



INTERVAL HOUSE
OF HAMILTON

2022-23
ANNUAL REPORT

the power of you



When the word 'power' is used, it's generally associated with violence, oppression and control. Including violence against women.

But if we are ever going to change the narrative around gender-based violence, then we need to reclaim and redefine the word 'power.' Because we have power, too!

We can't stand by and pretend that things are alright, because they aren't. We repeat this a lot: While violent crime as a whole has gone down over the past five years in Canada, violence against women has risen. Yes, it's increased!

In fact, it's the only category of violent crime that is increasing, year over year.

This is because of power: Power that abusive partners have over vulnerable women and children.

*Physical power...
Financial power...
Legal power...*

But those vulnerable women also have power. And you have power, too.

This Annual Report is a testament to the power that we all have to turn the tide, to help make changes for the better.

This year, we celebrate 'The Power of You.' You can make a difference.

Together, we have the power to help women escape abusive situations.

To help them put their lives back together. To ensure that they receive the help that they need and deserve.

When you stand up for a woman in need, you send a strong message that you have power. It's a power that empowers them.

When you speak out against gender-based violence, you demonstrate that you have power. That's powerful!

When you support our programs and services, you are proving that you have power. Thanks, we really need it!

None of the things documented here would be possible if it weren't for people like you who have acted upon and shared your power. Thank you!

As you read about our successes, hopes, and dreams, please think about what more you can do to help end gender-based violence.

You have the power to do incredible, amazing things. We believe in you! We can't wait to see what you do with your power!

“I raise up my voice – not so that I can shout, but so that those without a voice can be heard.” – Malala Yousafzai



President's Message

On behalf of the Board of Directors, we sincerely thank the staff and volunteers at Interval House of Hamilton. As we emerge from the pandemic, we are experiencing increased demand for our services at the Women's Centre of Hamilton, Jared's Place, and the Flamborough Women's Centre. Victoria and Friends Women's Shelter continues to run overcapacity. In spite of the challenges, the team has provided continuous and compassionate care for women and children.

Our Mission is “Violence-free lives for all women, children, and communities”. We could not fulfill this mission without the generosity of individual and corporate donors. We are grateful to Victoria and the Mancinelli family, for their tireless support. We also gratefully acknowledge the public funding received from Ministry of Children, Community and Social Services, Ontario Women's Directorate, Ontario Trillium Foundation, the City of Hamilton, Shelter Canada, Canadian Women's Foundation and Women and Gender Equality Canada.

We are also grateful to Sue Taylor, who has provided exemplary leadership in her first year as executive director. Sue's unwavering focus on advancing the IHOH mission, her passion for championing women's issues, and her keen ability to address operational challenges have been appreciated by all.

As a Board, we established two sub-committees to oversee finance and board governance. We have also created an IHOH Ambassador position. The board remains committed to promoting quality, innovative, and care to women fleeing violence, and to finding solutions to end gender-based violence.

Thank you again to all the staff, volunteers and donors. Our communities are safer, and countless individuals are living better lives because of the work that you do.

Mark MacDiarmid
President, Board of Directors



Executive Director's Message

First, I want to thank staff Sam for suggesting this year's theme – “The Power of You”. This theme grounds our work and we can see how it resonates with everyone. We can only achieve our vision when we are supported by our board members, staff, volunteers, donors, funders, and community; the power truly rests with each of you.

Over the last year, we have embraced tremendous change and continued to support women and children with dignity and perseverance. Malala Yousafzai once said, “I raise up my voice – not so that I can shout, but so that those without a voice can be heard.” Her words remind me of the important work we do everyday. Our recent advocacy efforts have seen new services for Hamilton's most vulnerable women and children, including partnerships with the Rapid Intervention Support Team (HPS) and Hamilton's Black Health Community Leader's Forum. As a women's organization, we must use our voice to ensure women who are forcibly silenced... are given a voice.

The generosity and energy of our community, funders and donors remain undisputed. We experienced pressure points this past year and struggled, but our supporters rallied around us. Every contribution counts, and we appreciate every dollar (*granola bar, juice box and diaper*) that we receive. I assure you that your generosity has not gone unnoticed, and we remain grateful for your support always.

I would like to also thank our incredible Board of Directors who supported my transition into the role of Executive Director. These amazing folks donate an endless amount of time and bring their skills, knowledge, and resources to the table. They truly lead from the heart.

And thank you to an amazingly talented staff and volunteer team – your innovative approaches, endless dedication and resiliency is unmatched.

Sue Taylor
Executive Director

Our Services

EMERGENCY SHELTER
Available for women with or without children who are experiencing violence, abuse and/or trafficking, Victoria and Friends Women's Shelter offers emergency shelter, a safe environment, meals, and access to support workers.

CRISIS LINE
Supports are anonymous and confidential. Our workers can provide you with crisis support, safety planning, information, and referrals. In the event of an emergency, or if you are in immediate danger, call 911. If you are worried that your situation does not constitute a “crisis,” please call us anyways.

Your safety is our top concern.

COUNSELLING
Interval House of Hamilton offers a wide variety of individual, group, and youth counselling options for women and their children. Sessions are individualized, trauma-informed and goal-based. Counsellors will support you as move through your journey of healing. Throughout your sessions, your wellness and safety remain paramount.

EMPLOYMENT
Whether you are looking for a new start, or are looking for your first independent career, our counsellors are ready and available to help! Interval House of Hamilton is pleased

to offer the following employment-centric counselling services that will help you make a lasting impression in both the interview and as an employee: job searching skills, resume writing, computer skills, and interview skills. Our goal is to help you build economic independence and resiliency.

LEGAL ADVOCACY & SYSTEM NAVIGATION
Legal advocates are available to assist women navigate the family, criminal, and immigration legal systems. Legal advocates can support women with court accompaniments, meetings with lawyers, advocacy, safety planning, legal referrals and debriefing after meetings and court appearances.

PEER SUPPORT
Our peer support volunteers provide confidential individual support in a safe and trusting environment for you to discuss life's challenges. The process of healing takes time – and our peer support volunteers are here to support you.

WELLNESS AND RECOVERY GROUPS
Wellness and recovery groups offer a safe space to meet with others and share your journey. Groups are provided in-person and online and range in session length. All groups are free of charge and offer participants a range of topics.

Our Mission

Violence-free lives for all women, children and communities.

Our Vision

Interval House of Hamilton will be an innovative leader providing compassionate care and sustainable, highly integrated services in our quest for violence free lives for women, children and communities.

Our Values

Empowerment
Confidentiality & Privacy
Health & Safety
Diversity & Inclusion

Equity for Women
Effective & Responsive Communication
Responsible & Professional Service





Victoria and Friends – Shelter Program

RENEE, MANAGER OF RESIDENTIAL SERVICES

We have achieved so much this past year despite the challenges and stress endured by the pandemic. Although there is nothing unusual about stress, it is how we cope with it that makes all the difference. The women and children who stay with us, know this all too well and services provided meet them where they are at.

This year, we have supported **136** women and children who sought space free of violence and stress. During their stay the women and children enjoyed **27,375** meals prepared fresh every day. Children participated in **422** therapeutic programs to support their time and transition. Frontline staff also supported **1,154** individuals who accessed our 24-hour emergency crisis line.

We were fortunate enough this year to complete many upgrades and renovations to the shelter such as: a new paint job in the shelter, new artwork in resident rooms, a new playground, new washer, and dryers, upgraded our HVAC system, a new parking lot, and many new bathroom upgrades.

We have also converted our wellness room into an overflow space that provide women and children a more dignified and welcoming space to stay. *We know there is still much more to do* to address intimate partner and gender-based violence and we could not do it without the continued commitment and power of our staff team, the help of our volunteers, and the support of community donors.

Together, we can continue to make a difference.

The Power of You:

- ✓ Donate online to our Shelter Program directly
- ✓ Donate gently-used goods and children's toys to the program





Interval House
of Hamilton
THE POWER OF YOU
FIVE INITIATIVES YOU CAN EMPOWER



Programs and Services Update

LIZA, DIRECTOR OF PROGRAMS AND SERVICES

This year has been one of our busiest for program and service developments at Interval House of Hamilton. From operational changes, renovations and improvements, new staffing and leadership, research projects, and new ways of approaching our work, the power of everyone in this community has truly shone through.

It is no easy task managing the lasting impacts of the pandemic, which can still be seen and felt in our day-to-day work. Despite this, everyone at Interval House of Hamilton have consistently shown their resilience, compassion, and commitment for each other and the individuals and families that stay with us and access services. Each of you have used your

power, your voice, and your courage to move this organization forward so we can better support our community.

This year, we added new programs and services, built up programming such as our community transition support work, mobile VAW work, harm reduction supports, work within the African community, and MentorAction, and expanded our committees and community of donors, partners, and colleagues.

We introduced non-violent crisis intervention training to further support our therapeutic approach and attended mandatory trainings on anti-racist and anti-oppressive practice, history and impacts of colonialism

in Canada, and understanding oppression and racism. These trainings and the feedback received will help us address current service gaps and prioritize this work in the agency.

It is so amazing to work alongside such a caring team of professionals and clients. Together, we can enhance the safety of our community and work towards our goal of eliminating gender-based violence.

The Power of You:

- ✓ Visit intervalhousehamilton.org to learn more about the great things we do to support women and their children

You have the **POWER!**

1. You have the power to help end Gender-Based Violence

As part of Interval House of Hamilton’s prevention stream, MentorAction continues to engage the broader Hamilton community in ending gender-based and sexual violence via education, mentorship, and participation. As recipients of a WAGE Canada grant, MentorAction has expanded this year to reach a greater number of organizations, sectors, and people – reaching a total of **1,235** unique individuals.

Coaching Boys Into Men

This year, we introduced an evidenced-based program, Coaching Boys Into Men, which our staff was trained in by the American organization Futures Without Violence. In partnering exclusively with the Hamilton Tiger-Cats to facilitate this program, the Hamilton Huskies hockey association’s coaching staff were the first trained. To celebrate their participation and during February’s BMTAB Month, we organized a team skate with the Huskies U12 BB team and the Hamilton Bulldogs!



- The Power of You:**
- ✓ Contact us to ensure that your team receives this amazing resource. It’s free!

Be More Than A Bystander

Our BMTAB program has been delivered within the Hamilton and Halton district school boards and have picked up momentum with the intention of going board wide. Key partners this year included Mohawk College, McMaster University, CUSW, and LiUNA! – who has formalized their commitment with MentorAction and its trainings. This year, **15** additional sports ambassadors from the Hamilton Tiger-Cats and FORGE FC were trained to support youth engagement and mentorship.



- The Power of You:**
- ✓ Go to mentoraction.org and sign up to become a Steel City Ally. It only takes a minute.

In 2022, we created wallet-sized Be More than a Bystander and Consent cards for McMaster and Mohawk students. We also created generic cards that are great to hand out to anyone who wants one.

- The Power of You:**
- ✓ For schools, teams, clubs and companies, order your cards today



2. You have the power to help us launch W.E.A.R.S.

Canadian rural populations have a risk of domestic violence that is three times higher than urban populations. Domestic violence occurs in ways that are both unique and disproportionately high in rural communities. The challenges rural women face when seeking support differs from women living in urban settings – resulting in rural women enduring higher risks of harm and lethality.

Many of these challenges relate to accessing services. Public transportation links to downtown Hamilton – *where most of the supportive services are based* – are either infrequent or non-existent. And due to the smaller, scattered populations of rural communities, it's ineffective and inefficient to offer these specialized services close to home. It can even be more dangerous to escape abusive situations: emergency responses take longer to reach rural areas than urban ones, which can mean the difference between life and death.

But that doesn't mean that women in rural communities don't deserve support! It's just that our approach to these women must

meet them where they are and suit their individual needs.

The Foundation of our Success

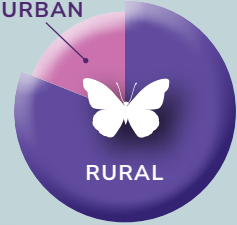
We already have a successful model to build on. A program of Interval House of Hamilton, the Flamborough Women's Resource Centre is located in Waterdown and provides services to the Flamborough region including women living rurally. FWRC provides general counselling supports and services to women experiencing intimate-partner violence, gender-based violence, human trafficking, and homelessness. We also offer free individual and group counselling, legal advocacy, financial, housing and employment support, and information and referrals. These services are available in-person and through the phone, allowing women – *wherever they are* – to access the help they need. This year we are expanding and

launching the **W.E.A.R.S (Women's Education and Rural Support)** program into rural and suburban areas throughout the City of Hamilton. The W.E.A.R.S program will be phased into rural and suburban areas beginning with Ward 9 – Upper Stoney Creek, Ward 11 – Glanbrook/Binbrook and Ward 12 – Ancaster and West Flamborough.

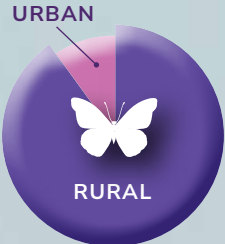
The W.E.A.R.S program builds on emerging best practices when supporting rural women experiencing violence including building inter-agency collaboration, engaging in public education, providing professional education, and deploying outreach programs.

The Power of You:

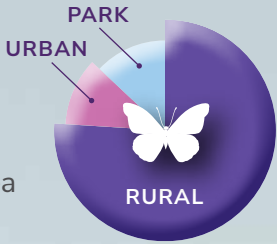
- ✓ The W.E.A.R.S program remains unfunded and we need your help to raise awareness and advocate for equitable funding and supports for all women living in the City of Hamilton.
- ✓ Any woman living in any rural or suburban area within the City of Hamilton can receive supports through W.E.A.R.S. Call us: 905 522-0127.



Ward 9 – Upper Stoney Creek
As of 2022, Ward 9 is home to 28,760 residents with 51.1% residents identifying as women. According to the City of Hamilton, Ward 9 is 81% rural and 19% urban.



Ward 11 – Glanbrook/Binbrook
Although there are two major residential settlement areas, including Mount Hope and Binbrook, Ward 11 remains approximately 90% rural. There are 25,415 residents, of whom 51.2% identify as women.



Ward 12 – Ancaster & West Flamborough
Ward 12 is a mix of rural and urban areas and extends into the west Flamborough rural area. It is home to several rural settlements including Copetown, Sheffield, Lynden, and Jerseyville. There are approximately 42,560 residents (50.5% women). Approximately 76% of the land is considered agricultural (rural) with an additional 11% considered park.

Where can a woman living in rural or suburban areas receive support and services?

3. You have the power to help us sustain our outreach to the African-Canadian community

In partnership with the Hamilton Black Health Community Leaders Forum, a new mobile position was created to support women and girls from African communities. African women and girls are overrepresented in their experiences with gender-based violence and supports delivered through an intersectional lens are limited. Through this new initiative, a mobile counselor engages women and girls within African communities and provides counselling, safety planning, system navigation, and wellness supports.

The Power of You:

- ✓ Learn more about the unique needs of the African-Canadian Community.
- ✓ Donate to Interval House and direct your gift to support this worthwhile initiative.



4. You have the power to empower R.I.S.T.

To better address the needs of our communities, the Hamilton Police Service established a Rapid Intervention Support Team (R.I.S.T.) that can empower and support officers and paramedics as they respond to specific situations.

R.I.S.T. is a collaboration between several Hamilton community groups and emergency services: Hamilton Police Service, the Hamilton Paramedic Service, St. Joseph's Healthcare, the Canadian Mental Health Association, Wesley Urban Ministries, the Hamilton Region Indian Centre, the YMCA, as well as Interval House of Hamilton. R.I.S.T. is made to react quickly to urgent needs across Hamilton. Instead of individuals in need having to contact agencies directly,

R.I.S.T.'s partnership allows fast mobilization and faster access to resources. R.I.S.T. also empowers and protects Hamilton officers, who now have a dedicated service team to support them in nuanced crisis situations.

Interval House's Women's Navigator has proven to be an important member of R.I.S.T. As a civilian support, our Women's Navigator has been able to offer low-barrier supports in a variety of community settings.

We are proud to be part of R.I.S.T., which we see as a strong step towards community-centric response and support. When women are in need, they can be assured that their unique circumstances and needs will be met because of R.I.S.T.

The Power of You:

- ✓ Contact your City councillor and MPP to show your support of R.I.S.T.

The Rapid Intervention and Support Team is a multi-disciplinary outreach team of experts from the community who work together daily in a team led setting to provide resources and support to the most complex and marginalized individuals in Hamilton. The work of this team has been helpful in offering outreach, system navigation and case management. The Women's Navigator from Interval House has been a great contribution to the team and community as this position offers low barriers supports within various community settings.

*Sandra Kurdziel, BSc, MPH
Social Navigator Program Coordinator
Hamilton Police Service*

5. You have the power to provide hope to women who are overwhelmed and feel hopeless

Interval House of Hamilton needs your support! The majority of our programs are funded entirely by partnerships with organizations within and surrounding Hamilton, as well as government grants. While these funding avenues have allowed us to grow as an organization, they limit our growth now, especially with the roles we are excited to play in working to end gender-based violence.

Relying entirely on government grant money decreases the stability of our future plans and current operations. When funding is reliant on government programs, there is the risk of those programs either shifting objectives or becoming unavailable entirely.

With your support, Interval House of Hamilton can expand, become more self-sufficient, and play a larger role in the fight to end gender-based violence.

You have the power!

Your support will mean more programs, covering material costs for initiatives like Coaching Boys Into Men and similar programs, while also increasing support for women who are in need.

Your support will mean more robust programs, allowing us to further build upon the success of Jared's Place, the Women's Centre of Hamilton and the Flamborough Women's Resource Centre, in addition to MentorAction.

Your support means greater self-sufficiency and greater self-determination, empowering Interval House of Hamilton to develop more long-term plans and expansions than ever before!

The need is great, but the future is bright!

With you by our side, Interval House of Hamilton will continue to offer crucial, life-saving care to women in abusive situations, while also educating and informing everyone about

the realities of gender-based violence.

It can be easy to get lost in the statistics and stories that we hear and share. Stories of hurt and pain and abuse. But these stories all have one common element: **hope**.

Women who hope that, with our help, they can reinvent their lives without abuse and danger from their partners. Men who hope that their efforts will mean an end to gender-based violence.

Interval House is doing what we do because we believe in the power of hope, of change, and because we are making a positive difference. You can make a difference, too. Yes, it is in your power!

Your support is needed now more than ever as we expand our programs to better serve women across Hamilton. If you are passionate about any of our programs, please contact us. We would love to have you on our team!



Resource Development Report

DANIELLA, RESOURCE DEVELOPMENT COORDINATOR

With the continued help and support from our community we organized multiple successful events raising much needed funds for our programs and services. We look forward to this year's events, which will all be returning to "in person" and will include two new events for Interval House of Hamilton. Our community's support represents more than just financial sustenance; it represents the power of coming together to create violence-free communities.

The Power of You:

✔ Be sure to follow us along on social media for more info on upcoming events.

✔ Visit intervalhousehamilton.org and click on 'Events' for details about how to support us.

✔ Are you an ABBA fan? Of course you are! Visit our 'Events' page to attend the Aug 24 concert



20th Annual Drives for Lives Golf Tournament

Our "20th Annual Drives for Lives Golf Tournament" took place at the beautiful Century Pines Golf Club on June 1, 2022. The tournament welcomed golfers of all skill levels and collectively raised over **\$38,500**. A special thank you to our Title Sponsor Johnson Chrysler for all their support and to our incredible volunteer committee Steve Davy, Allyson Wenzowski, Shelley Morin, Bill Brooks, Tracy Chomos and Nancy Smith.

The Power of You:

✔ Join us in June, 2024 for another great day on the links

Freedom and Hope Golf Tournament

Freedom and Hope Golf Tournament: With the unwavering support and leadership from The Women's League of Oak Gables, our Freedom and Hope Golf Tournament raised **\$21,000** for Jared's Place. Jared's Place provides women experiencing family violence with access to legal support and navigation. This incredible program remains underfunded, and we rely on the generosity of supporters and donors. We could not do this tournament without the incredible support from our organizing committee Cathie Rickert, Myrna Sguigna, Janet Miedema, Jennifer Falkner, Ronda Wilson, Jan Brown, and Karen Lang.

The Power of You:

✔ Sponsor our event which takes place August 16, 2023 at Oak Gables Golf Club in Jerseyville.



Chili Fest

Chili Fest raises funds for our Flamborough Women's Resource Centre, which supports rural women. Continuing with our new platform, Chili Fest was celebrated over the October 1st weekend and included a "Pop Up" Event at West Avenue Cider House. With participation from local restaurants **\$19,184** was raised for Flamborough Women's Resource Centre. A special thank you to our Title Sponsor Cogeco, all the participating restaurants, West Avenue Cider House and to our planning committee Christina Birmingham, Christine DiGiantomasso, Janice Davis, Judi Partridge and Veronica McMullen.

The Power of You:

✔ Bring your appetite to the 11th annual Chili Fest 2023 Saturday, Sept. 23 - Sunday, Sept. 24.



INTERVAL HOUSE
OF HAMILTON

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intervalhousehamilton.org
info@intervalhousehamilton.org

905 387-9959

Charitable Registration
#107513137RR0001

Hamilton Children's Aid Society Stats, a year in review



We are proud to continue our partnership with the Hamilton Children's Aid Society, which promotes early prevention and safe choices for mothers and their children. Our collaboration continues to build healthy relationships with families. It also connects them to appropriate supports in order for them to reduce the impacts of violence and to begin their road to recovery.

Victoria and Friends Women's Shelter Statistics

We very much wish these numbers were all '0'

79

Women served
in Shelter

84

Children served
in Shelter

23,375

Meals served
in Shelter

422

Children's
programming

1,154

Crisis
Calls

Shelter Occupancy (as a Percentage)



APRIL 2022



MAY



JUNE



JULY



AUGUST



SEPTEMBER



2022-23 AVERAGE



OCTOBER



NOVEMBER



DECEMBER



JAN. 2023



FEBRUARY



MARCH

Growing numbers of women are seeking safe shelter. As you can see, our shelter is overcapacity most of the year.

The Power of You:

- ✓ Go to our 'Events' page and scroll down to 'News & Media' for info



Why '1' is the Most Important Number

IN MAY, 2023, TO A GATHERING AT A MOTHER'S DAY TEA, SUE TAYLOR PROVIDED A NUMBER OF DETAILS ABOUT HER WORK THAT AMAZED PEOPLE. HERE'S WHAT SHE HAD TO SAY.

As a bit of a number's nerd, I would like to bring some important numbers to your attention.



My first number is '9:17'

I know, '9:17' is a pretty unusual number, but that was the time my emergency cell phone rang the evening of a recent Sunday – although it could have been any other time... or any other day. Sadly, emergency calls aren't really all that unusual.

I was asleep at the time, having worked all weekend. I was exhausted.

I reached over to the phone and saw the name "Liza" on the screen. I paused and took a deep breath.

Interval House of Hamilton's on-call system is made up of levels: the more urgent or critical the call is, the higher up it goes. If Liza – our Director of Programs and Services – was calling me, that meant the call had already gone through the frontline, to an On-Call Manager, to her as a Director... and then to me.

So, it was with a heavy heart that I answered the call; something bad was happening. *It was happening now!*

All weekend, a young mom had been desperately trying to leave her abusive husband; she was waiting for a safe time to flee. Her husband had finally fallen asleep after an argument that had turned violent. She grabbed her baby and ran.

The good news was that she made it to Interval House safely.

The bad news was that we didn't have a crib for her baby.



Secondly, is number '7.'

In my seven years at Interval House of Hamilton, we had never run out of cribs. That day, though, all our cribs were occupied by other babies in the shelter. To make matters worse, it was also late at night on a Sunday: stores weren't open, we couldn't buy a crib.

Here we had a woman who had done something remarkable by bravely and safely bringing herself and her baby to Interval House... and we didn't have a crib for her baby to safely sleep in.

How terrible was that?!

Liza and I brainstormed and then came up with a solution: a mattress was pulled onto the floor and guardrails were added so that the baby wouldn't roll off the bed. It wasn't the best, but it was the best we could do.



And then there's '0.'

Zero. Zilch. That's the amount of sleep I got that night, worrying about the woman and her precious baby. For the remainder of night, my mind raced through a million potential calamities:

- What if the baby manages to roll off the mattress and bumps his head on the linoleum floor?
- What if the baby is an early crawler and crawls off the mattress and gets into the bathroom?
- What if the baby is a big baby and rolls against the guardrail, knocks it down, and falls onto the floor?

That's a lot of 'what ifs,' I know.

The next morning, I rushed to work and found mom and baby sitting in our playground. Mom looked so exhausted, and who could blame her? I told her we were buying a crib for her as we spoke. She looked up and through teary eyes, said meekly, "Thank you. Thank you for helping." She talked about the moment her husband fell asleep, how she grabbed her infant son and bolted, how she made her way to Interval House.

My heart broke for her.

And then mom apologized. In her haste, she hadn't grabbed all the formula, diapers and clothing she needed; she simply didn't have time. "Don't worry, we're here for you. We are doing everything we can," I said with a forced smile that I hoped would provide her with some comfort.



Which gets me to '6.'

Six is the number of cribs we have for babies who are starting their lives in a shelter with moms who have no choice but to run for safety and security when they have none.

In conclusion, here are some more numbers to really get you thinking:

1,080 is the average number of diapers we will provide to our babies in the shelter every month. That works out to **6** diapers per baby, per day, but realistically the total number will be closer to **1,420**.

350 is the average number of granola bars and juice boxes we need to pack school lunches for the children at the shelter every month.

27,376: the number of meals we served to moms and children last year.

26 is the number of funded beds at our shelter. **22** are funded by the Province of Ontario while an additional **4** are funded by the City of Hamilton.

That sounds great, but **31** is the average number of women and their

children we have in the shelter at any one time.

\$0 is the extra funding we get when we are overcapacity.

And **'0'** is the number of times we will turn a mother and her babies away. *Simply put, we won't let it happen!* We rely on generous donors and supporters to bridge that gap.

This is 'The Power of You;' this is why you're so critically important as an invaluable member of our care team. With every gift of time, talent, or treasure to Interval House of Hamilton that you make, you make a hugely meaningful difference.

With your gifts, you are providing safety, security, and sanctuary to those **5** women and children on average whom we technically don't have space, supplies or services for.



Let me end with one more number. Appropriately, it's '#1.'

The '1' isn't you; it certainly isn't me.

The '1' is Janet, Sally, Rashida, Zara or Yvonne. The '1' is every single woman whom we help. To them – *thanks to your support* – we are opening doors they thought had closed forever.

Together, we are giving them hope.

And that's why '1' is the most important number, because we address each woman's needs one at a time.



Community Programs Report

NYLENE, MANAGER OF COMMUNITY PROGRAMS

This year was a year of reimagining and reinvigorating. The impacts of the pandemic pushed us to rethink how we

provide accessible, creative, and low barrier programs with quality service at the forefront.

The Power of You:
✓ Be sure to attend this year's Chili Fest which will be held September 23 - 24.



We secured funding for Mobile VAW services to reduce barriers for high acuity women, a Black Women's Outreach Worker serving the African population, a Bilingual French speaking worker to build a streamlined French language pathway, and an Employment Navigator with a focus on harm reduction. Legacy groups have also been running and are offered in person and online to provide safe space for women experiencing violence to connect and build community.

959
Women who accessed our services



With the community opening again, court has been running in person and online which has only kept the doors of Jared's Place open with the demand for legal services, court, and lawyer accompaniment high.

393
Women who accessed our services

306
Women with safety plans

209
Women who attended groups



This year, we also introduced a full-time and part-time rural counsellor at the Flamborough Women's Resource Centre. The demand for services in rural communities are rising, and we are fortunate to have a steady team who provide service.

Flamborough Women's Resource Centre's primary fundraiser, Chili Fest, raised **\$19,184** towards its programs and services. Thank you to Cogeco for being the Title Sponsor of the 10th year of Chili Fest and for the commitment from our committee members who volunteer their time to make this event an annual success.

105
New clients

34
Women with safety plans

20
Women's risk of homelessness decreased – *meaning the level of family violence and risk of harm reduced and stayed at a reduced level for 6+ months*



On behalf of Interval House of Hamilton, we would like to offer our sincere gratitude for all the amazing work our volunteers contribute each year. Their dedication and commitment to our organization's mission have truly made a difference. From delivering Christmas gifts, to organizing events – *our volunteers bring their skills, passion, and energy* – thank you.

A special thank you to one of our dedicated volunteers, **Christina Birmingham**. Christina, your selflessness, and willingness to lend a helping hand have been invaluable to Interval House of Hamilton, and to those we serve. We are incredibly lucky to have someone like you on our team. Your kindness, positivity, and genuine concern for others are an inspiration to us all.





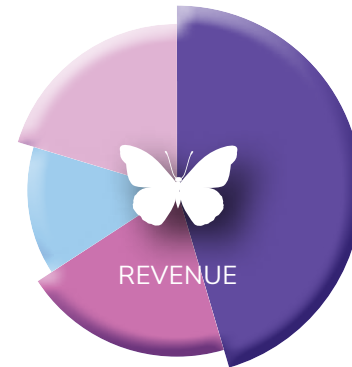
JODI, FINANCE
AND OPERATIONS

Finance Report

For the year ending March 31, 2023

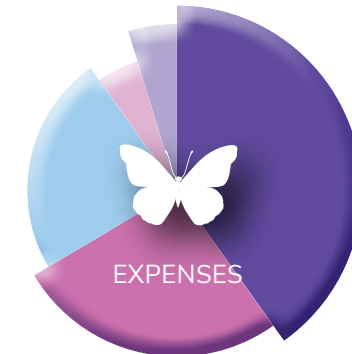
Revenues by Program

Ministry of Community and Social Services/ Ministry of Children and Youth Services	\$1,258,227
Grants and Foundations	563,700
City of Hamilton	384,423
Donations, Fundraising Events	562,588
Total Revenues	\$2,768,938



Expenses by Program

Emergency Shelter	\$1,063,364
Crisis Phone, Counselling & Capacity Building	695,954
Fundraising, Resource Development, Administration, IT, Insurance, Professional Fees	629,711
Flamborough Womens Resource Centre	133,448
MentorAction	125,400
Total Expenses	\$2,647,877



Total Revenues does not include \$74,439 in deferred contributions and \$22,513 in interest.

Total Expenses does not include \$83,265 in amortization.

Funding Sources



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



TO OUR
EXCEPTIONAL STAFF

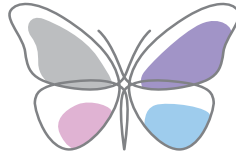
the power of you

THANK YOU

Thank you for your dedication, resilience, and strength. Thank you for challenging the status quo and thank you for finding solutions to life's most perplexing problems. Thank you for finding pathways where others see only roadblocks. Thank you for supporting women and children through their harrowing journeys. Thank you for working as a team. Thank you for your ongoing professionalism, determination, and commitment. Thank you to all our exceptional staff! thank you to all of you who support all our programs and services so that we can continue to serve women and children, providing them with a place of help and hope. *You are the power that empowers positive change. Thank you!*

New Staff	1-year Anniversary	3-year Anniversary
Amber	Carol	Liza
Aadhiya	Lilian	Mirella
Colleen	Amy	Hayley (Sam)
Tanya	Daniella	
Jamie	Sarah	
Randi	Jessica	
Veeran	Salma	5-year Anniversary
Grace	Suzanne	Jodi
David	Madison	
Mona	Tirian	
Penny	Ruth	
Shaunasy	Aliya	
	Manuela	
	Diane	





INTERVAL HOUSE OF HAMILTON



24/7 CRISIS LINE
905 387-8881

Interval House of Hamilton
630 Sanatorium Road, Hamilton, ON L9C 7S7

905 387-9959

intervalhousehamilton.org
info@intervalhousehamilton.org

Charitable Registration
#107513137RR0001

Interval House of Hamilton wishes to acknowledge and honour the land upon which we gather as the historic and traditional territory of First Nations peoples. In particular, we recognize and thank the Haudenosaunee Confederacy and the Anishinaabe Nations for their stewardship of these lands.



Board of Directors

for both 2022-23 and 2023-24

President: Mark MacDiarmid • *Vice President:* Dr. Mag Gardner
Treasurer: Dr. Will Harper • *Secretary:* Carolyn Rankin-Boutin

Officers:

Sarah Edwards • Scott Hayes • Dr. Maureen MacDonald
Jeanine Risk • Connie Smith • Jennifer Swan