

The support
YOU NEED
is
here!



Interval House
of Hamilton
FREEDOM FROM VIOLENCE



**Emergency & Counselling
Services for Women**



Jared's Place

Are You Thinking...

I am feeling blue or in need of talking to someone

I am concerned about my relationship

Why is my past childhood trauma still affecting me?

I want to go to a support group for self esteem, parenting etc.

I may have a substance use problem

I am being harassed or sexually assaulted in my workplace

I know my relationship is abusive:

I don't know what to do to make it better

I don't know how this is affecting the children

I am afraid to tell anyone for fear of what might happen

I can't leave because of fear, children or family finding out

I am afraid that my partner will harm or kill me, themselves and/or our children

I am worthless without him/her

I don't want to go to a shelter but I have no where to go

I need to go to a shelter but I want to know what to expect or how to access

I need a safety plan

I need to find housing

My partner has been charged and I don't know what to do next

Someone called Child Welfare and now they're involved

I have to go to family court but I don't know where to begin or I don't understand what is going on

I can't afford a family court lawyer

I am involved in many different systems and none of this makes sense

No one is listening to me and I need help

All of our staff are experts in assessing, planning, intervention and advocacy for women who have experienced domestic and sexual abuse.

www.intervalhousehamilton.org

COUNSELLING & SUPPORT



The Women's Centre is a starting point for women. With locations in Flamborough and downtown Hamilton, our services will support, and empower you to get and implement the help you need.

Individual Counselling

Changing your life is a process. Our individual counsellors will assist you in discovering your goals and identifying your options so that you can make informed decisions about your life.

Employment Counselling

In combination with our Women Getting Work Program, individual support is available to provide you with a full assessment, job searching skills, resume writing, computer skills, interviewing skills, and how to make a lasting impression both in the interview and as an employee.

Peer Support (Downtown Hamilton Location)

Our Peer Support Volunteers provide confidential individual support in a safe and trusting environment for you to discuss life's challenges.

- Women's Groups
- Self-Esteem
- Anger & Parenting
- My Journey to Self
- Women's Wellness
- Conversation Circle
- Women Getting Work
- Rebuilding a Healthy Me
- Women's Wisdom
- Social Circle

Transitional Housing Support (Flamborough Location)

We can provide information and support on safety planning, assessing relationships, housing, financial matters, and other community referrals for women who have, or who are experiencing abuse.

EMERGENCY SHELTER & TRANSITIONAL SUPPORT

Together we are Changing and Saving Lives

Interval House of Hamilton is an emergency shelter for abused woman and their children. We have three community based programs; Jared's Place, Flamborough Women's Resource Centre, and Women's Centre of Hamilton. These programs provide counselling, peer support, legal advocacy and system navigation. We are committed to a gender intersectional and inclusive evidence-based analysis.

Community Education

We are committed to educating our community by offering research-based interactive seminars and workshops for schools, professionals and businesses.

Our Services

- **24 Hour Crisis Line:** 905-387-8881
- **Emergency Residential Shelter:** available 24 hours a day, seven days a week. Our services include all meals, emergency clothing and personal needs all at no cost.
- **Emergency Transportation** to the shelter is available.
- **Safety Planning & Threat Assessment/Risk Management**
- **Translation Services**
- **Information & Referrals**
- **Woman Abuse/Trauma Counselling**

Interval House of Hamilton is funded partially through the Ontario Ministry of Community and Social Services, Government funding, community grants, fundraising events and private donations.



*"My Mom gave us a better life
free from violence...thanks to
Interval House of Hamilton..."*



<http://www.intervalhousehamilton.org>

LEGAL ADVOCACY

Jared's Place

Jared's Place assists women who have experienced violence by providing information, referrals and support as they navigate through complicated legal systems.

Legal Advocacy

Our onsite Legal Advocate can provide support, information, advocacy and referrals on a variety of legal topics. She assists women in navigating through legal systems such as family, criminal, child welfare, housing tribunal and immigration. Our legal advocate assists in creating safety plans, preparing documents, attending court and other legal appointments with women. **NOTE:** She is not a lawyer or a paralegal.

We have also partnered with Legal Aid Ontario. They can answer questions to help better prepare and understand the system. **NOTE:** This partnership through our office is for information only.

We can provide you information in the following areas:

Family Law - Custody and Access

Separation and Divorce
Child Support

Criminal Law - Police

Victim Services
Victim/Witness Assistance

Other

- Immigration Law
- Lawyer Referrals
- Legal Aid (applications & appeals)
- Duty Counsel
- Housing Tribunals
- Ontario Works/ODSP
- Safety Planning & Risk Assessment
- Child Welfare (CAS & CCAS)
- Landlord/Tenant & Subsidized
- ...and much more

Jared's Place is named in honour of a courageous and gifted young boy who sadly was murdered by his father during a court-ordered unsupervised access visit in 2006. We join Jared's mother in her efforts with the hope that another life will not be lost to domestic violence.

No fees are required for any of our programs or services. **Visit:** www.intervalhousehamilton.org

We Are Here To Help...

Our programs and services are designed to respond to the needs of women 16 years and older (and their children) in abusive relationships in our community. We understand that women's lives are not compartmentalized and that often women require support in accessing and navigating multiple and complex systems. Our programs are designed to empower, provide counselling, system navigation and advocacy.

Currently we have four distinct programs:

Interval House of Hamilton:

- Emergency Woman Abuse Shelter for women and children

Women's Centre of Hamilton:

Located Downtown

- Women Abuse Outreach Housing, Transition and Counselling: located at various sites in the community
- Hero's Children's Program: Building resilience and leadership in children who have witnessed abuse

Flamborough Women's Resource Centre:

Located in Waterdown

- Transitional Housing Support and Counselling

Jared's Place:

Located downtown Hamilton and various community locations

- Legal Advocacy Centre for Abused Women

You Can Help!

Volunteering, monetary and material donations, supporting our fundraising events, and speaking out against relationship abuse are all ways you can help us continue to save and change lives everyday.

905-387-9959



24-hour Crisis Line 905-387-8881

Hamilton Interval House

630 Sanatorium Road,
Hamilton, ON L9C 7S7
Phone: (905) 387-9959

Women's Centre of Hamilton

100 Main Street East, Suite 205
Hamilton, ON L8N 3W4
Phone: 905-522-0127

Flamborough Women's Resource Centre

17 Main Street, Suite 101,
PO Box 1499
Waterdown, ON LOR 2H0
Phone: 289-895-8580

Jared's Place

100 Main Street East, Suite 205
Hamilton, ON L8N 3W4
Phone: 905-522-0127

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