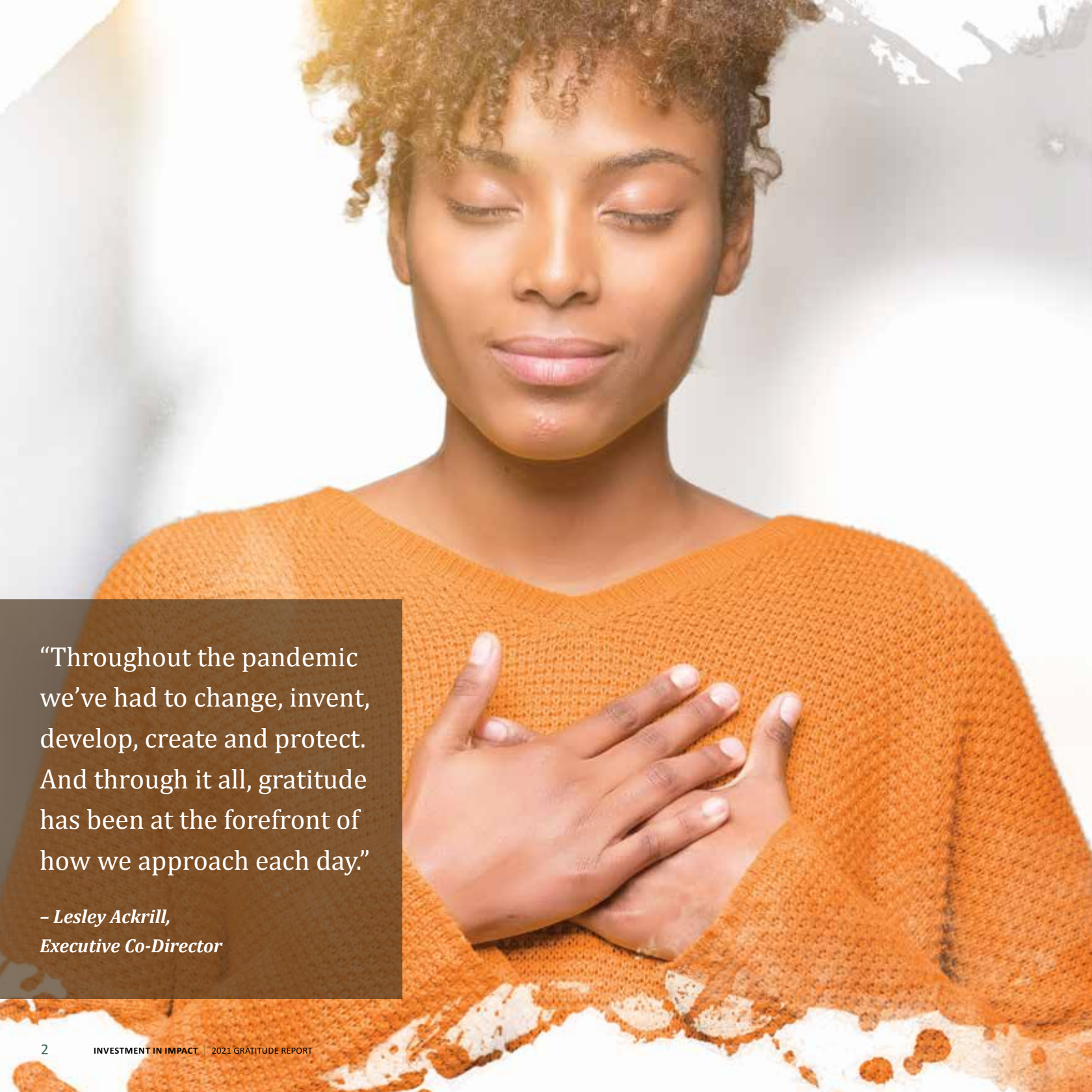




# You Fill Us with Gratitude

**2021 Gratitude Report**





“Throughout the pandemic we’ve had to change, invent, develop, create and protect. And through it all, gratitude has been at the forefront of how we approach each day.”

– *Lesley Ackrill,*  
*Executive Co-Director*

# We are braver and bolder – TOGETHER

**Thank you** for standing alongside survivors of intimate partner violence.

Hope. A safe place in an uncertain world.

That's what you offered the women and children who came to Interval House this year.

As we continued to live through so many challenges and unknowns of the COVID-19 pandemic, you were there. You never wavered as we were forced to embrace change and think of new ways to boldly mitigate risk. Thanks to you, we were able to meet our community's needs safely.

Your partnership allowed us to continue to operate efficiently and adapt quickly. **You saved lives this year.**

It's quite something to think that next year will mark an incredible

milestone: our 50th Anniversary. Interval House is Canada's first centre for women survivors of intimate partner violence and their children. Thanks to you, we remain trailblazers today, staying at the forefront of a significantly changing landscape.

Every time you donate to Interval House, you're changing the lives of all women seeking to rebuild after abuse. That's because we share our best new ideas freely with other shelters and organizations. **Together, we make an impact across the country ... and across multiple generations.**

Your steadfast support is at the heart of everything we are able to accomplish. We sincerely hope you take pride in seeing what your partnership makes possible.

With your continued support, Interval House is not only a safe haven for women and children in times of crisis, but a long-term support network for survivors.

**From everyone at Interval House, please accept our heartfelt gratitude.**

**LESLEY ACKRILL**  
EXECUTIVE CO-DIRECTOR

**NADINE CHAN**  
EXECUTIVE CO-DIRECTOR

**ARLENE MCCALLA**  
EXECUTIVE CO-DIRECTOR



## Meet our Board of Directors

### ANNA FOWLES



Anna Fowles is a graduate of the University of Waterloo (English/ Psychology) and

Ryerson University (Radio and Television Arts). As Executive Vice President of a Marketing Agency, Anna leads the creative and production team to deliver innovative performance solutions across all TV and digital channels.

Anna's journey with Interval House started when her agency was asked to create an infomercial for Interval House over 20 years ago. It was a challenging, emotional, heartbreaking and hopeful experience – one that has had a lasting impact on Anna and created a lifelong connection with Interval House, coming full circle when she joined our board in 2021.

### HEATHER PICKIN



Heather Pickin is a registered Occupational Therapist who completed her

training in London, England. She has since attained further certifications in Life Care Planning and to the American Board of Forensic Professionals in

Permanent Impairment and Disability Rating to support her medical-legal consultations and work on long-term disability issues. Heather has previously volunteered for the Board of Interval House between 2003 and 2012 and is honoured to be given another opportunity to continue to support the stellar work done by this inspiring organization, its dedicated staff, and the families they support.

### CHARMAINE EWING-CHOW



Charmaine Ewing-Chow worked in finance at a multi-national Advertising

company. 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.

### 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 entrepreneur who owns her own small business.

### HEATHER MCLEAN



Heather McLean is a fundraising professional with over 15 years of experience

in educational philanthropy, alumni relations and volunteer empowerment. 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 intimate partner 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.

**“We really appreciate what you do for the women and children at Interval House. Now more than ever we need to support one another.”**

**– Wilma and Ernest,  
Monthly Donors since 2018**

## Message from Our new Board Chair

# A Full-Circle Opportunity

## Meet our **new Board Chair**, Anna Fowles

It’s amazing how life comes full circle sometimes, isn’t it? Joining this incredible community of stakeholders, donors, staff members, and clients feels that way for me.

I first met two of the Interval House Co-Directors, Lesley and Nadine, about 20 years ago when they approached my marketing company. They had a novel idea: they wanted to make an infomercial to raise awareness about the shelter.

Just like today, they were passionate about being voices for change and creating new ways to break the cycle of intimate partner violence.

For the project, I interviewed women who had turned to Interval House to flee abuse. Each survivor told a story of hope, made possible by this incredible community. Their

voices have stayed with me all these years.

I kept in touch with Lesley and Nadine while I was busy growing my company and gaining experience. Interval House was growing too – always innovating and adapting to meet the needs of women seeking safety.

Today, I’m grateful to be in a position to bring my perspective to this special community dedicated to helping women and children start new lives, free of violence.

**I’m so excited for the opportunity to serve as Board Chair for Interval House, and I’m so glad you’re here alongside us. You’re a vital partner in this incredible community.**

# Decades of Impact ... Thanks to YOU

Your support in action: a look back through the years

When Interval House first opened its doors, intimate partner violence was unrecognized and largely ignored. The steadfast support of kind donors like you has changed that, bringing attention to the issue while offering a safe place to turn. **Here's a look at some of the milestones your support has created over the past five decades.**



## **1970's: Beginning a Movement**

In the early 1970's, a group of women who ran a counselling program in downtown Toronto noticed clients were terrified to go home at the end of the day. They realized women needed a safe place to turn when their lives were in danger.

So, they pooled their resources, rented a house, and on April 1st, 1973, Interval House opened its doors as the first shelter for abused women in Canada.

## **1980's: Leading the Way**

In 1980, there were 63 women's shelters in Canada. By 1987, there were 264.

We introduced our first male counsellor in the Children's Program to help model positive and respectful interactions. Today, men are an integral part of the Children's Program team.

## **1990's: Building Brighter Futures**

We created the Building Economic Self-Sufficiency program (BESS) in 1998. BESS continues to empower women through career-focused skills workshops, counselling, housing services and employment assistance.

## **2000's: Filling a Growing Need**

In 2004, we launched the Her Home Housing Project, offering rent-geared-to-income apartments to BESS graduates.

As our programs grew and evolved, we needed more space. In 2005, Interval House moved to a bigger, brighter, more secure building.

## **2010's: Changing Attitudes**

We took to social media with the #NotHerFault campaign, The One That Got Away Campaign and the Broken Bride Registry which was aimed at

changing attitudes about intimate partner violence. Awareness of the issue has improved since 1973, but our job – as advocates and as a society – is to always believe and support survivors.

## **2021: Moving Forward - TOGETHER**

Over the past four decades, we've helped thousands of women and their children. Our programs have evolved and expanded to meet their needs, become more inclusive and help empower each woman to take control of her future.

**Throughout the decades, one thing has never changed: We are working together towards a violence-free future.**

*"Thank you to everyone working at the Interval House for making a huge difference in the lives of all the women and children that you have helped for so many years. Thanks to your organization, there's light at the end of the tunnel." –  
Guylaine G. Donor since 1996*



# A Fresh Start at Last

## Sarah's Story of Survival

“It was the first time people I didn’t even know were supporting me. I had found a safe refuge, and everyone here felt like part of my family.” – Sarah

Sarah will never forget her first night at Interval House. She was alone in her new room, in a house filled with an unfamiliar language, in a country she hardly knew.



**But for the first time in years, she felt safe and comfortable. She lay down on her bed and slept deeply.**

A decade after raising her two children as a single mom, Sarah had been excited

to remarry – but her joy was short-lived. Her new husband was abusive. Within a year, he moved her from Iran to Canada. Across the world from her friends and family, his violence escalated. Sarah had nowhere to turn. She escaped by walking to a police station.

The police offered to connect Sarah with a shelter, but her husband had frightened her with lies about shelters being unsafe places. She went to a hotel – but with little money and no chance of finding a job on her own, Sarah was forced to return to her husband.

His violence became more terrifying than ever – so bad that Sarah developed bleeding ulcers from the stress. She didn’t know how she could survive living with her husband, but she couldn’t see any way out.

Then Sarah confided in a woman she had recently met. This woman told Sarah about Interval House, assuring her it was a place of safety. Despite her fears, Sarah dialed the number. She felt a wave of relief when the staff member doing

her assessment spoke to her in Farsi. **That phone call changed Sarah’s life.** Thanks to your caring support, Sarah was no longer alone. She was part of a community – and she was safe at last. She got the medical treatment she needed, and saw counsellors who helped her process the trauma she’d experienced.

Sarah enrolled in English classes and set her sights on becoming a social worker. “Helping others gives me strength,” she says. “My goal is to help women and children for the rest of my life.”

“I got lost before, and I missed myself. I could find myself again at the shelter.”

**Thank you for helping Sarah develop the confidence to find herself and begin her new life.**

# Our Journey Through COVID-19 – TOGETHER

You stood beside us as we faced every new challenge in a rapidly changing environment

March 2020 will forever stand as a turning point in all of our lives. Everything changed overnight. Suddenly we lived with lockdowns. Health precautions. Growing fear. Our collective question: when will this end?

Still, you were with us every step of the way, through daunting obstacles and ever-changing scenarios. Your partnership allowed us to adapt often and continue to deliver programs and services safely, despite so many unknowns.

Even through the darkest days of a worldwide pandemic, we kept our doors open to women and children fleeing violence because of your unwavering support.

Here's how you saved lives during the COVID-19 pandemic.

MARCH 17, 2020

PROVINCIAL STATE OF EMERGENCY  
DECLARED AS COVID-19 CASES EXPLODED

- Immediately stopped onsite admin staff and visitors to prevent the spread of the virus; set up remote staff workstations
- Strategized safe ways to continue delivering programs and services
- Introduced modified services, delivering community programs virtually and implementing protocols to mitigate risk and manage staff and resident health and safety

APRIL-JULY 2020

FIRST WAVE: LOCKDOWN 1

- Established COVID-19 task force and introduced new COVID-specific policies, procedures and equipment – including air purifiers, hygiene screens, PPE and the need for rapid testing, and quarantine suites
- Implemented virtual programming for the BESS program
- Reduced client capacity to give each family their own bathroom
- Delivered meals to clients in quarantine
- Partnered with regional health centres for bi-weekly meetings to ensure we implemented best practices

JULY-OCTOBER 2020

ATTEMPTED PROVINCIAL  
REOPENING AND GRADUAL  
RESUMPTION OF SERVICES

- Tentatively scheduled updating modified services based on infection numbers and regional guidelines
- Adapted to new government mandates by cancelling resumption of in person services and returning to remote services and programs





#### DECEMBER 2021

##### SIGNIFICANT RISE IN CASES DUE TO NEW VARIANT

- Interval House staff are 100% vaccinated and boosted
- Interval House admin staff returned to working remotely, modified services, and delivering programs virtually
- Safety precautions undertaken throughout the pandemic resulted in zero cases at the shelter

#### NOVEMBER- DECEMBER 2020

**SECOND WAVE: LOCKDOWN 2: AS CASES RISE, GOVERNMENT ANNOUNCED PROVINCEWIDE SHUTDOWN TO GO INTO EFFECT DECEMBER 26TH**

- Continued partnership with regional health centres for bi-weekly meetings to ensure we were up to date on best practices, as new tiered provincial guidelines changed
- Safely celebrated the holidays at Interval House, including a virtual performance of the National Ballet's The Nutcracker, where children met dancers virtually

#### FEBRUARY-MARCH 2021- DECEMBER 2020

**ONTARIO REOPENED AS VACCINE UPTAKE INCREASED**

- Interval House staff and client vaccinations began in partnership with regional health centres and local hospital
- Partnered with the VAXfacts clinic which offers a free one on one phone consultation to address vaccine hesitancy for Interval House residents

#### APRIL-NOVEMBER 2021

**FOLLOWING AN EMERGENCY SHUTDOWN IN APRIL, ONTARIO GRADUALLY RESUMED NORMAL SERVICES**

- Rapid testing stations established for on-site clients and staff
- Regional Hospital donated emergency quarantine kits for shelter clients
- All Interval House staff returned to working in office under a staggered and updated hybrid plan, all staff trained on COVID-19 health and safety procedures

**"I am aware of an increased risk for domestic violence at this time. Congratulations on doing a wonderful job keeping a safe home and COVID-free space." – Kim, Donor since 1989**

# The Power of BESS:

## Resilience Through Unprecedented Challenges

Your support of Interval House provides infinite possibilities to women in our Building Economic Self-Sufficiency (BESS) program, enabling survivors of abuse to believe in a brighter future

Finding a safe place to live after fleeing violence is stressful under any circumstances. During the pandemic, women moving out of an abuser's home faced a whole new set of obstacles.

Under lockdown, it was harder than ever for women to get out and look for housing or move their belongings. And even if they could leave home, the sudden closure of daycares and schools made it nearly impossible to coordinate safe childcare.

**That's why your partnership was life-changing for women starting to rebuild their lives this year.**

Judane had just joined our BESS counselling team last January when she

got her first call – one she'll never forget.

Marla was in the process of leaving her abusive partner when the unthinkable happened: **her home burned down.** She lost everything and had nowhere to go. She even contemplated going back to her abuser.

**Thanks to you, she didn't have to return to face intimate partner violence. Together, we've built a solid program that was there for her – even in the wake of disaster.**

Finding a safe place to live was the first priority. BESS Counsellors guided Marla through the application process to secure an apartment for herself and her two young children.

After she moved in, Marla continued to benefit from BESS programs, where she gained the confidence to rebuild her life. She even found a school and enrolled her children – something she says she never thought she could do by herself.

"Knowing Interval House was behind me motivated me to keep moving forward and know that I would be okay on my own," Marla told Judane.

**Your generous support of the BESS program sets women on the path to living independently, safely and comfortably. Thank you.**

"Even with service interruptions in other community agencies, we just kept going. Every day, we kept trying to figure out how we could provide responsive service to each client remotely."

*– Chantel Nelson, Senior Housing Coordinator*





# How a **lifelong love of animals** led Barbara to leave a lasting gift to Interval House

**“I’ve named Interval House in my will, and I feel very strongly about that. I hope, when my time comes, that my gift will help them with their programs, with all they do for women.” – Barbara, Legacy Donor**

Dogs have always held a special place in Barbara Demetrick’s heart. All breeds, all sizes; she’s lost count of the number of pups she’s rescued and fostered over the years.

It might sound like an unlikely beginning, but it was Barbara’s passion for animal welfare that led this special woman to Interval House.

Barbara was volunteering for an animal rescue hotline when she got a call from a woman who was leaving her abusive husband. The woman was hurriedly gathering her children’s things and leaving for the shelter. “I have to go right now, but I have a dog,” she tearfully told Barbara. “I can’t leave her here with him.”

Barbara came up with a plan to get the dog to safety. But she couldn’t help thinking about how many other women were afraid to leave their pet with an abuser.

Around the same time, Barbara’s niece gave her a copy of Margo Goodhand’s book, *Runaway Wives and Rogue Feminists*. Barbara read about Interval House and our long history of pioneering new ways to help women.

**“I think it’s important that if you believe in a cause like Interval House, you’ve got to do something to help.”**

She got involved as a foster caregiver with Interval House’s SafePet program.. Knowing that women and children could begin their healing journey with the assurance their animals were safe made Barbara feel she was helping women, while nurturing her love for animals.

Still, Barbara knew there was more she needed to do. Seeing the Interval House programs in action made her realize just how vital our services are to survivors of intimate partner violence. And she only saw the need growing.

That’s why Barbara decided to leave a gift in her will to Interval House. She wants to make sure we can continue to innovate and find new ways of reaching women well into the next generation.

**We are so grateful to Barbara and every legacy donor who decides to leave a loving and lasting impact on the women and children at Interval House.**







# We are Stronger – **TOGETHER**

Corporate partners who are making a difference

We're always humbled by every donor – individual, family, team or company – who gives to Interval House. Together, our voices are louder as we speak up for survivors of intimate partner violence. We're extremely grateful for the corporate donors in our community who stood with us through a challenging year. Meet two of our valued corporate partners who are dedicated to helping women and children rebuild their lives safely.

## **CAPREIT:** Connecting Through Shared Values

When Interval House first approached Mark Kenney to ask if his company would be interested in donating apartment space, he didn't have to think twice. The President and CEO of CAPREIT (Canadian Apartment Properties Real Estate Trust) knew what his support would mean for women resettling their lives.

***"There's a direct link to housing stability that we can relate to," explains Mark. "The values around providing people with a stable home aligns perfectly with Interval House."***

What he didn't know was that his initial housing donation would grow into a close relationship between CAPREIT and Interval House. Over a decade later, that connection is still growing.

Mark saw the amazing programs Interval House had built with donor support. The more involved he became, the more inspired he was by the way Interval House turned despair into hope.

Former Interval House clients spoke at the annual industry charity golf tournament where, he marveled, "These women would share their deeply personal story with a large room of strangers."

While listening to one woman speak, Mark had the idea to connect her with a job. That's when CAPREIT's internship program with the BESS program was born.

***"The ability to offer people jobs, to stabilize their life, was another incredibly gratifying step to help someone who has lived through an abusive situation."***



Mark's engagement spread throughout the CAPREIT team. Today, employees jump at the chance to be involved with an organization that does so much for their community.

***"We've done a variety of different programs, from financial sponsorship to volunteering at Interval House. I came up with an art initiative where we purchased art created by the kids at Interval House for some of our buildings. Now more and more of us are involved and we all get inspired – we all agree it's so rewarding every time we talk to anybody at Interval House."***

**Thank you, CAPREIT, for your long-standing partnership and the innovative ways you help survivors of intimate partner violence rebuild their lives.**

## Greenrock Charitable Trust:

**Stepping up to make an impact**



As the severity of the COVID-19 crisis was setting in, the Greenrock team made a decision: they would seek out and support the organizations in our community that were put under the most financial strain during the pandemic.

A hugely philanthropic company already, Greenrock knew they needed to go above and beyond this year.

Greenrock Real Estate Advisors is made up of just 60 employees. That may be considered small by industry standards, but their commitment to Interval House proves they're giants when it comes to changing lives.

Justin Taylor, Greenrock's Chief Operating Officer, called the company's Impact Committee into action. "When COVID-19 came, we appointed a

group to find out which areas people would be most affected. We decided it was important to increase giving, but we wanted to really make sure our donations were as thoughtful and intentional as possible to maximize our impact."

The committee's research led them to Interval House, whose programs and services were deeply affected by lockdowns and other health measures.

***"We could see certain organizations were highly affected because they couldn't open their doors, couldn't bring in people to work – yet they still needed to help," says Justin.***

***"Interval House did that. They made a lot of changes so they could adapt and still support people. We saw how much mobilization that took – more people on the phones, more texting, different ways of providing counselling."***

Greenrock donated generously to Interval House throughout COVID-19, even creating a matching program to raise funds.

**We are so grateful to have Greenrock Charitable Trust's exceptional support in an incredibly challenging year. Thank you for changing lives forever.**

## In Their Own Words

**What moves our donors to give to Interval House**

"At a time when women and children who, through no fault of their own, find themselves in need of care and support more than ever, the services this organization provides are critical. It has been a privilege for me to have been an enthusiastic supporter of Interval House for a very long time."

***– Alok M., Donor since 1992***

"I feel good knowing that my contributions over the past 34 years, and by leaving a gift to Interval House in my will, I have and will continue to help bring about many wonderful and exciting new beginnings." ***– Sylvia M., Legacy Donor and donor since 1987***

"Interval House was one of the first organizations I supported over 25 years ago. I was pleased to hear that Interval House's response to the COVID-19 pandemic has been effective and safe. With all that is happening in the world right now, so many women will need help."

***– Jennifer R., Donor since 1994***

Summarized\*

## STATEMENT OF OPERATIONS

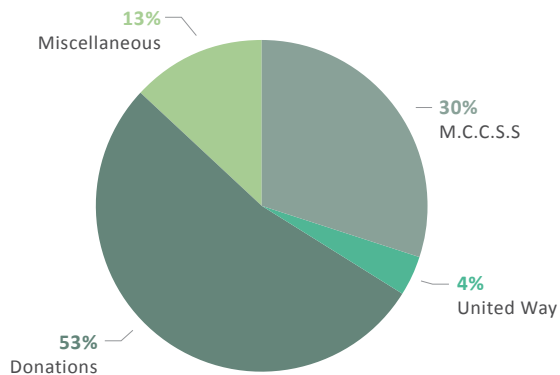
REVENUE	CAPITAL FUND	RESERVE FUND	GENERAL FUND	2021 TOTAL	2020 TOTAL
M.C.C.S.S	\$169,416		\$1,192,052	\$1,361,468	\$1,332,439
United Way			\$184,771	\$184,771	\$194,498
Donations	-		\$2,367,956	\$2,367,956	\$2,991,664
Miscellaneous	\$68,464	\$517,386	-	\$585,850	\$178,715
	<b>\$237,880</b>	<b>\$517,386</b>	<b>\$3,744,779</b>	<b>\$4,500,045</b>	<b>\$4,697,316</b>

## EXPENSES

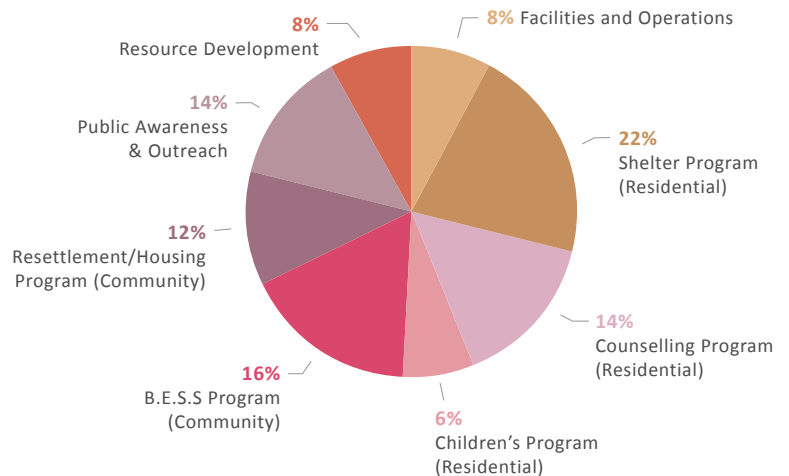
Programs	-	\$86,336	\$2,233,639	\$2,319,975	\$2,350,410
Public Awareness and Outreach			\$499,190	\$499,190	\$457,042
Resource Development			\$287,498	\$287,498	\$292,892
Facilities and Operations	\$25,135	\$37,805	\$173,176	\$236,116	\$243,436
Amortization	\$257,091			\$257,091	\$246,568
	<b>\$282,226</b>	<b>\$124,141</b>	<b>\$3,193,503</b>	<b>\$3,599,870</b>	<b>\$3,590,348</b>

EXCESS (DEFICIENCY) CURRENT YEAR	<b>\$(44,346)</b>	<b>\$393,245</b>	<b>\$551,276</b>	<b>\$900,175</b>	<b>\$1,106,968</b>
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### REVENUE 2020/2021



### EXPENSES 2020/2021





Summarized\*

## STATEMENT OF FINANCIAL POSITION

<b>ASSETS – Current</b>	<b>CAPITAL FUND</b>	<b>RESERVE FUND</b>	<b>GENERAL FUND</b>	<b>2021 TOTAL</b>	<b>2020 TOTAL</b>
Cash and Temporary Investments	\$1,733,762	\$4,031,227	\$81,352	\$5,846,341	\$4,980,808
GST/HST/Sundry Receivable			\$54,177	\$54,177	\$50,259
Prepaid Expenses			\$30,937	\$30,937	\$31,044
	<b>\$1,733,762</b>	<b>\$4,031,227</b>	<b>\$166,466</b>	<b>\$5,931,455</b>	<b>\$5,062,111</b>
Capital Assets	\$3,683,008			\$3,683,008	\$3,726,968
<b>TOTAL ASSETS</b>	<b>\$5,416,770</b>	<b>\$4,031,227</b>	<b>\$166,466</b>	<b>\$9,614,463</b>	<b>\$8,789,079</b>
<b>LIABILITIES – Current</b>					
Accounts Payable and Accrued Liabilities	–	–	\$166,466	\$166,466	\$241,257
	–	–	<b>\$166,466</b>	<b>\$166,466</b>	<b>\$241,257</b>
<b>NET ASSETS</b>					
Invested in Capital Assets	\$3,683,008			\$3,683,008	\$3,726,968
Externally Restricted		-		-	-
Internally Restricted		\$4,031,227		\$4,031,227	\$3,086,706
Unrestricted	\$1,733,762			\$1,733,762	\$1,734,148
	<b>\$5,416,770</b>	<b>\$4,031,227</b>		<b>\$9,447,997</b>	<b>\$8,547,822</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$5,416,770</b>	<b>\$4,031,227</b>	<b>\$166,466</b>	<b>\$9,614,463</b>	<b>\$8,789,079</b>



\* The summarized statements of financial position and operations are derived from the complete financial statements of Interval House as of September 30, 2021 and for the year then ended. The full audited financial statements are available upon request.



## Our Mission:

As Canada'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.

## Our Vision:

We envision a world without intimate partner violence against women and their children.

## Our Values:

Safety, confidentiality, accountability, collaboration, responsiveness, integrated services, awareness, diversity & independence.

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[intervalhouse.ca](http://intervalhouse.ca)  
416.924.1411 ext. 231

*"I find supporting Interval House very rewarding, knowing I'm supporting and contributing to the care of women and children living at Interval House. I also find it rewarding to know that my contribution is going to the greater ideals of women's empowerment and breaking the cycle of violence."*

*– Asad I., Donor since 2013*

*"What touched me to become a monthly donor was that you take care of the whole person – not just basic survival needs for women and their children. Interval House is there to support them and lift them up emotionally, spiritually, and mentally to help to set a course forward into a new way of living."*

*– Denise S., Monthly Donor*