

# ANNUAL REPORT 2018- 2019 —



[www.intervalhouseottawa.org](http://www.intervalhouseottawa.org)

# ABOUT US

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## Our Mission

Interval House of Ottawa empowers all persons who identify as women and their dependents. In partnership with the community, we provide safe shelter and support, intervention and prevention services, and advocacy to break the cycle of violence.

## Our Values

- Client-centred
- Empathy
- Empowerment
- Intersectionality
- Accountability
- Respect
- Leadership

## 2018-2019 Fast Facts

**2,582** calls to the crisis line

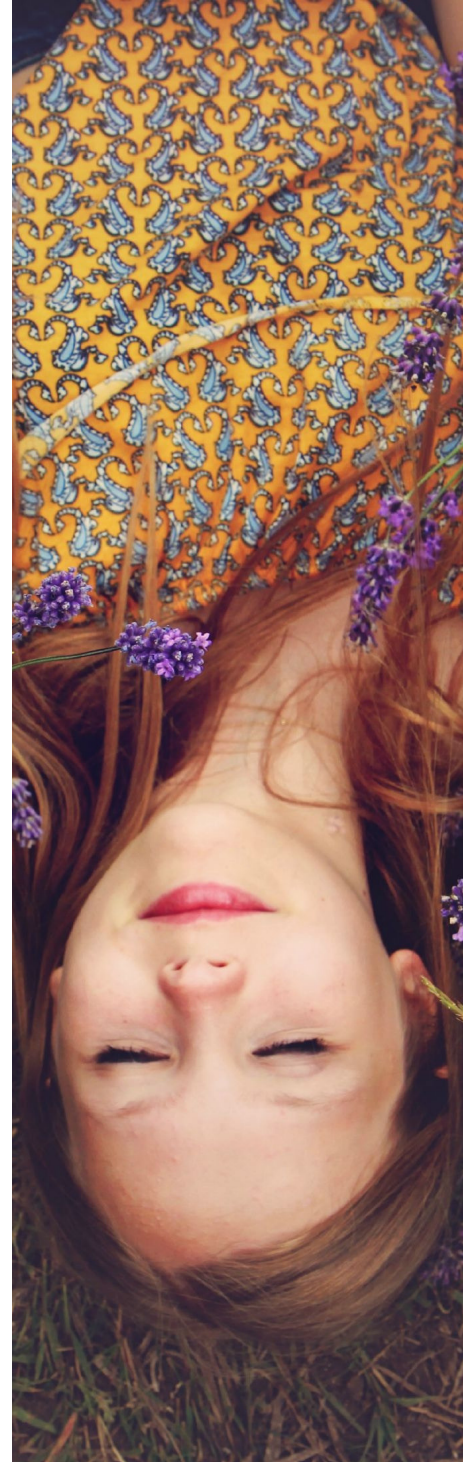
**88** women resided at IHO

**153** dependents resided at IHO

**573** counselling hours in shelter

**175** women in the community served by the Transitional & Housing Support Program

**\$8,044.40** in grants awarded to current and past residents from the Virginia Lorraine Stewart Fund

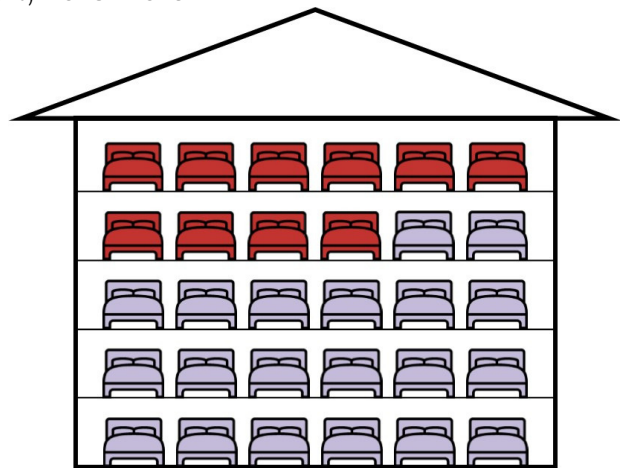


# IMPACT

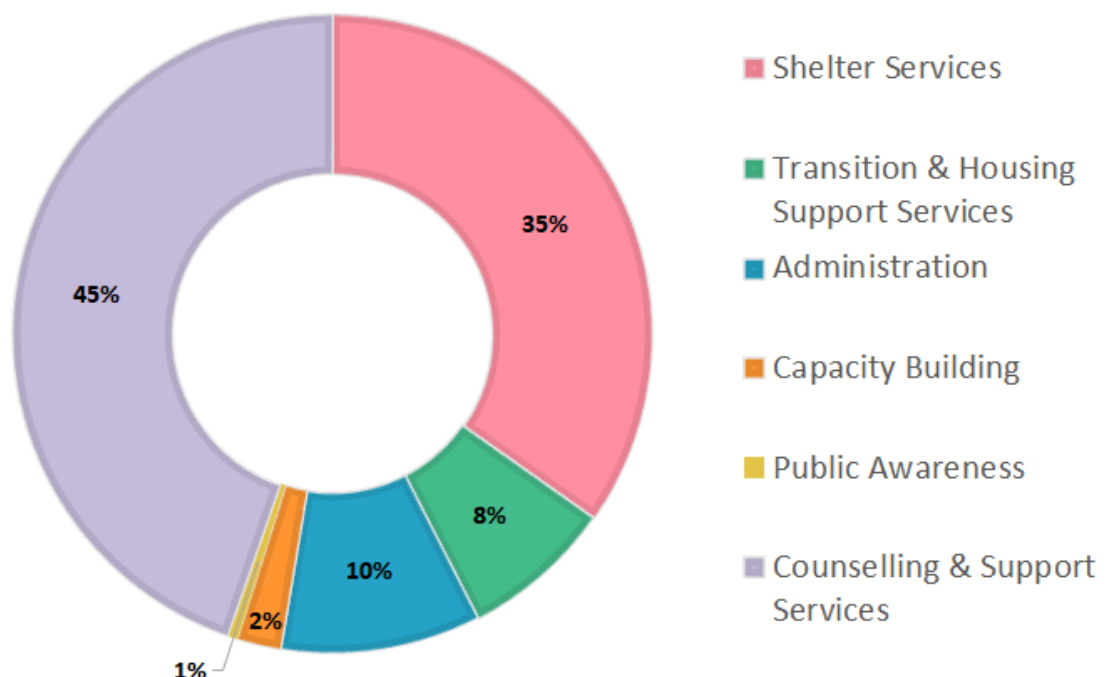
## 2018-2019 Funding for our 30 Beds

Source: Transfer Payment Annual Reconciliation, 2018-2019

In 2018-2019, it cost **\$1,216,627** to provide 30 beds and services to women and their dependents who resided with us. The Ministry of Children, Community & Social Services (MCCSS) provided **\$1,042,069** in operating funds for 20 of those beds. Your donations and one-time grants provided the **\$174,558** in operating expenses required to fund the additional 10 beds.



## Where We Spend our Money







# THANK YOU

## Donor Anniversaries

### 5 YEARS

Geoffrey Feltham  
Victor Rabinovitch

### 10 YEARS

Janice Andrews  
Gabriella Goliger  
Past Matrons Club, Order of the Eastern Star  
Barbara Wright

### 15 YEARS

Connie Berry

### 20 YEARS

Nick Busing  
P. Dianne Laporte  
Garry M. Lindberg

## Message from the Board President & Interim Executive Director

It's been another busy year at Interval House of Ottawa, starting with some staffing changes! Our former Executive Director, Kia Rainbow, took a new position at Cornerstone Housing for Women. On behalf of everyone at IHO, we thank Kia for everything she has done for IHO, and wish her the very best in her future.

We were fortunate enough to expand our team by two positions this past year to include a Pet Housing & Maintenance Support Worker and a Community Engagement Worker. Our Pet Housing & Maintenance Support Worker ensures the pet housing area is maintained and provides exercise and companionship to the animals who stay with us. Thanks to our new Community Engagement Worker, we now have a dedicated person to look after our fundraising, communications and public education efforts. This past year also brought about the completion of our pet housing yard project. Construction was wrapped up on both the exterior door to the yard and the yard landscaping. We'd like to extend a big thank you to Ottawa Young Construction Leaders for creating such a beautiful space! As part of our strategic plan, the staff and board sat down and created a set of values for IHO. They are: client-centred, empathy, empowerment, equality, accountability, and respect. We feel these six words encompass the beliefs of IHO, and we even placed them by our front entrance so we can be reminded of them every day.

We are overwhelmed by the dedication shown by our staff and board of directors and by the generosity of our donors. With your help, we were able to provide support to 88 women, 153 dependents and 15 pets last year. We look forward to watching as IHO continues to move forward in advocating, supporting, and empowering women in need.



Angie Kelly  
Board President



Charlene Maurice  
Interim Executive Director