



Breaking Through



INTERVAL HOUSE
OF HAMILTON

2023-24
ANNUAL REPORT



THANKS TO YOU, WE'RE

Breaking Through

For so many of the women who need Interval House of Hamilton, their current lives can feel like a wall has been built between the life they have and the life they deserve. They are in need of help, of a way to break through that wall to get to a life without gender-based violence.

This past year, we made progress in breaking those walls.

Doing our best to reach the most-vulnerable, we've made strides in improving our WEARS program for rural outreach.

In seeking to end gender-based violence before it begins, we've partnered with the provincial government to bring the Coaching Boys into Men program into 200 schools across Ontario.

And finally, we've made the very real breakthrough of expanding our shelter. Two new rooms will be constructed in 2024, with construction already started.

Your support has empowered us to break through the wall of gender-based violence.

Let's keep up the good work!



President's Message



On behalf of the Board of Directors we sincerely thank the staff and volunteers at Interval House of Hamilton. As I reflect on the past year, I am amazed at your passion and dedication. Despite staffing shortages, you continue to provide urgently needed care and support to women and their children experiencing violence. In addition, you have expanded Victoria and Friends Women's Shelter with the addition of two rooms, and up to six new beds, helping to meet the ever-increasing demand for safe shelter space. You should feel proud of the work you are doing.

Our Mission is "Violence free lives for all women, children, and communities". IHOH provides physical safety and security, counselling and legal advocacy services, and is an advocate for all women and children. We could not pursue this mission without the financial support of our individual and corporate donors. We are grateful to Victoria and the Mancinelli family for their generous and ongoing support, and for whom our Women's Shelter is named. We are also thankful for the public funding received from the Ministry of Children, Community

and Social Services, Ontario Women's Directorate, Ontario Trillium Foundation, United Way Halton and Hamilton, and the City of Hamilton. Additionally, we are thankful for the many foundations and third-party fundraisers who generously donate to our programs. Again, Thank You to all who have supported IHOH this past year.

IHOH cannot pursue its Mission of "Violence free lives for all women, children, and communities" however, without addressing the cause. We all recognize that more work needs to be done. Under the umbrella of MentorAction, the IHOH team has championed preventative programs like Be More Than a Bystander and Coaching Boys into Men (CBIM). These programs are designed to educate young men and boys, and to educate coaches and organizations to ensure everyone has the knowledge and tools to prevent gender-based violence.

On behalf of the Board of Directors we would like to sincerely thank Sue Taylor. Sue has been Executive Director at IHOH now for the past two years and continues to show an unwavering commitment to leading

her team and to serving women in our community suffering from violence. A lot has changed in 2 short years, and the coming year will bring new opportunities including the recent CBIM funding announcement through the Ontario Ministry of Education. Sue championed the Coaching Boys into Men project from its beginning and was the driving force behind it. The upcoming program launch through Ontario school boards will reach thousands of young men and boys. Schools, colleges, professional and amateur sports teams and leagues, athletes and coaches at all levels and abilities are now being given the tools to be part of the solution to end gender-based violence.

Finally, we would like to finish by again thanking the staff and volunteers. Interval House of Hamilton continues to be an innovative leader, providing compassionate care and sustainable, highly integrated services.

This is challenging work, and it is important you remember that you make a real difference in people's lives.

Mark MacDiarmid
President, Board of Directors



Executive Director's Message



This past year has been both challenging and rewarding.

We experienced a 20.1% increase in our shelter occupancy rate, and we struggled to meet the demand of women and children fleeing violence and abuse. We averaged 8 crisis calls per day – with many women looking for safe space. In response, we successfully received a grant from the Ontario Trillium Foundation to support a renovation that will add two rooms to our shelter. Though we are building space, we still very much lack the resources we need to support the women, caregivers, and children who will call our shelter home as they take their steps towards violence-free living.

With over 43% of Hamilton considered rural and minimal funding available, we rallied allies, funders,

and key shareholders to commit to equitable and stable funding. With the support of the United Way of Hamilton, the Ontario Trillium Foundation, the Ministry of Children, Community and Social Services (MCCSS), and ArcelorMittal, we have created the Women's Education and Rural Support (W.E.A.R.S.) team; a temporary solution, while we seek permanent funding.

Most recently, we advocated alongside MPP Jess Dixon to rollout out Coaching Boys into Men (CBIM) across Ontario. This evidenced-based and gender-based violence prevention program aimed at engaging youth has now received 1-year of temporary funding through the Ministry of Education. Over the next 10-months, we will work with 23 violence-against-women sister agencies from across Ontario and train advocates to deliver

CBIM to over 200 secondary schools, with the goal of reducing gender-based violence through engaging and educating coaches and their teams.

There are some days when I am not sure how we are going to get through – it feels like I am pushing a monstrous boulder up a very steep hill and when another caregiver and her children arrive seeking safe space or I read about another woman who lost her life at the hands of the person she loved... that boulder seems to slip down the hill again. On these days, I look to my allies, and I look to you for help... because with your help that boulder seems a bit lighter, I feel a bit stronger, and with your help we can push that boulder up the hill together.

Sue Taylor
Executive Director



2023-24 Board of Directors

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

HAMILTON CHILD AND FAMILY SUPPORTS CONSULTATION

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Over this past year, two violence against women counsellors from our agency have continued to work alongside Hamilton Child and Family Supports to provide consultation to women who are experiencing abuse and violence in their family and intimate relationships.

Our two consultants have connected with 168 women, created 149 safety plans, and indirectly supported 336 children in the community. Their work with Hamilton Child and Family Supports encourages community collaboration, connection to key violence against women-based services, supports, and emergency shelters, and attempts to enhance the safety of women and children experiencing violence and the ongoing impacts of abuse and reduce risk.

Their work meets women where they are in community and is a helpful resource while women consider the supports they need to maintain the safety of themselves and their family.

Victoria and Friends Women's Shelter Statistics

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We very much wish these numbers were all '0'

79

Women served
in Shelter

84

Children served
in Shelter

2,920

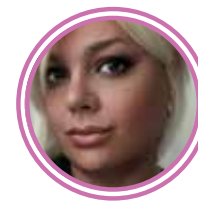
Crisis
Calls

28,470

Meals served
in Shelter

18,980

Snacks for women
and children



Victoria and Friends – Shelter Program

MIRELLA, SUPERVISOR OF RESIDENTIAL SERVICES

This year, Victoria and Friends Emergency Shelter has undergone substantial change in order to continue to provide essential services to women, children, and caregivers who call or attend our residence for support. In moments where women are reaching out for support and we are unable to provide space due to capacity issues, we recognized something needed to change. That something came by way of a shelter renovation. Through generous donors and partners, the funding provided enabled us to replace windows, accessibility items, security upgrades, weathered and worn exterior doors, including our front entrance, and increase our shelter rooms by two. We re-modeled the child and youth programming room and created a beautiful wellness room for those needing a quiet space to rest, reflect, and be. Change can often be challenging, overwhelming, and stressful – and it certainly was.

Reflecting on this year of change, it now feels like growth – growth that was essential in our progression and continued commitment to provide women, children,

and their loved ones with a better environment, an improved opportunity to find space when needing support because of violence and abuse, and a space for all of us to continue to provide essential crisis and emergency services in our community.

Thank you to all of our staff team, volunteers, and partners who have supported our shared vision of violence free lives for women, children, and communities. It is through your dedication, professional growth and commitment, and care that this transformation is more than just physical.

Help us Breakthrough:

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





Breaking Through Women's Education and Rural Support Program (W.E.A.R.S.)

In the ongoing attempt to end violence against women, growth is not only important but essential for a women's agency. It's through growth that we can expand our reach, increase our impact, and create lasting change in the lives of survivors. By continuously evolving and adapting to the ever-changing needs of the community, violence against women agencies can provide more comprehensive support, raise awareness, and advocate for systemic change. Interval House of Hamilton saw a need in the community that was not being met. While the focus for gender-based violence supports tends to be on shelter capacity and the housing crisis, a large population in Hamilton has been overlooked.

With Hamilton being 43% rural, there are far too many women and children who have been unable to access services. With unwavering dedication, the Women's Education and Rural Support Program (W.E.A.R.S.) was established and continues to grow every day. Through grassroots efforts and community involvement, awareness about intimate partner violence in rural communities spread. What started off as an idea has turned into mobile support in rural communities across Hamilton.

As the movement to understand and acknowledge system gaps for rural supports grew, funding and grants were allocated to support the expansion of services in rural

communities. This expansion has allowed us to hire two full-time and mobile W.E.A.R.S counsellors who focus exclusively on rural supports and programming.

Over the last year, the growth of these vital resources has not only become a beacon of hope for survivors, it has also caused a ripple effect of awareness and the need for change in how gender-based violence supports are being offered.

Help us to Break Through:

- ✓ Any woman living in any rural or suburban area within the City of Hamilton can receive support through W.E.A.R.S. Call us: 905 522-0127



Programs and Services Update

LIZA, DIRECTOR OF PROGRAMS AND SERVICES

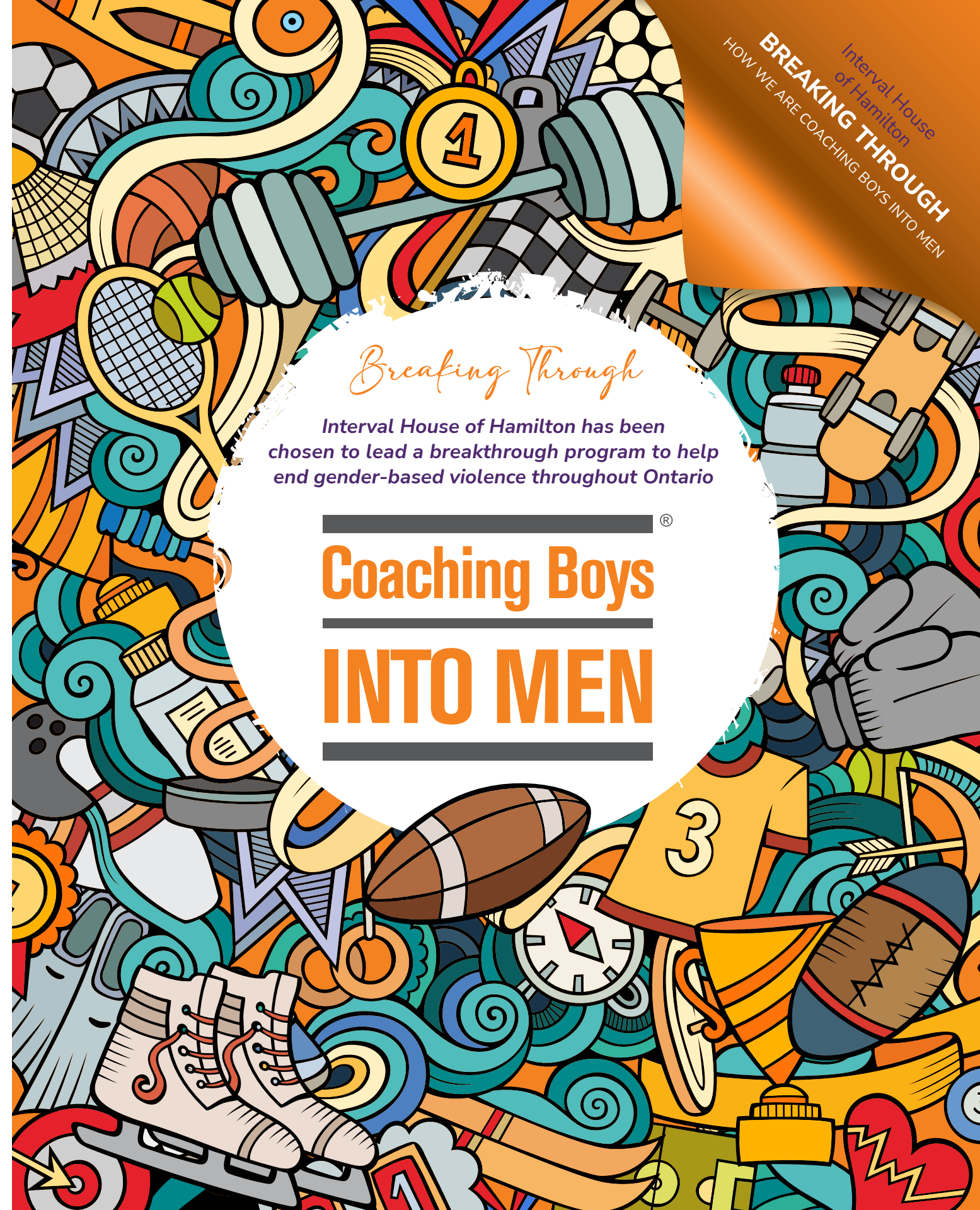
Reflecting on this year, I am in disbelief of the extensive change we have experienced organizationally. It seems as though no area of our programs and services were left unaltered. We have experienced environmental changes, essential safety upgrades, and started a major renovation at our shelter site. We have advocated and collaborated alongside community partners in various sectors and have received funding to enhance and continue offering key programs and services, in our pursuit of violence free lives for women, children, and community. We have also seen an expansion of our prevention services, beyond our City and extending to support rural communities and cities across the province.

And our changes do not stop here.

Organizationally, each time we think about the way we've been doing it, we experience discomfort. This discomfort highlights the growing pains – necessary to our organizational growth and our ability to be effective in addressing gender-based violence and supporting folks who are experiencing the significant and ongoing impacts of violence and abuse. These growing pains tell us we are on the right path, embracing new ideas and rethinking and replacing old ones. It is through this process that we evolve and are better positioned and able to provide essential service and care to those accessing our programs.

Thank you to all our staff team, Board members, volunteers, students, community partners, and women and children accessing supports who have contributed to our process of growth and change. This year, your ideas, perspectives, experiences, and support have moved Interval House another step forward in its continuous work to end gender-based violence while also caring for its community in the process.

Help us to Break Through:
✓ Visit intervalhousehamilton.org to learn more about the great things we do to support women and their children



Interval House
of Hamilton
BREAKING THROUGH
HOW WE ARE COACHING BOYS INTO MEN

Breaking Through

Interval House of Hamilton has been chosen to lead a breakthrough program to help end gender-based violence throughout Ontario

**Coaching Boys
INTO MEN**

NEWS FLASH



Committed to ending gender-based violence, the Ontario government selected Interval House of Hamilton to lead a province-wide initiative.

The government has engaged Interval House to train high school coaches on prioritizing important conversations with young male athletes about youth dating- and gender-based violence, consent and healthy relationships, and building cultures free from violence. This will help support safer schools as Ontario implements restrictions on cellphones, removal of social media from school devices, and the banning of vaping.

Through this undertaking, Interval House of Hamilton will certify up to 23 violence against women (VAW) agencies across the province in the Coaching Boys into Men program. In turn, these agencies will work with local school boards to train up to 400 coaches/teachers to engage

with students aged 12 and up through sports on healthy relationships, mental health practices and gender-based violence. The program will benefit students in approximately 200 high schools throughout the province.

The government's initiative builds on Ontario's plan to make schools and school settings safer, bring awareness to students about the dynamics of healthy relationships, consent, and new efforts to re-focus classrooms as places of learning and universal respect.



Stephen Lecce
Minister of Education



“It is critical that boys and young men in this province learn how to build healthy relationships, prevent violence, and respect girls and women in schools and across our society. Thanks to the leadership of Jess Dixon, we are taking action to advance Ontario’s commitment to getting distractions out of the classroom and restoring focus and safety back in schools. These real-life skills will support students well beyond the classroom.”



Jess Dixon
MPP Kitchener South—Hespeler



“As a former Crown Attorney turned Member of Provincial Parliament, I entered public office in 2022 with a singular mission: to advocate for evidence-based crime-prevention initiatives on a provincewide scale. This allocation of nearly \$875,000 toward the Coaching Boys into Men program represents a monumental stride in governmental backing for expansive, school-based prevention endeavours. It also has profound personal significance in my own political career, as this is a program that I personally identified and advocated for. Reducing gender-based violence among youth is something everyone in society can get behind, and I am so proud that Interval House of Hamilton will now be able to significantly expand this program across Ontario,” said Jess Dixon, MPP Kitchener South—Hespeler. “We will never succeed in combating gender-based violence if we fail to give young men and boys the tools they need to foster healthy relationships, challenge harmful behaviours and ultimately become allies of women. This program does exactly that, and I am immensely grateful for the unwavering support extended to this initiative by our Minister of Education, Stephen Lecce, and for the trust he has placed in me as both a colleague and an advocate.”

COACHING BOYS INTO MEN: THE PROGRAM

Coaching Boys into Men is a 12-week, evidence-based violence-prevention program that trains high school coaches to engage with male athletes about healthy relationship skills and that violence is not a sign of strength.

THE PROGRAM LEVERAGES SPORTS TO HELP:

- 1 Improve male students' and coaches' knowledge and understanding of gender-based violence, its impacts and how we can safely intervene when we witness or experience it
- 2 Translate the sports environment and its numerous benefits into an effective site for talking about these issues
- 3 Bolster and nurture athletes' and coaches' leadership skills to stand up for respect and positively impact their school cultures
- 4 Reduce incidences of bullying, hazing, harassment, violence and abuse among male student athletes and within their outside relationships
- 5 Increase positive bystander behaviours and likelihood of reaching out for support among youth



Sue Taylor
Executive Director,
Interval House
of Hamilton

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*“Through collaborative partnerships with Future without Violence, Centre de Santé Hamilton/ Niagara and Ontario Association of Interval and Transition Houses (OAITH), we will work with women’s organizations and high schools across the province to roll out Coaching Boys into Men. **By engaging men and boys, we can begin to dismantle the harmful platforms that perpetuate gender inequities and violence, and we can build safer schools and communities.** We are truly thankful to receive this funding from the Ontario Ministry of Education.”*



Loubna Moric
Directrice – Programmes
contre la violence et les
agressions sexuelles
et les initiatives
communautaires.,
Centre de santé
communautaire
Hamilton / Niagara

...

“CBIM, un programme basé sur des données probantes qui a été développé par Futures Without Violence, a été reconnu mondialement pour son approche novatrice. Les sports exercent une influence significative dans la vie des jeunes, et à travers le programme CBIM, les entraîneurs et la communauté peuvent utiliser cette influence pour enseigner aux jeunes garçons que la force ne réside jamais dans la violence.”



Julie Angiolillo
Superintendent
of Education,
Hamilton-Wentworth
Catholic District
School Board

...

“The program assists our coaches to have valuable conversations with their male athletes regarding healthy relationships and respectful behaviour, which aligns with our Catholic Social Teaching priority: respect for the dignity of the human person.”



Nrinder Nann
Ward 3 City Councillor,
City of Hamilton

“Gender-based and intimate partner violence are a threat to the safety and security of our communities. As rates of incidents skyrocket and investments fail to match, we welcome this prevention-focused funding in Hamilton and look forward to continuing to work with the Ministry to secure more supports for survivors.”



Ryan Diodati
Deputy Chief – Operations,
Hamilton Police Services

“In policing, we often encounter the negative outcomes of gender-based violence. The ‘Coaching Boys into Men’ program is crucial in shifting this narrative by educating young men early on about the importance of respect, consent, and healthy relationships. Teaching these values is not just about preventing crime; it’s about fostering communities where healthy relationships are the norm and violence is unacceptable.”



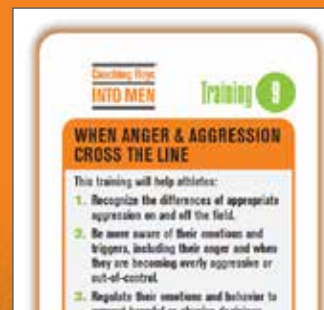
Matt Afinec
President and
Chief Operating Officer,
Hamilton Sports Group

“We have been incredibly proud to partner with Interval House of Hamilton since 2017 with the Tiger-Cats and since 2019 with Forge FC. Our players from both teams have made countless appearances, educating the youth on gender-based violence, and we’re excited to continue to support Interval House of Hamilton’s Be More Than a Bystander and Coaching Boys into Men programs for the foreseeable future.”

CALLING ALL COACHES:

Coaching Boys Into Men, you:

- ✓ **Stand up for respect.** You are a role model for your athletes and fellow coaches.
- ✓ **Are dedicated to developing positive character** and leadership among your athletes.
- ✓ **Are committed to building strong relationships** with your athletes based on trust and mutual respect.
- ✓ **Create a safe environment** where athletes can talk openly without fear of judgment.
- ✓ **Know where to find support** with difficult topics.
- ✓ **Are willing to learn how to lead interactive discussions** with your athletes using the CBIM Card Series as a guide.



Coaches, you influence your young athletes every day. They look up to you, listen to you, and follow your advice. You have the power to instill positive, influential messages in them as they grow from boys into men. *Coaching Boys Into Men* empowers coaches like you to help guide young athletes into understanding that violence is not the same as strength, how to build healthy relationships, and the power of respect. We provide you with the training, resources, and guidance you need to ensure success!

Why a breakthrough in combating gender-based violence is long overdue...

Dating violence starts early and is more prevalent among young women. **Dating violence can begin as early as grade school**, with 29 per cent of young girls and women in Grades 7, 9, and 11 reporting experiencing dating violence, compared to 13 per cent of young boys and men.

According to the 2023 SafeSport survey conducted by the Coaches Association of Ontario (CAO), **one in five coaches have heard offensive language** (for example, sexist, racist, homophobic) in their organization or at competition within the past six months. While most coaches (85 per cent) say they are comfortable intervening when they hear offensive comments, **45 per cent of coaches indicate they are only somewhat comfortable speaking out or interrupting.**

A national study looking at 3,000 **Canadian youth** found that **in the past year, 12 per cent were physically hurt on purpose by someone they were dating, 18 per cent had a person they were dating use social media to hurt, embarrass, or monitor them, and 28 per cent reported a dating partner who tried to control them** or emotionally hurt them.

For the 2023-24 school year, the **Ministry of Education** is providing \$24 million to support initiatives and programs that **help build a safe and inclusive learning environment for all students.**

Ontario requires all school boards to have an anti-bullying policy in place to help foster more welcoming and supportive school communities.



MentorAction

MADDIE, MANAGER OF GENDER-BASED VIOLENCE PREVENTION TRAINING

MentorAction saw significant growth over the past year in our various programs committed to gender-based and sexual violence prevention via education, mentorship, and training. We were excited to receive two new strands of funding to bolster and expand the reach of our work, including a WAGE Canada grant to facilitate and evaluate gender-based violence prevention training in hypermasculine workspaces and a grant from the Ministry of Education to begin a provincial rollout of Coaching Boys Into Men. As our team continues to grow, we were thrilled to reach 3,105 unique individuals this fiscal year across our programs...with much more to come!

Breaking Through

This year, 3,105 individuals heard our message and responded enthusiastically to it!



MentorAction – Mentoring a New Generation

Through funding from WAGE Canada, we continue to expand our work in hypermasculine spaces, with particular focus on the skilled trades. Thanks to emerging and sustained partnerships with key unions across Canada, we have developed a new model for training leadership and general membership in bystander intervention, responding to disclosures, and implementing meaningful workplace prevention initiatives, including a regular full-day training and a train-the-trainer model. We are excited to continue facilitating and evaluating this project during the next fiscal year!

Help us to Break Through:

- ✓ Visit mentoraction.org to learn more about our efforts to end gender-based violence
- ✓ Be sure to stand up and speak out when you witness gender-based violence

Coaching Boys Into Men

An evidence-based program from the American-based organization Futures Without Violence, Coaching Boys Into Men is now funded by the Ministry of Education for a provincial rollout! We will be training VAW sister agencies across the province to implement CBIM within secondary schools in their respective municipalities with the overall goal being to build capacity among coaches and educators to end gender-based violence. We cannot wait to see how this program continues to grow!



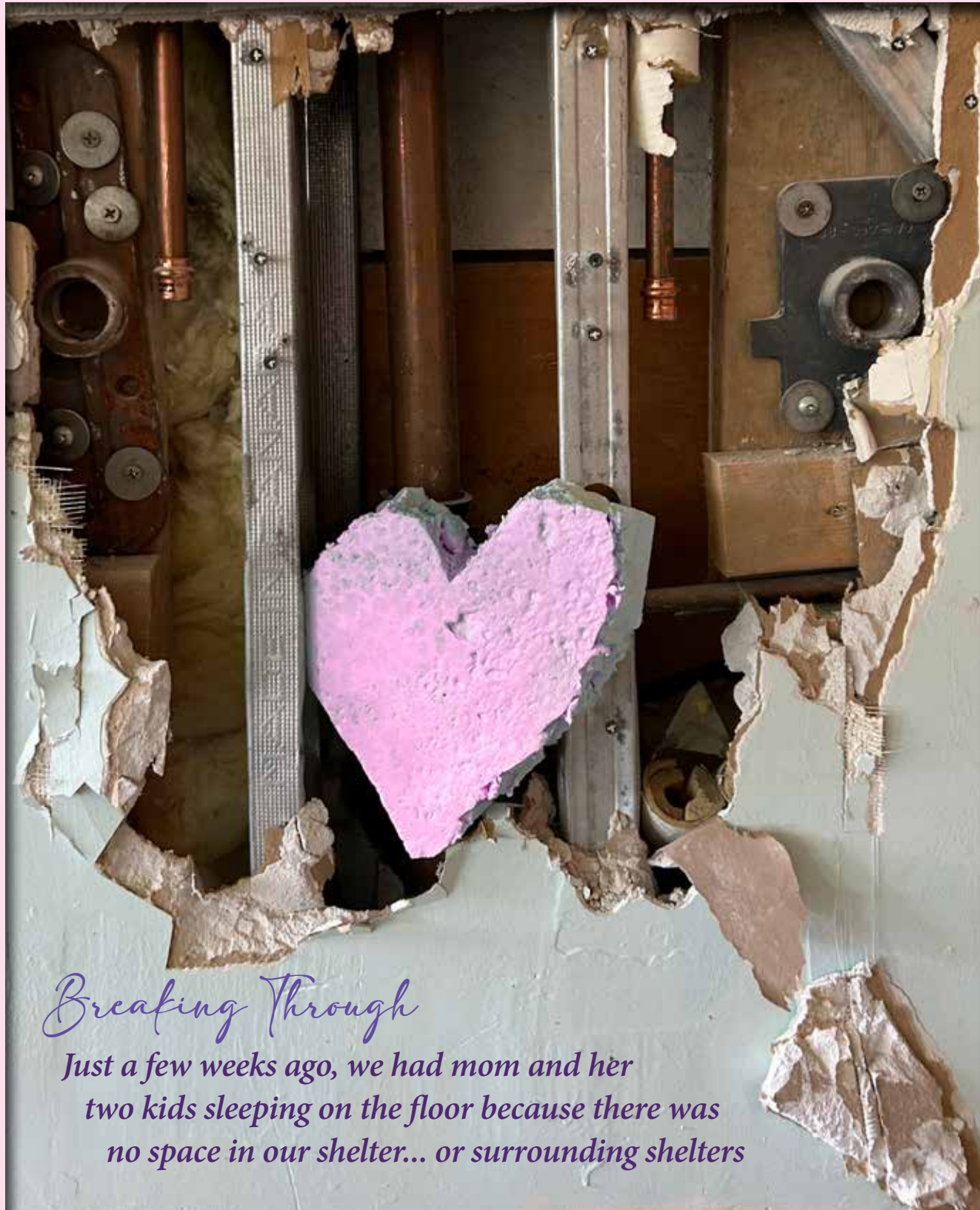
INTERVAL HOUSE
OF HAMILTON

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

intervalhousehamilton.org
info@intervalhousehamilton.org

905 387-9959

Charitable Registration
#107513137RR0001



Breaking Through

Just a few weeks ago, we had mom and her two kids sleeping on the floor because there was no space in our shelter... or surrounding shelters

There are very few things more heartbreaking than seeing a mother and child pace the hallways of our shelter, because we don't have a room for them to sleep in.

Most days, our Victoria and Friends Women's Shelter is over-capacity. We do our best to help and shelter as many women as possible, but demand always exceeds our reach.

But we do not admit defeat! Instead, we are always working to find new ways to break through and provide help to more women who need our services.

Thanks to two Ontario Trillium Foundation grants received in 2023, we have begun construction on an expansion to our women's shelter to create two new rooms (*as pictured at left*). Focused on meeting the needs of our women, and empowered by these grants, these rooms will be more accessible to women and children with disabilities and other needs.

But this is not a permanent solution. We must always be looking for ways to grow sustainably and responsibly, so that more women and children can break through the spectre of gender-based violence.

That's where your support is so critical. As a non-profit organization, Interval House of Hamilton relies on grants and the generosity of our donors to provide our essential, life-saving services. But grants come and go, and aren't always available. To be completely sustainable, we need the support of donors like you.

Help us to Break Through:

- ✓ **Becoming a monthly donor is the best way to help us maintain our sustainability.** Being able to forecast future donations gives us the opportunity to make long-term plans, confident that we will have the resources to carry through ambitious renovations and programs that – in some cases – may take years to reach fruition. Becoming a monthly donor allows us to be proactive, instead of reactive.

Your reliable, dependable donations help us to break through! They help us expand our services, renovate our shelter to add more rooms that are more accessible, and even – someday – add additional buildings to our campus to shelter women.

You are our strength, and through our allies and supporters, we will find solutions to the pressing problems of gender-based violence in Hamilton and beyond.

TO OUR INCREDIBLE AND
INCREDIBLY HARD WORKING STAFF,

THANKS TO YOU, WE'RE *Breaking Through*

New Staff

Alisha
Aliya
Ashley
Dahlie
Dayna
Jillian
Julie
Kwaku
Linda
Muna
Nicole
Sarah
Shelley
Talia
Titilayo

1-year Anniversary

David
Grace
Jamie
Tanya

3-year Anniversary

Justinah

5-year Anniversary

Bothaina
Sueann

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 empower us to break through. Thank you!



Mother's Day Tea



Resource Development Report

DANIELLA, RESOURCE DEVELOPMENT COORDINATOR

This year was an exciting year for Resource Development for Interval House of Hamilton. We are beyond grateful for the support of our everyday donors who generously gave their time and resources to help our agency thrive. These contributions are the foundation of our ability to provide important services to the women, children, and community members who rely on us. I am thrilled to reflect on the past year's successful events and fundraisers that have allowed us to make a positive impact for women in our community. From an elegant **Mother's Day Tea** to the unique **"Ungala"** experience, we were able to reach out to new audiences and create meaningful connections. The impactful **"Power of Prevention"** event showcased our important work with youth, coaches and in sports as we invest in the prevention of gender-based violence. We thank fellow community partners WISHART, Tweedle Productions, Connie Smith and Publicity Works for their dedicated work in helping our events reach new heights.

Help us to Break Through:

- ✓ 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.



Thank you!

Drives for Lives and Freedom and Hope Golf Tournaments

Our legacy Golf Tournaments welcomed golfers of all skill levels and collectively raised over \$60,000 for IHOH programs and services. Special thank yous to returning Drives for Lives Title Sponsor Johnson Chrysler for all their support. The success of these golf tournaments wouldn't be possible without our incredible volunteer committees: Thanks to: Steve Davy, Allyson Wenzowski, Shelley Morin, Mindy Tweedle, Jodi Hunt, Cathie Rickert, Myrna Sguigna, Janet Miedema, Janet Miedema, Jennifer Falkner, Ronda Wilson, Jan Brown and Karen Lang.

Help us to Break Through:

- ✓ Sponsor or attend in our Freedom and Hope event on August 14, 2024.



Ungala



Chili Fest

Chili Fest raises funds for our Flamborough Women's Resource Centre, which directly supports rural women. The "Pop Up" Chili Fest event was held at West Ave Cider House on September 23-24, 2023 and included a "People's Choice" award for best chili! A special thank you to title sponsor, Cogeco, as well as the continued support from local

restaurants and the awesome committee consisting of: Christina Birmingham, Janis Davis, Judi Partridge, and Amy Robson. Together, you raised \$16,617. Thank you!

Help us to Break Through:

- ✓ Participate in Flamborough Chili Fest, Oct 5-6, 2024



Power of Prevention



Community Programs Report

SAM, INTERIM MANAGER OF COMMUNITY PROGRAMS



The Women's Centre of Hamilton, located in downtown Hamilton, provides a resource hub for women across the Hamilton Wentworth area to access when they have experienced any form of gender-based violence or abuse and for general supports. Women who access services are provided with wrap around supports including counselling, transitional support, legal advocacy, employment support, peer support, and wellness and recovery groups. This past year, we were able to offer essential services to over 900 women through the Women's Centre!

Jared's Place, nestled in the Women's Centre of Hamilton, serves as a constant reminder of the ever-growing need for legal supports when women and their children are fleeing violence and abuse. The legal advocate at Jared's Place is available to assist women navigating the family, criminal, and immigration legal systems. Supports such as court and legal appointment accompaniments, safety planning, referrals to other legal resources, and debriefing after meetings and court appearances have provided women with the ability to navigate various legal systems in safer and more informed ways. This past year, Jared's Place was able to help 265 women!

This year, Flamborough Women's Resource Centre (FWRC) provided support to 77 new women. Our services ranged from individual and group counselling, to employment, housing, and legal assistance.

Fundraisers are a key component to the sustainability of all our programs. For example, because of Chili Fest, thanks to our incredible donors, sponsors, restaurant partners, and volunteers, we can continue to provide services and also grow our existing programs in Flamborough.

Partners like Cogeco (*Chili Fest's amazing title sponsor*), YourTV (*which covered the event with a Chili Fest Special*), and West Avenue Cider House (*host of the pop-up event*), helped us raise enough money so that we could go from 1.5 counsellors to 2 full-time Flamborough counsellors. In the coming year, one of our counsellors will prioritize mobile engagement throughout the community.

Without everyone's hard work and ongoing dedication, events like Chili Fest would not be possible. And without Chili Fest, we wouldn't be able to provide women living in rural communities with solutions so that they can enjoy safer, violence-free living.

Help us to Break Through:

- ✓ Attend the Greg Frewin "Wild Magic" Vegas-style show at Mohawk College on September 23rd in support of Interval House.



Thanks Steve!

It is often exceptionally challenging for a smaller non-profit to host fundraising events because we often lack the necessary resources to host an event. Finding sponsors, venues, attendees, food, entertainment and coordinating all the nuances is a skill and commitment that is reserved for truly talented folks. This year, Interval House of Hamilton would like to honour and celebrate a truly dedicated volunteer – Steve Davy. Steve is the anchor behind many of our events and has been a volunteer on our event planning committee for years. Through Steve's dedication, Interval House of Hamilton has raised thousands of dollars for our shelter and programs. When not on the golf course, Steve can be found planning our golf tournaments – his love of the game and his commitment to saving and supporting women and children experiencing violence is unwavering. Steve, thank you so much for your dedication, and commitment – you have made a significant impact on our shelter and programs. Thank you for being an invaluable part of our team!





DAVE,
SENIOR ACCOUNTANT

Finance Report

For the year ending March 31, 2024

Revenues by Program

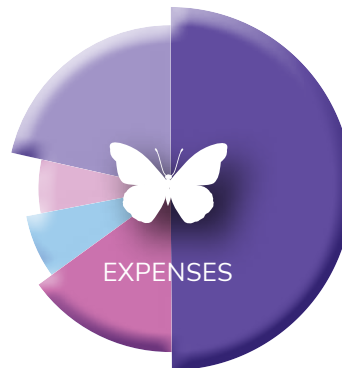
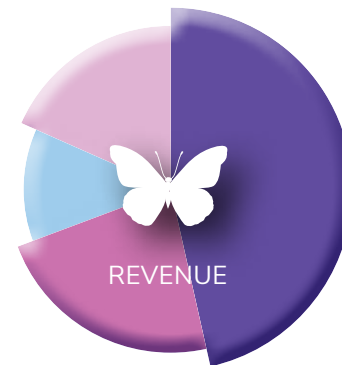
Ministry of Children, Community and Social Services	\$1,414,772
Grants and Foundations	694,180
City of Hamilton	375,483
Donations and Fundraising	558,896
Total Revenues	\$3,043,331

Expenses by Program

Emergency Shelter	\$1,451,656
Community Outreach, Counselling and Crisis Phone	439,435
Flamborough Women's Resource Centre	203,246
MentorAction	190,047
Fundraising, Resource Development, Administration, IT, Insurance, Professional Fees	624,694
Total Expenses	\$2,909,078

Total Revenues does not include \$80,099 in deferred contributions and \$90,494 in interest.

Total Expenses does not include \$87,714 in amortization.



Funding Sources



Women and Gender Equality Canada

Femmes et Égalité des genres Canada

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.

Your safety is our top concern.

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.

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.

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.

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

LEGAL ADVOCACY & SYSTEM NAVIGATION
Our legal advocate is 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

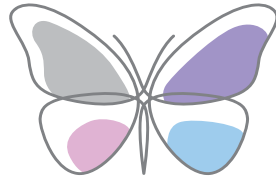
Interval House of Hamilton will be an innovative leader providing compassionate care and sustainable, highly integrated services in our quest for violence free lives for women, children and communities.

Our Values

Empowerment
Confidentiality & Privacy
Health & Safety
Diversity & Inclusion

Equity for Women
Effective & Responsive Communication
Responsible & Professional Service





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.

