charter of Rights & Freedoms ensures equality for women and visible minorities.

- Systemic discrimination in the hiring of women is found to be unlawful in Canada

1973

- Interval House is founded April 1, 1973
- American Supreme Court rules in favour of the Constitutional right to access abortion in Roe vs. Wade
- Native Women's Association of Canada is formed to gain equal opportunity
- Avg. Cost of a new house \$40,605
- Avg. Income \$19,125/year
- Avg. Rent \$175/month

1975

- The Canadian Human Rights Act is passed, prohibiting discrimination and requiring equal pay for work of equal value
- International Women's Day is declared as an official annual event by the United Nations

1977

1978

- Interval House is the first women's shelter to add a male counsellor to the Children's Program

1980

1982

- Bill C-127 passes making it illegal for a man to rape his wife in Canada

1983

1987

- The Supreme Court strikes down all legal restrictions of abortion in Canada

1988

As North America's first shelter for women and children experiencing abuse, we remain trailblazers in the campaign for women's empowerment and independence, providing innovative, specialized, and transformative services that help to break the cycle of intimate partner violence.

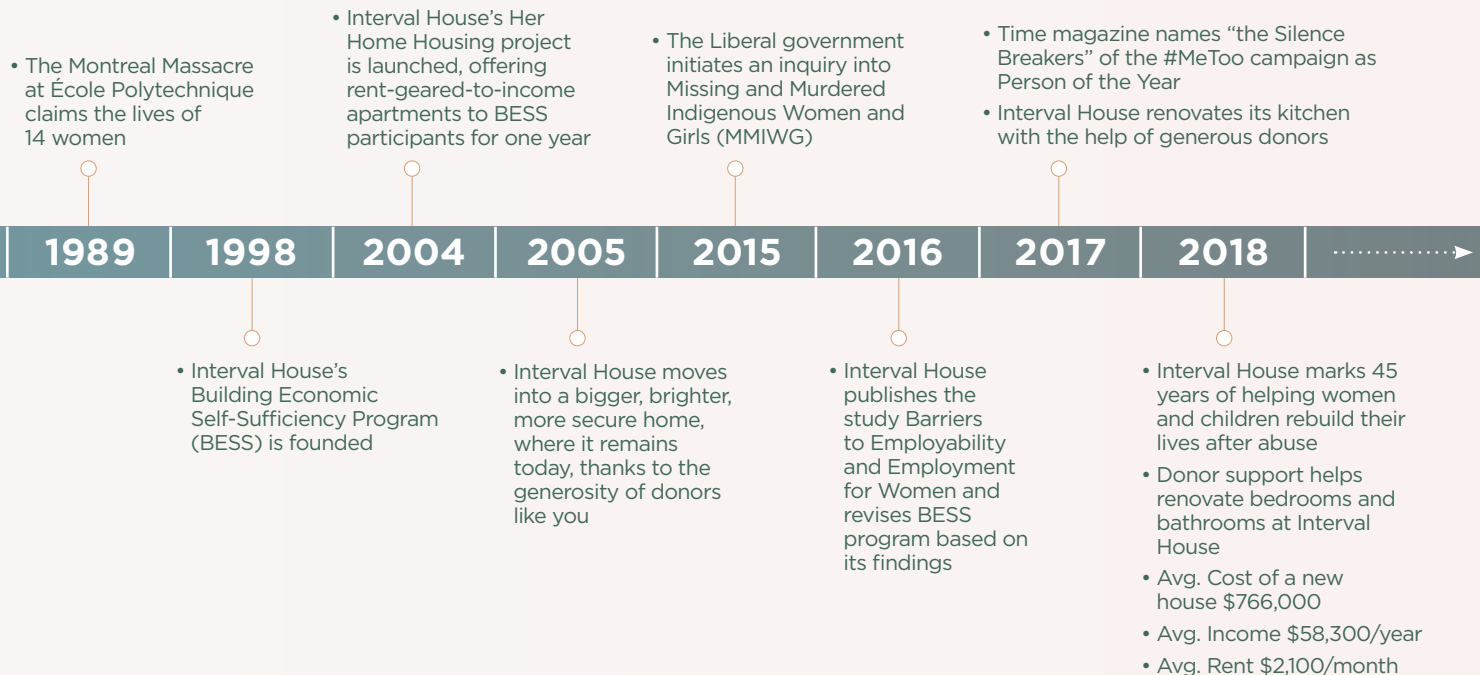
Interval House has witnessed a lot of change in how intimate partner violence is understood since our determined founders first opened our doors in 1973. And as the needs of survivors change, your belief in our mission helps us to change with them.

Your unwavering support is what allows us to innovate, to find creative solutions and pioneer

new programs and services that get us closer to our vision of a world without intimate partner violence.

45 YEARS OF FIGHTING FOR WOMEN'S RIGHTS

We will not rest as long as there is inequality and gender-based violence. We have seen positive progress in the fight for women's rights since Interval House was established, 45 years ago. But we have also seen backlashes in response to that progress and there's still a long way to go. Thank you for standing with us as we work towards a future free from discrimination and fear.





“We were very pleased to see other donors step up to the plate to match our FRPO gift. Giving to Interval House is a wonderful investment in people and positive futures.”

Lynzi Michal
Director, Membership & Marketing, FRPO

CORPORATE PARTNER SPOTLIGHT

“Interval House is a wonderful investment in people and positive futures.”

How FRPO is leading the way in corporate philanthropy

The Federation of Rental-housing Providers of Ontario (FRPO) and its members know the importance of safe, accessible housing. Since 2007, the FRPO team has been a steadfast supporter of Interval House, funding innovative programs and helping to provide housing and resettlement for women and their families after they leave the shelter.

FRPO’s annual Golf Charity Classic has raised over \$500,000 to date and, in 2018, the team went above and beyond, issuing a matching gift challenge to supporters and making a generous donation to Interval House in lieu of sending out Christmas cards.

“It has been a privilege for our members to see their dollars, time, and advocacy work make a difference in the lives of women and children as they leave abuse behind,” says Lynzi Michal, FRPO Director of Membership & Marketing. **“We’ve seen how efficiently and creatively Interval House is run and we are pleased to be helping the shelter attain the tools and resources to invest in clients’ lives.”**

“I’ve seen firsthand how much every person at Interval House truly cares about the outcomes of the women and children they serve—it comes through in every interaction,” explains Lynzi. “Interval House is a wonderful investment in people and positive futures.”

LEADERSHIP DONOR SPOTLIGHT

“Interval House changes and saves lives—I believe that with all my heart.”

Where do you go when you're alone, afraid and have nowhere else to turn? That is the concern that first motivated Gillian Stewart to start donating to Interval House. **“I couldn't imagine the fear of someone having to just leave everything behind,”** explains Gillian. **“I give because I want women and children to walk through those shelter doors and feel safe.”**

“I have a tremendous hate of ugliness towards women,” says Gillian, who witnessed her mother experiencing verbal, mental and emotional abuse. “Interval House changes and saves lives—I believe that with all my heart.”

Now a grandmother with 3 children and 11 grandchildren

of her own, Gillian is especially committed to helping children who have experienced family violence. “I want to protect anyone experiencing family violence, especially children,” explains Gillian. “That’s why I’ve always tried to give when I can.”

A long-time supporter, Gillian recently decided to start giving monthly. “Monthly donations are good because it helps everyone,” says Gillian. **“Together, we are collectively providing hope to women and children for a better day and better life ahead.”**



“Interval House is the most amazing stepping stone for people who are coming from a very dark place and living in fear.”

Gillian Stewart,
Monthly donor

A Message from

RENEE DUNCAN

Board Chair

“Your belief in Interval House pays dividends in lives transformed and a brighter, more just future for all.”



When you give to Interval House, your investment yields returns that last a lifetime. Last year alone, we sheltered 64 women and 82 children and an additional 192 women had their lives forever transformed by participating in BESS.

I've seen firsthand the look in a woman's eyes when she realizes you believe in her. It is such a privilege to witness the moment one of our residents truly feels the love and support of our Interval House family and community. Often, there are disbelieving tears as **women who have been made to think they are worthless come to realize that someone they have never met—you—cares enough about them to protect them and invest in their future.**

Through your gifts, **you are a lifeline of support** helping women find that job, move into that apartment and begin a new life, free from fear and violence.

It says so much about the incredible impact you make that so many past residents return to tell us how much their time at Interval House meant to them. Despite it being one of the most challenging periods of their lives, children have fond memories. Women miss the camaraderie.

On behalf of all those whose lives are forever changed by your incredible generosity, thank you for investing in a future free from intimate partner violence.

With gratitude,

Renee Duncan

Volunteer Chair, Board of Directors

Board Members

RENEE DUNCAN

A graduate of the University of Guelph-Humber, Renee Duncan is a strategic communications professional with over 10 years of experience in PR, influencer relations, social media and content development in the areas of sports, media, finance, entertainment and consumer packaged goods. In her current role as an account director at MSL Group PR agency, Duncan oversees communications for top global cosmetic brands.

Duncan has shown her commitment to helping end violence against women through her position as Chair of the Board of Directors for Interval House for the past 10 years. She continues to be inspired by the transformational stories of women and children who have come to Interval House to pursue lives free of violence.

LISA PEROTTA

Lisa Perrotta, York University, Collège Glendon. BA, BEd. Interval House Board of Directors Secretary since 2008. As an elementary school teacher and a mother, Lisa is committed to supporting the important work being done at Interval House to help women survivors of intimate partner violence and their children. She believes strongly in advocating for women and families to regain self-confidence and economic self-sufficiency to build better lives for themselves. Lisa is pleased to be in her 10th year on the Board.

LINDA TUNG-PRANGLEY

Currently serving as Treasurer of the Board, Linda Tung-Prangley has been involved with Interval House since 2010. She continues to be inspired by the organization's mission to empower women and its forward and leading vision in the Violence Against Women (VAW) sector. Linda is a graduate of the University of Toronto (Victoria College) and is a local small business owner.

CHARMAINE EWING-CHOW

Charmaine Ewing-Chow works in Finance at J. Walter Thompson Advertising. She graduated from the University of Western Ontario and, just a few years later, attained another certification from Ryerson University. As a long-time board member, Charmaine is committed to Interval House and truly believes in the work being done to empower women survivors of intimate partner violence and their children. Charmaine is proud to be part of such an admirable organization, doing such fantastic work improving people's lives.

HEATHER McLEAN

Heather McLean is a fundraising professional with over 15 years of experience in educational philanthropy, alumni relations and volunteer empowerment. She joined the Faculty of Arts & Science at the University of Toronto as a Senior Development Officer in 2013. Heather has an Honours Bachelor of Arts in Economics and European Studies from the University of Toronto. She joined the Board at Interval House in 2013 and remains deeply committed to helping prevent and address violence against women.

MICHELE GRANNEN

Michele Grannen has been a board member at Interval House for 5 years. She is a graduate of Western University and has had a career in the Financial sector for 30 years. Michele has always been passionate about helping women survivors of domestic violence, especially through her involvement with Interval House, which provides incredible support and resources to women who are fleeing abuse. She admires the staff, whom she describes as "second to none" and is proud to be on Interval House's Board of Directors.

Summarized*

STATEMENT OF OPERATIONS

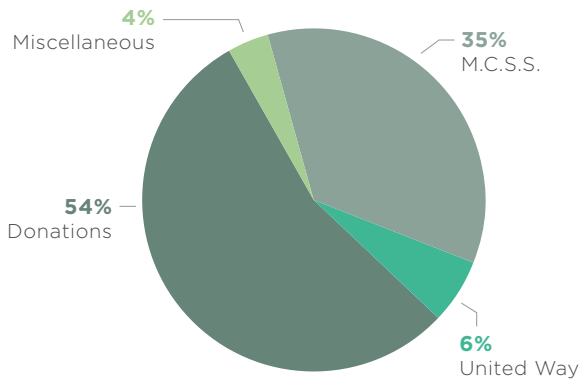
REVENUE	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2018 TOTAL	2017 TOTAL
M.C.S.S.	\$38,716	-	\$1,104,437	\$1,143,153	\$1,423,215
United Way	-	-	\$194,499	\$194,499	\$219,530
Donations	-	-	\$1,751,896	\$1,751,896	\$1,625,196
Miscellaneous	\$46,961	\$91,680	-	\$138,641	\$159,542
	\$85,677	\$91,680	\$3,050,832	\$3,228,189	\$3,427,483

EXPENSES

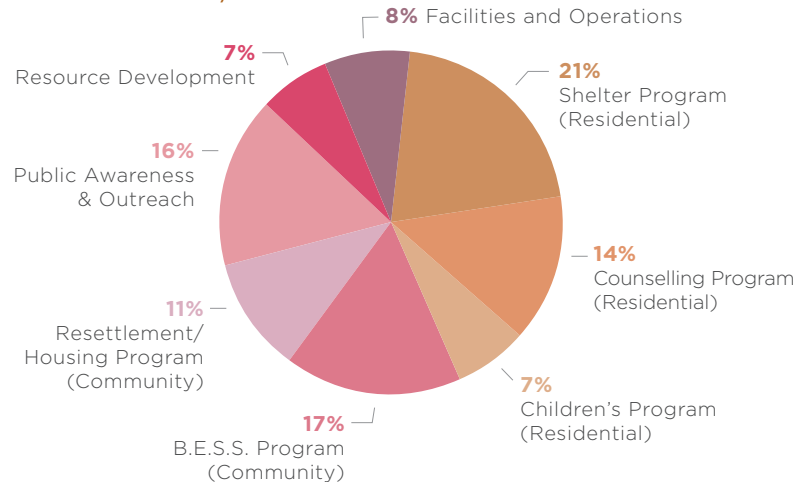
Programs	\$731	\$5,416	\$2,112,454	\$2,118,601	\$2,220,874
Public Awareness and Outreach	-	-	\$520,969	\$520,969	\$300,640
Resource Development	-	-	\$242,372	\$242,372	\$252,127
Facilities and Operations	\$24,052	\$27,342	\$159,527	\$210,921	\$227,136
Amortization	\$226,149	-	-	\$226,149	\$204,314
	\$250,932	\$300,000	\$3,035,322	\$3,319,012	\$3,205,091

EXCESS (DEFICIENCY) CURRENT YEAR	(\$165,255)	\$58,922	\$15,509	(\$90,824)	\$222,392
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REVENUE 2017/2018



EXPENSES 2017/2018



Summarized*

STATEMENT OF FINANCIAL POSITION

ASSETS – Current	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2018 TOTAL	2017 TOTAL
Cash and Temporary Investments	\$1,710,942	\$1,604,875	\$294,035	\$3,609,852	\$3,696,583
GST/HST/Sundry Receivable	-	-	\$61,478.44	\$61,478.44	\$81,538.00
Prepaid Expenses	-	-	\$25,699.00	\$25,699.00	\$30,922.00
	\$1,710,942	\$1,604,875	\$381,213	\$3,697,030	\$3,809,043
Long Term Investments	\$112,940.77	\$103,513.39	-	\$216,454.16	\$211,566.00
Capital Assets	\$3,973,722.00	-	-	\$3,973,722.00	\$4,027,787.00
TOTAL ASSETS	\$5,797,605	\$1,708,388	\$381,213	\$7,887,206	\$8,048,396

LIABILITIES – Current

Accounts Payable and Accrued Liabilities	-	-	\$280,375.00	\$280,375.00	\$278,457.00
Current Portion of Mortgage Payable	-	-	-	-	\$61,749.00
Accrued mortgage interest	-	-	-	-	-
	-	-	\$280,375	\$280,375	\$340,206
Mortgage Payable	-	-	-	-	\$10,535

NET ASSETS

Invested in Capital Assets	\$3,973,722.00	-	-	\$3,973,722.00	\$3,966,038.00
Externally Restricted	-	\$216,454.00	-	\$216,454.00	\$212,703.00
Internally Restricted	-	\$1,491,934.00	-	\$1,491,934.00	\$1,436,763.00
Unrestricted	\$1,823,883.00	-	\$100,838.00	\$1,924,721.00	\$2,082,151.00
	\$5,797,605	\$1,708,388	\$100,838	\$7,606,831	\$7,697,655
TOTAL LIABILITIES AND NET ASSETS	\$5,797,605	\$1,708,388	\$381,213	\$7,887,206	\$8,048,396



*The summarized statements of financial position and operations are derived from the complete financial statements of Interval House as of September 30, 2018 and for the year then ended. The full audited financial statements are available upon request.



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