



INTERVAL HOUSE
OF HAMILTON

Spreading Our Wings

2024-25 ANNUAL REPORT



THANKS TO YOU, WE'RE

Spreading Our Wings

In last year's annual report, we addressed three ways in which we had made breakthroughs so that women will be able to live their lives free of gender-based violence. For this, our 2024-25 annual report, we have seen significant gains in all three areas so much so that we can proudly say that we are spreading our wings!

As you will read, we have expanded our shelter; we have expanded our reach to better serve women in Hamilton's rural communities; and we have expanded the Coaching Boys into Men program to educate young male athletes across Ontario.

And there's more!

Thanks, in part, to a new website, MentorAction's programs continue to grow. And thanks to leadership in the skilled trades sector, we are now sharing our message and having meaningful dialogue with those in the construction sector.

Preventing gender-based violence and honouring the lives of those lost is a cause that deserves our deepest commitment and collective action.

In spreading our wings, we are inviting more people in more communities than ever before—not just in Hamilton but across Ontario.

Your ongoing support provides us with the wind beneath our wings. Because of you, we have been able to spread our wings and become an innovative leader, providing compassionate care and sustainable, highly integrated services in our quest for violence-free lives for women, children and communities.

Thank you for your support.



INTERVAL HOUSE
OF HAMILTON



Jared's
PLACE

MentorAction
Mentoring a New Generation to
End Gender-Based Violence



A WORD FROM OUR *President*



As I reflect on this past year and my time on the Board of Directors, I'm filled with deep gratitude and admiration for the incredible team at Interval House of Hamilton. The theme of "Spreading Our Wings" couldn't be more fitting for this moment in our journey.

The addition of 10 beds at Victoria and Friends Women's Shelter which was made possible through a generous Ontario Trillium Foundation Grant, represents more than just space—it means safety, stability, and hope for more women and children. Thanks to the support of 100 Men Who Care, we also added a much-needed stove, ensuring our kitchen remains the heart of comfort and care for residents.

At the same time, our efforts to prevent violence before it begins have taken flight. Under MentorAction, the Coaching Boys Into Men (CBIM) program continues to gain traction. This isn't just a local initiative anymore—it's a growing provincial movement that equips coaches, mentors, and young men with the

tools to build healthy, respectful relationships.

We're proud to share that with a historic \$2.3 million grant from the Ministry of Children, Community and Social Services, CBIM is poised for a full provincial rollout. This is the largest grant IHOH has ever received, and it's a testament to the bold leadership of our Executive Director, Sue Taylor. Sue's vision and commitment have guided this program from a seed of an idea to a strategy for systemic change.

As I step down as President of the Board, this is not goodbye. I remain deeply committed to this mission and this remarkable organization. To all the staff and volunteers—you are the heart of this work. What you do is not easy, but it is essential. You make a real difference in people's lives.

With gratitude,

Mark MacDiarmid
President, Board of Directors

2024-25 BOARD OF DIRECTORS

President	Mark MacDiarmid
Vice President	Dr. Mag Gardner
Treasurer	Dr. Will Harper
Secretary	Carolyn Rankin-Boutin/ Jennifer Swan
Officers	Sarah Edwards, Scott Hayes, Jeanine Risk, Connie Smith, Karen Stone

2025-26 BOARD OF DIRECTORS

President	Dr. Mag Gardner
Vice President	Jeanine Risk
Treasurer	Karen Stone
Secretary	Jennifer Swan
Officers	Antarjot Kaur Arora, Sarah Edwards, Scott Hayes, Dr. Maureen MacDonald, Judi Partridge, Connie Smith



A WORD FROM OUR *Executive Director*



With success comes the need to reflect.

This year, we certainly achieved meaningful successes – we renovated and added 10 additional beds to our shelter, opened our doors to include pets, expanded our support to rural communities, and launched the provincial roll-out of Coaching Boys into Men.

Yet, as we celebrate these milestones, we must also hold space for the stark reality that so many women continue to face. The statistics are staggering: a woman or girl is killed every 48 hours—primarily by men—and 30% of all women aged 15 and older report they have been sexually assaulted, outside of an intimate relationship at least once, since the age of 15.

Every number represents a woman—a person with hopes, dreams, and a story that deserves to be heard. Behind every statistic is a life marked by pain, fear, and often devastating loss.

While we celebrate our growth and successes, we cannot forget that the

need for our services continues to rise. The complexities of violence mean that for every woman we help, many more are still struggling in silence. It is our responsibility to ensure that every woman feels empowered to seek help—and that Interval House of Hamilton remains a beacon of hope in their darkest moments.

In closing, I want to extend my deepest gratitude to our staff, volunteers, funders, allies, supporters, and advocates. I also want to offer heartfelt thanks to Dr. Will Harper and Mark MacDiarmid for your service on our Board of Directors. Thank you for your guidance and unwavering commitment to our mission. You have left a lasting impact, and we are deeply grateful for your service.

Together, we are creating a powerful force for change. Let's continue to stand united—not only in celebrating our achievements but in our unwavering commitment to every woman who needs us.

Sue Taylor
Executive Director





AN UPDATE ON

Programs and Services

As Director of Programs and Services at Interval House of Hamilton, it is my privilege to help bring the vision of our Executive Director and Board of Directors to life. Over the past three years, our focus has been clear: expand access to programs in Hamilton's rural areas, reduce barriers to shelter entry, and grow our prevention efforts specifically engaging schools, sports, and skilled trade.

Expanding access to programs in rural Hamilton has been a major priority. With more than 211,000 residents living in areas often over 45 minutes from city-centre services, access to VAW supports such as counselling, legal advocacy, and housing support has been limited. Thanks to the strong support, advocacy, and funding received, which you will read in subsequent reports, this dedicated work of many has catapulted the expansion of services available. We are grateful to our city partners, local businesses, and community agencies for making this possible and elevating the voices of rural woman and families.

To minimize barriers for women seeking emergency shelter, we became the first pet-friendly shelter in Hamilton. Many women delay leaving abusive situations out of fear

for their pets' safety and threats of harm. In February, we completed our pet-welcoming renovations—including designated pet spaces and updated policies. These changes support safety, reduce harm, and keep families together with their pets which can reduce distress from leaving home and transitioning to a shelter.

Finally, we've grown our prevention work. Through provincial expansion and a train-the-trainer model, our team is leading the rollout of Coaching Boys into Men, MentorAction, and other programs that challenge violence before it starts.

Thank you to Grace, Mirella, Nylene, and our incredible team for your unwavering commitment and dedicated support of our all our programs and services.

Liza
Director of Programs
and Services



EMPOWERING CHANGE ACROSS ONTARIO AND BEYOND

MentorAction



Gender-Based Violence Workplace Training and Education

Over the past year, MentorAction made significant strides in our mission to prevent gender-based and sexual violence through education, mentorship, and training. Our team has grown, our reach has expanded, and our programs continue to foster real, measurable impact.

We were proud to build on the success of Coaching Boys Into Men (CBIM), which last year engaged 36 VAW (Violence Against Women) agencies across Ontario in both English and French. Provincially, 127 coaches led the delivery of this evidence-based program in schools and communities. With renewed funding from the Ministry of Children, Community and Social Services (MCCSS), we are now expanding this work to welcome new agencies, schools, and community sport teams across the province.

In addition to our youth-focused efforts, our gender-based violence prevention work in hypermasculine workplaces continues to grow. Thanks to ongoing support from Women and Gender Equality (WAGE) Canada, we expanded our Gender-Based Violence Workplace Training and Education initiative with the launch of a new Train-the-Trainer model. This approach builds internal capacity within skilled trades and unionized environments, empowering

trained leaders to address workplace-specific needs and champion meaningful cultural change through bystander intervention, appropriate responses to disclosures, and proactive policy shifts.

This fiscal year alone, MentorAction programs reached over 3,500 unique individuals—surpassing last year's total and laying the groundwork for even broader reach in the year ahead.

Coaching Boys into Men & Coaching Leadership Equity and Respect

Through our ongoing partnership with the Hamilton Tiger-Cats, and now with the Toronto Argonauts and Ottawa Redblacks, we're excited to bring Coaching Boys Into Men and the new Coaching Leadership Equity and Respect curriculum to middle schools, high schools, and sports organizations across Ontario. Together, we're creating a strong, sustainable foundation of mentorship, respect, and equity for the next generation.

Grace
Manager of GBV Prevention Programs





Shelter Program

At Victoria and Friends Emergency Women's Shelter, every day we witness the strength it takes for a woman to walk through our doors. Coming to shelter is never a first choice—it's often a last resort, a moment when safety, survival, and a future free from violence hang in the balance. It takes incredible courage to leave behind home, belongings, community—and sometimes even loved ones—simply to be safe.

Without the various locations of women's shelters throughout our city, women facing violence would be forced to choose between danger and the unknown. They might sleep in cars, remain in unsafe relationships, or turn to systems unequipped to understand the complexity of abuse. Their children would carry that fear too—fear that can linger for a lifetime. We are honoured to provide a 36-bed shelter and offer our support to women and children in

need of a safer place. As we approach our 40th anniversary, we reflect with pride on the leadership and vision that continue to guide our work—especially around minimizing barriers to safety. It was incredible to witness the relief on women's faces when they learned they could bring their pets with them. And with the addition of new beds, we were able to say yes when it mattered most.

Our 24/7 crisis line remains a lifeline and is often the first safe moment someone has had in years. That one call can lead to shelter, safety planning, support, and a path forward.

Thank you to everyone who makes this possible. You are part of every new beginning.

Mirella
Supervisor of Residential Services

Victoria and Friends Women's Shelter Statistics



2,168

Crisis Calls



76

Women Served
in Shelter



72

Children Served
in Shelter



19,710

Snacks for
Women and
Children



29,567

Meals Served
in Shelter



SPREADING OUR WINGS

A Legacy of Support and Growth



For decades, Women's Centre of Hamilton, Flamborough Women's Resource Centre, and Jared's Place have stood as safe havens for women in Hamilton and surrounding areas. What began as grassroots efforts has evolved into a coordinated and responsive network of programs tailored to support women as they navigate experiences of gender-based violence, poverty, legal uncertainty, and social isolation.

The Women's Centre of Hamilton offers vital supports and programs, helping over 700 women this past year through group facilitation, one-on-one appointments, and community advocacy. Jared's Place



continues to serve as a court support and legal information hub, empowering women through justice-informed care.

In rural Hamilton, the Flamborough Women's Resource Centre has steadily become a trusted anchor for women, providing individualized services, referrals, and connections to safety—supporting over 115 women this year alone.

Together, these three pillars form a powerful triad of healing and hope. Just like a butterfly emerging from its cocoon, our centres have grown and adapted—spreading our wings through stronger outreach, expanded services, and renewed commitment to every woman who walks through our doors.

Nylene
Manager of Community Programs





A REPORT ON

Resource Development

At Interval House of Hamilton, our mission to support women and children fleeing violence is only possible thanks to the extraordinary generosity of our community. Each year, we must raise more than \$650,000 beyond government funding through donations, grants, and fundraising events—a gap that is closed thanks to individuals, sponsors, community groups, and businesses who step up in meaningful ways. From our signature events to

third-party fundraisers hosted on our behalf, every act of giving helps ensure that our doors remain open, our programs remain strong, and hope remains within reach. We are profoundly grateful to everyone who chooses to walk beside us in this work. Thank you for helping turn compassion into impact.

Daniella

Resource Development Coordinator



DESIGNER BAG BINGO ↑

Thursday, March 6, 2025

Just ahead of International Women's Day, a sold-out crowd gathered at the C Hotel for the inaugural Designer Bag Bingo. Emceed by board member Connie Smith and long-time ally Christina Birmingham, guests enjoyed signature cocktails and curated bites before diving into five thrilling bingo rounds, each offering a chance to win a stunning designer handbag. The generosity of attendees, sponsors, and especially **our Title Sponsor, Upper James Toyota**, made the event unforgettable.

CHILI FEST

October 4 & 5, 2024

Chili Fest 2024 brought together food lovers and changemakers for a spicy, heartfelt weekend supporting two essential rural programs: the Flamborough Women's Resource Centre and W.E.A.R.S (Women's Education and Rural Support).



Throughout the weekend, local restaurants featured chili-inspired dishes, donating a portion of proceeds to our programs. The festivities culminated in a lively Pop-Up at West Avenue Cider House, complete with tastings, raffles, and community connection. Thank you to **our Title Sponsor, Cogeco**, and to the organizing committee: Samantha, Christina, Janice, Amy, Daniella, Liza, and the team members of FWRC and WEARS. Chili Fest reminded us that when community shows up, change simmers.

SAVE THE DATE!

Chili Fest 2025: September 27–28th

DRIVES FOR LIVES →

Wednesday, June 5, 2024

The Drives for Lives Golf Tournament is our flagship fundraiser, and this year marked its 22nd anniversary. Held at Century Pines Golf Course, we are especially grateful to **our Title Sponsor, Johnston Chrysler**, for their generous support.

Our deepest thanks to Steve Davy for his dedication and constant support in planning this event, along with all players, donors, and committee co-chair Shelley Morin.



FREEDOM AND HOPE LADIES GOLF TOURNAMENT ↑

Wednesday, August 14, 2024

The Freedom and Hope Tournament is an inspiring annual gathering of over 90 women at Oak Gables Golf Club—all united to raise funds and awareness for JARED'S PLACE, our legal advocacy and resource centre.

Through laughter, competition, and compassion, golfers supported crucial work helping women fleeing abuse navigate complex legal systems with dignity and support. Organized by an extraordinary team of women—Cathie, Myrna, Jan, Jennifer, Jeanine, Karen, Jodi, and Daniella—this event is a testament to what is possible when women uplift women.



UNGALA: BEER VS. WINE TASTE OFF ↓

October 28, 2024

This year's UnGala was anything but ordinary. Held at Shawn & Ed Brewing Co. in Dundas, the evening invited guests to indulge in a friendly beer vs. wine taste-off, paired with gourmet food stations, entertainment, and a lively silent auction.

Proceeds supported the expansion of our emergency shelter, helping us meet the increasing demand for safe spaces. Thank you to our generous sponsors: Homeless Cars, Birmingham Consulting, Carstar, Paul's Restoration, HPFFA Local 288, Core Urban, Pathway Group, Carmen's, Parkway Nissan, and VanDuzer Painting. Together, we raised spirits—and vital funds—for women and children in crisis.



DON'T MISS THIS EXCLUSIVE EVENT

AN EVENING WITH

Margaret
Atwood

NOVEMBER 25, 2025

TICKETS
ON SALE
NOW

TITLE SPONSORS

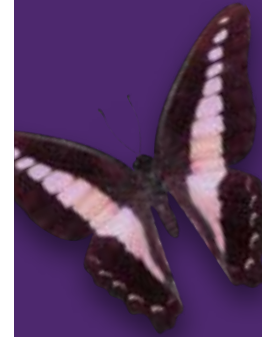


CARMENS
GROUP

THE
GOOD EARTH
FOOD & WINE CO.



Spreading Our Wings



In 2024-25, Interval House of Hamilton spread its wings to provide easier access to services locally and expand prevention programs across Ontario.

We not only increased the size and accessibility of our shelter, we also expanded our outreach to better assist women in rural Hamilton who fear for their safety. Additionally, through MentorAction, we made three impressive gains by focusing on our mission to end gender-based violence.



SPREADING OUR WINGS AT *Victoria and Friends Women's Shelter*

This year, Spreading Our Wings became more than a theme—it became a promise fulfilled at Victoria and Friends Women's Shelter. With the completion of our long-anticipated expansion, we added 2 new emergency shelter rooms with five additional beds that allow us to welcome more women and children fleeing violence, offering them the space, dignity, and safety they deserve. For the first time in our history, we are also able to say yes to something many women never thought they could bring with them: their pets.

When a woman and her children are in crisis—when they make the life-altering decision to finally flee an abusive home—what do they take? Clothes? Toothbrushes? A child's favourite toy?

What about Cooper the cat? Or Daisy the dog?

For many survivors, pets aren't just companions. They're protectors, sources of comfort, and—sometimes—literal shields against abuse. But tragically, traditional shelters weren't built with animals in mind. And so women become trapped. Fearful not just for their children's safety, but for the animal they love, women often stay in violent situations far longer than they should—controlled by the threat of harm to a beloved pet.

With your help, that cycle ends here.

Thanks to our newly expanded pet-welcoming spaces—including wheelchair-accessible rooms and designated accommodations for

animals—women no longer need to choose between safety and separation. In February, we proudly welcomed our very first resident pet. It was a quiet moment, but a powerful one. One that said: you're all safe here. You're all welcome here.

But with more women receiving more care, our need for support continues to grow. Your donations don't just keep the lights on. They help us remove the barriers that keep women trapped. They help us open the door to healing—with room for every member of the family.

**Removing Barriers to Safety—
For Women, Children, and Pets**

14 Rooms, 36 Beds



SPREADING OUR WINGS
IN RURAL HAMILTON

The Impact
of WEARS

This year, our rural outreach work took flight with the successful launch and expansion of the **Women’s Education and Rural Support (WEARS)**

Program—a transformative initiative rooted in accessibility, equity, and trauma-informed support for women in rural Hamilton.

Thanks to secured funding and deep community partnerships, we now operate **17 mobile drop-in locations** across rural communities, ensuring that women—regardless of geography—have a safe space to access services, resources, and support.

We proudly welcomed **five full-time mobile team members**, who bring front-line expertise and compassion to women experiencing or recovering from intimate partner violence (IPV).

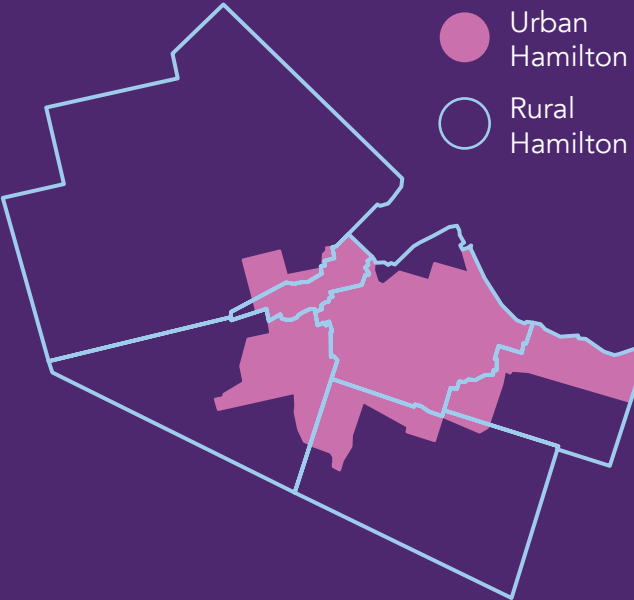
These workers have become trusted guides, helping to reduce isolation, challenge stigma, and restore autonomy through both in-person and mobile services.

Women served through WEARS have shared how transformative it has been to access support without needing to travel long distances or face judgment from their community. Our mobile teams

work directly in places where women live, parent, and work—meeting them with dignity and without delay.

As MP **Ted McMeekin** and Councillor **Judi Partridge** have powerfully noted, “services for rural women are not just necessary—they are life-saving.” Together, with their advocacy and our team’s commitment, we are proud to be part of lasting change.

This year, our rural work didn’t just extend our reach—it expanded our impact.



211,470
People living rurally (2021)

Rural Areas:
Portions of Wards
9, 10, 11, 12, 13 and 15



MENTORACTION: MENTORING A New Generation

Spreading Our Wings: Expanding the Reach of Prevention

Since 2016, MentorAction has been at the forefront of youth-dating violence prevention and gender equity education. Our journey began in partnership with the Ending Violence Association of BC through the Be More Than a Bystander (BMTB) campaign, and today our programs have grown to reach students, coaches, unions, and schools across the province.

1 MentorAction: Mentoring a New Generation to End Gender-Based Violence

MentorAction’s Mentoring a New Generation to End Gender-Based Violence program inspiring men and boys to speak out against gender-based violence (GBV). Delivered in partnership with community organizations and sports teams, MentorAction programs lay the foundation for respectful relationships and healthy masculinity.

HIGHLIGHTS

- “School Touchdowns”—assemblies held at middle schools and high schools at Hamilton-Wentworth District School Board, Hamilton-Wentworth Catholic District School Board and beyond to launch conversations
- A girls’ group program implemented at two schools which offers monthly sessions that explored body image, beauty standards, and healthy relationships
- A student-led hygiene drive addressed inequities in access to personal care

2 Coaching Boys Into Men (CBIM)

Evidence-Based. Coach-Led. Youth-Focused.

Funded by the Ministry of Education in 2024 with nearly \$875,000, CBIM—an evidence-based mentorship program developed by Futures Without Violence—has scaled across Ontario. It trains school sports coaches to lead 12 weekly, 15-minute conversations with youth about:

- Healthy Relationships
- Consent Culture
- Youth Dating Violence
- Mental Health & Masculinity

2024-25 HIGHLIGHTS

Reach & Impact

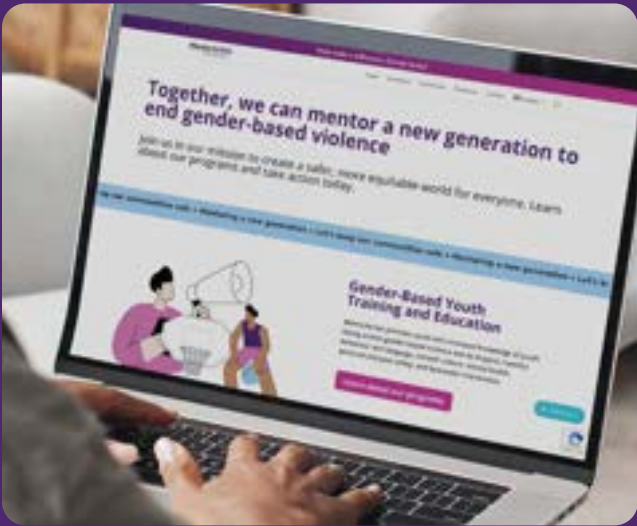
- 127 coaches certified through CBIM clinics
- 36 trained VAW agencies delivering the program
- 29 school boards engaged
- Spanning from Red Lake to Windsor to Niagara

Youth Sports Partnerships

- Trained youth hockey teams: Hamilton Steel and Hamilton Huskies
- Sports ambassadors include the Hamilton Kilty Bees (Junior B)
- Ongoing collaboration with Hamilton-Wentworth District School Board, Hamilton-Wentworth Catholic School board, and Centre de Santé Communautaire for Francophone engagement

LONG-TERM PARTNER

Hamilton Tiger-Cats and **Forge FC** have been committed allies since 2016.



3 Skilled Trades & Workplace Training

Research-based. Peer-led. Engaging.

MentorAction's Skilled Trades Program, funded by a WAGE grant, aims to create safer, more inclusive workplaces in the trades—especially for women entering and navigating these sectors.

PARTICIPATING UNIONS

- Laborers' International Union of North America (LIUNA)
- International Brotherhood of Electrical Workers (IBEW)
- Canadian Union of Skilled Workers (CUSW)

Locations: Windsor, Kincardine, Barrie, Toronto and beyond

TRAIN-THE-TRAINER MODEL

To maximize impact, MentorAction has launched a Train-the-Trainer strategy. This model ensures sustainable, peer-led facilitation—based on research showing the importance of community figures, including business leaders and mentors from similar ethnocultural backgrounds as important role models to promote a widespread culture of addressing gender-based violence.

2024–25 IMPACT (OCTOBER–MARCH)

- 379 participants trained across 26 workplaces
- 8-hour workshops on social safety, consent, workplace equity
- 11 certified trainers deliver workshops with lived experience in trades



4 Outreach & Awareness

MentorAction is not just a program—it's a movement.

In 2024–25, we participated in:

- 15 school fairs
- Health & safety conferences
- Community special events

We also proudly launched the new MentorAction.ca website, expanding our digital reach and offering access to program info and training opportunities.

WHAT'S NEXT

With renewed funding from the Ministry of Children, Community and Social Services (MCCSS), we are now expanding this work to welcome new agencies, schools, the CFL and regional sport teams across the province.



Hamilton Child and Family Supports
Consultations
Statistics ↓

177
Women
Served

395
Children
Served

117
Safety
Plans

Additional
Statistics ↓

465
Clients Served
at Jared's
Place

700
Clients Served at
Women's Centre
of Hamilton

12
Tabling Events
for WC/
JP/FWRC

TO OUR INCREDIBLE STAFF:

Thank You!

This year, as we reflect on the theme Spreading Our Wings, we recognize the extraordinary strength, compassion, and resilience of our team. The work you do every day—supporting women and children through some of the most difficult moments of their lives—is not easy. It takes courage. It takes heart. And it takes a toll.

Yet through every challenge, you continue to show up with empathy, professionalism, and unwavering commitment. You help survivors find safety, regain their voices, and begin again. The impact you make is deep and lasting, shaping futures and changing lives.

Thank you for being the heart of this organization. You make the difference. You are the reason our mission takes flight.

STAFF MILESTONES

15 Year Anniversary Karly

This year, we are proud to recognize Karly for 15 years of extraordinary service, advocacy, and heart. Karly brings deep compassion, strength, and wisdom to every interaction. Her leadership and steady presence have helped guide countless individuals toward safety, healing, and hope. She embodies the values we hold dear, and her impact is immeasurable. Karly's commitment to supporting women and children experiencing violence has left a lasting impact—not only on those she has directly supported, but on the entire fabric of our organization.

Thank you, Karly, for 15 incredible years of making a difference.

5 Year Anniversary

Mirella
Liza
Samantha

3 Year Anniversary

Jessica
Carol
Lilian
Daniella
Sarah
Suzanne

1 Year Anniversary

Talia
Ashley
Sarah
Dayna
Linda
Shelley
Muna

Welcome to New Staff

Ellenor
Precious
Tracyann
Olivia
Michelle
Jodi
Annabella
Eunice
Alexander
Norma
Floria
Adeola
Jennifer
Elijah
Shafiq



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

OUR SERVICES

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 gbv prevention programming 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.

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.

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

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.

Women’s Wellness Groups

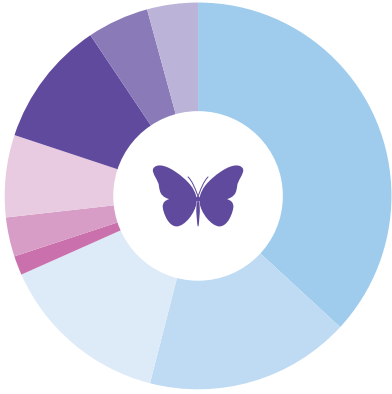
Women’s wellness groups offer a safe space to meet with others and share your journey. Groups are provided in-person and online and range in session length. All groups are free of charge and offer participants a range of topics.

Finance Report

FOR THE YEAR ENDING MARCH 31, 2025



David
Director
of Finance



Revenues by Program*

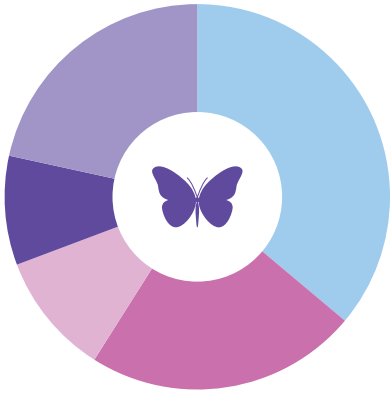
Ministry of Children, Community and Social Services	\$ 1,470,561
Ministry of Education	683,523
Donations and Fundraising	572,033
United Way Halton and Hamilton	64,000
Ontario Trillium Foundation	131,024
Grants and Foundation	274,174
City of Hamilton	419,316
Federal-Wage And Gender Equality	205,342
Donation from an Estate	169,467
Total Revenues	\$ 3,989,440

*Total Revenue does not include \$89,318 in deferred contributions and \$65,641 in interest and other revenue.

Expenses by Program*

Emergency Shelter	\$ 1,416,988
MentorAction	897,114
Community Outreach, Counselling and Crisis Phone	404,324
Flamborough Womens Resource Centre	359,023
Fundraising, Resource Development, Administration, IT, Insurance, Professional Fees	846,579
Total Expenses	\$ 3,924,028

*Total Expenses does not include \$88,667 in amortization.



OUR FUNDING SOURCES



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.

CREATIVE: Wishart by Banko Creative Studio