



I'M STAYING HOME



# Interval House of Hamilton needs your help more than ever

Help us support women and their children who experience abuse and violence throughout the COVID-19 pandemic

Hamiltonians are being told to “stay home and stay safe” to prevent the spread of COVID-19, but for many women and children, home is not a safe place.

During times of stress, job loss and financial distress, we know that abuse and violence within the home rises significantly. While Interval House of Hamilton works year-round to provide safety and counselling to victims, we need your help now more than ever. Even before the COVID-19 pandemic, gender-based violence has been facing its own pandemic in Canada. Thousands of women and their children now face an increased risk of violence at home because of COVID-19 isolation recommendations, and an even more difficult time escaping violence and reaching out for support. That means that the work Interval House of Hamilton does is more crucial than ever. “As recent COVID-19 government restrictions have been put in place, we’re seeing a spike in violence cases as victims have

fewer resources available to them,” said Interval House Director Nancy Smith. “We are in need of additional shelter supplies and supports for these women. It’s times like these where we really rely on the support of our community.”

To ensure Interval House of Hamilton can continue to provide the critical services to women and children in need throughout this global pandemic, the COVID-19 Emergency Fund has been launched. Your help goes directly towards helping residents, preparing for the increase in cases, and keeping the shelter doors open through this pandemic.

At this time, Interval House of Hamilton’s outreach support services are suspended, and counselling services are taking place over the phone. The Emergency Shelter is exercising restrictive intakes and we are following all the safety guidelines to keep our essential workers and residents safe during this global pandemic. The 24-hour crisis line is open and offers free support and confidential assistance to women experiencing abuse or violence. Anyone needing help can call 905.387.8881.



For over 30 years, Interval House of Hamilton has been supporting women and children in our community experiencing abuse, violence and human trafficking. Through programs, initiatives and sponsorships, women have access to an emergency shelter, counselling programs, parenting support, childcare, assistance with legal system navigation, housing, and employment opportunities. It’s the community’s support that makes this possible.

All donations to the COVID-19 Emergency Fund will be used to help

the shelter expand their services and prepare for the increasing number of women and children who are fleeing dangerous home situations.

Donations for the Interval House of Hamilton COVID-19 Emergency Fund are being accepted through their website: <https://intervalhouse-hamilton.org>.

If you or someone you know is experiencing domestic abuse or violence at this time, please call our crisis line at 905-387-8881 or 905-387-9959.

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Right now, for many of us, home is the safest place to be. But for many women and their children, **HOME IS NOT SAFE.**

**WE NEED YOUR HELP MORE THAN EVER.**

Please **donate now** to the Interval House of Hamilton **COVID-19 Emergency Fund.** Your help goes directly toward helping our residents, preparing for the increase in women needing our services, and keeping women and children safe in this time of need.

**[intervalhousehamilton.org](http://intervalhousehamilton.org)**

Interval House of Hamilton works with women, with or without children, who are fleeing abuse, violence and human trafficking by providing free and confidential programs and services, including:

- Emergency Shelter • Legal Advocacy
- Counselling & Support • Prevention & Education

30 YEARS OF HOPE  
Interval House of Hamilton  
SAVING & CHANGING LIVES EVERY DAY