



Annual Report 2015-2016

business@intervalhouseottawa.org
PO Box 40089 Crisis Line: 613-234-5181
2515 Bank Street TTY: 613-234-5393
Ottawa, ON K1V 0W8 Business: 613-234-8511

www.intervalhouseottawa.org



ABOUT US

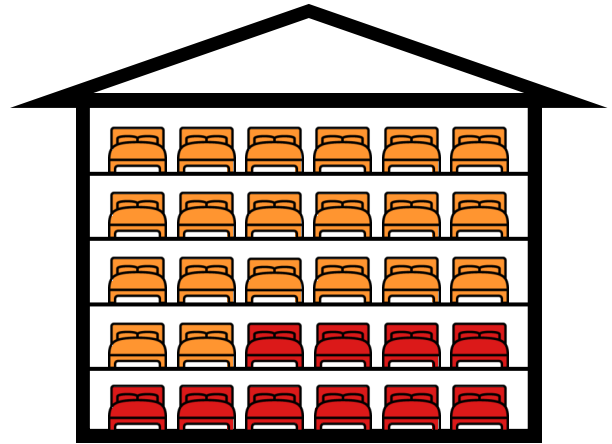
OUR MISSION

Interval House of Ottawa is committed to ending the cycle of violence and to empowering women and children who are victims of violence. We provide emergency shelter for women and their children fleeing abusive relationships, and offer crisis intervention and prevention services, advocacy for victims, and education about violence for both victims of violence and the community at large.

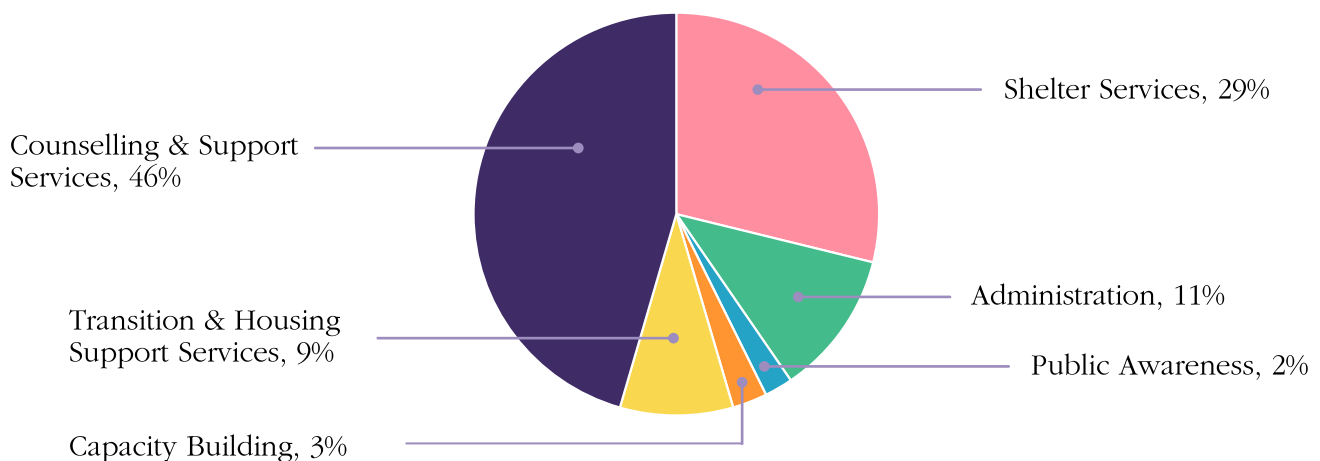
2015-2016 FUNDING FOR OUR 30 BEDS

Source: Transfer Payment Annual Reconciliation, 2015-2016

In 2015-16 it cost **\$1,094,946** to provide 30 beds and services to the women and children who resided with us. The Ministry of Community and Social Services (MCSS) provided **\$957,215** in operating funds for 20 of those beds. As a result of your donations, one-time grants, and savings from previous year surpluses, we received **\$137,731** of operating expenses required to fund the additional 10 beds.



WHERE WE SPEND OUR MONEY



FAST FACTS

Calls to crisis line: 2,178

Women who lived in shelter: 97

Children who lived in shelter: 177

Counselling hours in shelter: 643

Average time living at the shelter: 12 weeks

Cost of providing shelter for one day: \$2,999.85

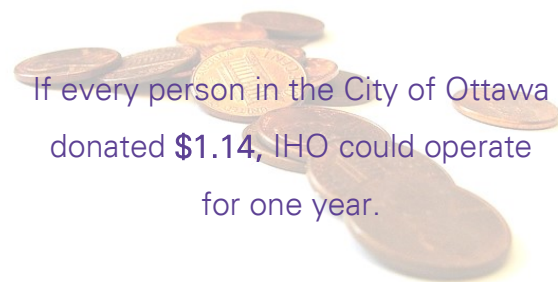
Cost of groceries for 1 week: \$907.98 (for 30 people)

Loads of laundry per day: 9

Kids' birthday celebrations: 23

After school clubs for kids: 124

Grants awarded from the Virginia Lorraine Stewart Fund: \$3,830.87



If every person in the City of Ottawa donated \$1.14, IHO could operate for one year.

Sarah fled her relationship and came to IHO with her sixteen year old daughter, Brittany, after a lifetime of physical and financial abuse. While at IHO, they received individualized support based on their needs. Sarah began planning for her future, and Brittany learned about self-love, healthy relationships, and understanding the cycle of violence she had witnessed.

With the financial support of the Virginia Lorraine Stewart Fund (a fund managed by IHO) Sarah applied to college and was accepted for the fall term; something she never thought she could accomplish. Brittany is proud of her mom's transition and recently threw a surprise party in Sarah's honour that was attended by the many friends they made while staying at IHO.

"The confidence and strength that I have would not have been possible without my stay at Interval House [of Ottawa]. Being in my own home, surrounded by my actual friends.... At this moment, there was nothing that could have made it any better."

MESSAGE FROM THE BOARD PRESIDENT AND EXECUTIVE DIRECTOR

This past June Interval House of Ottawa, the city's longest running shelter, marked our 40th anniversary with a barbecue for current and former residents, staff, Board members, and volunteers. Also in attendance were Mayor Jim Watson, Councillor Diane Deans, MP David McGuinty, MPP John Fraser, and Attorney General Yasir Naqvi.

Since 1976, IHO has provided a safe haven for more than 3200 women and 4000 children. We first opened in a four bedroom house, and since then have outgrown two houses and opened a brand new 30 bed facility. IHO operates at full capacity at all times, while also serving thousands more women each year through our crisis line and Transitional & Housing Support Program.

We pride ourselves in the effective partnerships we have established through the years, including work with the local and provincial governments and organizations. In 40 years we have faced many challenges. These challenges have inspired us to change and grow in order to provide the best possible service to women and their dependents fleeing violence.

At the BBQ a past resident, Angelina, spoke. She stayed at IHO with her three children in 2014. She describes coming to IHO as a turning point in her life, when she discovered self-care. She says that her stay "transformed my life from hopeless to hopeful.... It gave me a new beginning; a bridge to a violence-free life and the opportunity to live a humble and productive life." Angelina now lives in her own home with her children and has a flourishing gardening business.

One in three women will experience violence in their lifetime. Intimate partner violence has consistently been identified as one of the most common forms of violence against women in Canada. Although we hope that shelters like IHO will not be needed for another 40 years, we remain committed to learning, growing and providing women with the support they need to live their lives free from violence.

Sincerely,

A handwritten signature in black ink that reads "Megan Paterson".

Megan Paterson
Board President

A handwritten signature in black ink that reads "Kia Rainbow".

Kia Rainbow
Executive Director



BOARD OF DIRECTORS 2015-2016

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