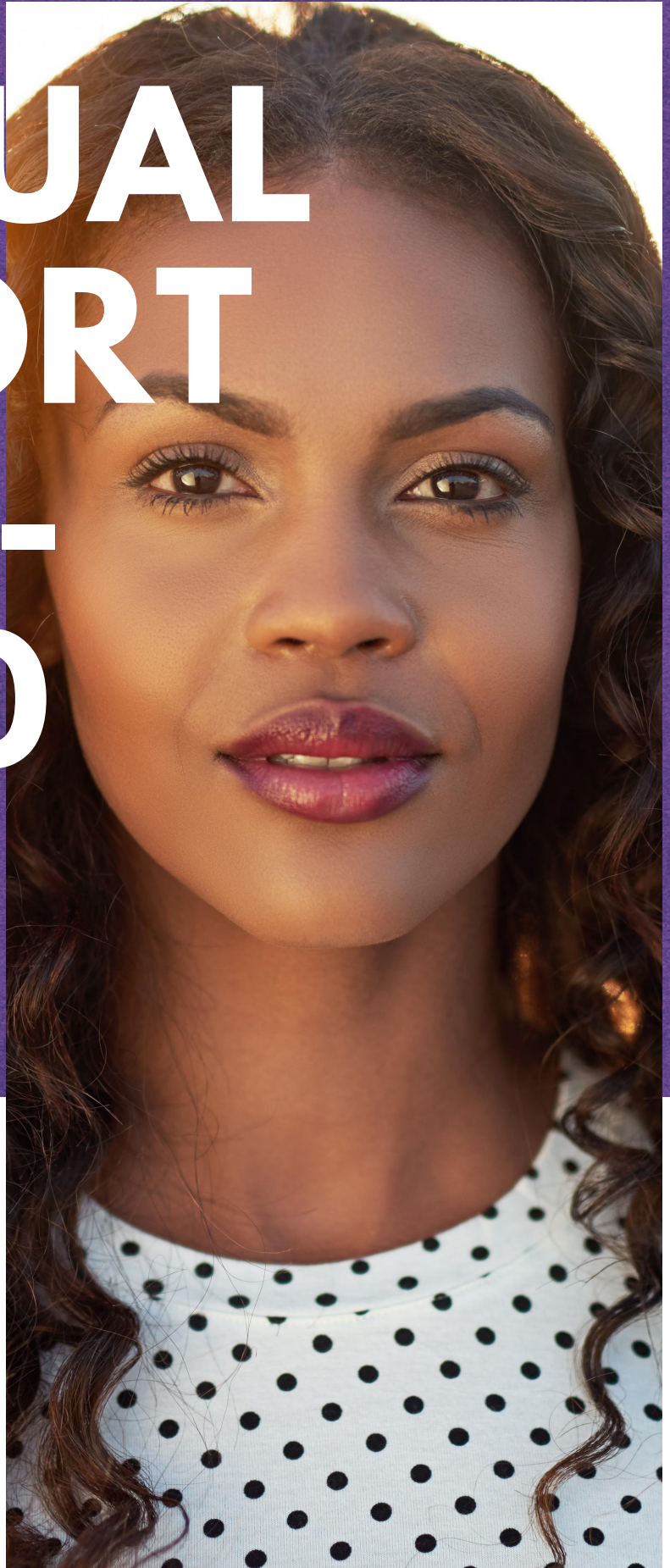


ANNUAL REPORT 2019- 2020 —




Interval House
of Ottawa

Maison Interval d'Ottawa

www.intervalhouseottawa.org

IMPACT

2019-2020 By the Numbers



2,093 calls to the crisis line



79 women and **139** dependents stayed at IHO



405 counselling hours in shelter



197 women in the community served by the Transitional & Housing Support Program



\$9,044.00 in grants awarded to current and past residents from the Virginia Lorraine Stewart Fund

Virginia Lorraine Stewart Fund

In 1997, IHO was honoured to receive a bequest from the Estate of Virginia Lorraine Stewart. The fund created in her name is used to assist current and former residents of IHO in sustaining a life free from violence. The VLS Fund is primarily used to support residents with education, health, and wellness needs.



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 Vision

We envision a community committed to healthy and respectful relationships, free from all violence and abuse.

Our Values

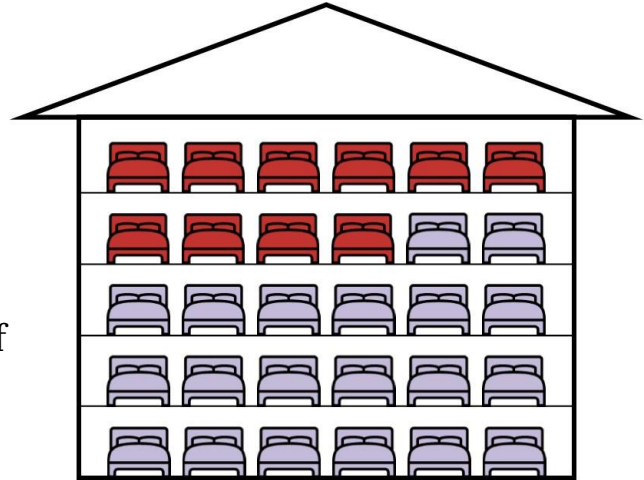
- Client-centred
- Empathy
- Empowerment
- Intersectionality
- Accountability
- Respect
- Leadership

IMPACT

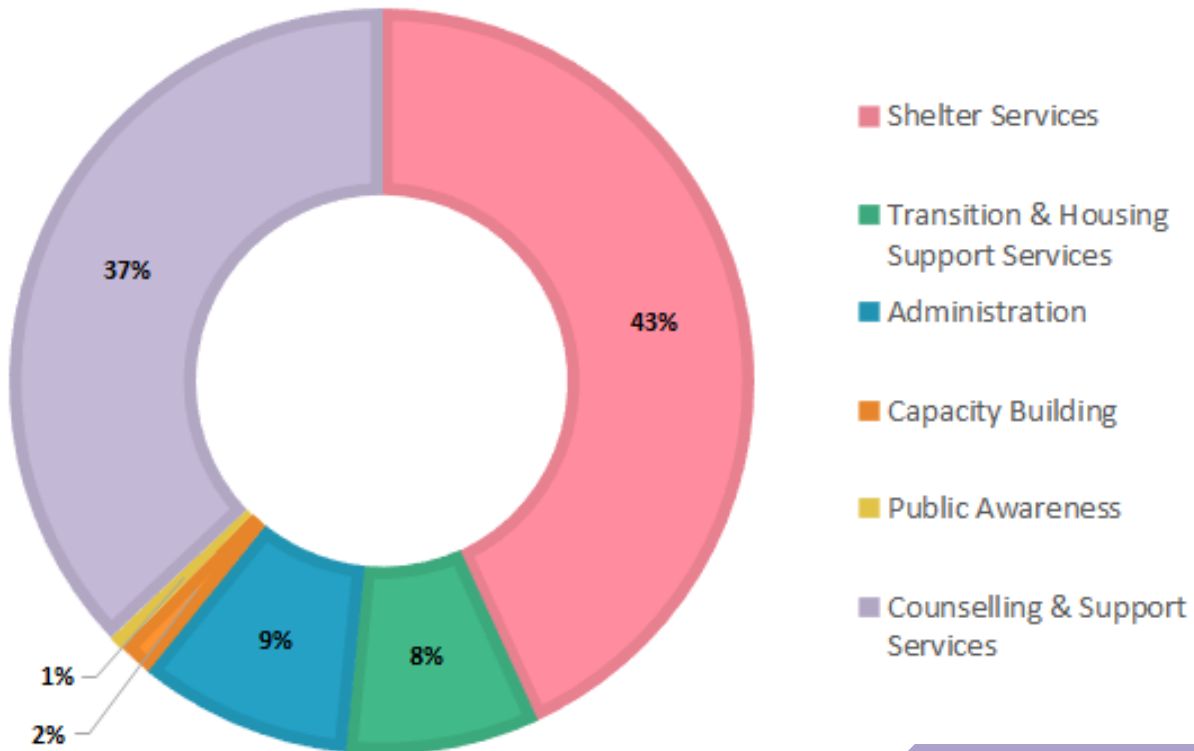
2019-2020 Funding for our 30 Beds

Source: Transfer Payment Annual Reconciliation, 2019-2020

In 2019-2020, it cost **\$1,216,356** to provide 30 beds and services to the women and their dependents who resided with us. The Ministry of Children, Community & Social Services (MCCSS) provided **\$1,023,953** in operating funds for 20 of those beds. Your donations and one-time grants provided the **\$192,403** in operating expenses required to fund the additional 10 beds.



Where we Spend our Money



THANK YOU



Donor Anniversaries

5 YEARS

Doris Buss
Karyn Curtis
Cheryl Hanniman
Kinaxis Inc.
Aileen Leo
Jacline McArthur
Ottawa Jewish Community Foundation
Sawmill Creek Elementary School

15 YEARS

Elaine Herz-Fischler
Don & Mary Hogarth
Elaine Keillor
Leacross Foundation
St. Helen's Anglican Church

10 YEARS

Peter Chow
Frank Farrell
Dennis Gauthier
Richard Guttormson
Ottawa-Carleton Elementary
Teachers' Federation
Robert Ross
Marjorie & Barry Wellar

20 YEARS

Theodore S. de Bruyn
Richard Haughian
Virginia MacLatchy
Suzanne E. Welch
Philip & Carole Whittall



There are no words to express my appreciation for all your help and support. A few months ago I felt like a helpless child that was lost. The abuse left me scared and depressed, and I thought I could never have a happy life with my children. Thankfully, there is Interval House of Ottawa and the amazing people there that work so hard to make a difference in people's lives. It has been a pleasure living with you for three months. You made me stronger and gave me the support I needed to realize my life doesn't have to be sad, stressful, and unhappy. I couldn't have done it alone. I'm grateful there is help and support for everyone who needs it. Thank you so much for all your help. We will never forget all you have done for us.

- a former IHO resident





THANK YOU

Message from the Board President & Executive Director

This past year was one of transition at Interval House of Ottawa. Charlene Maurice, IHO's Residential Program Manager, stepped up as the Interim Executive Director for most of the year while our Board of Directors conducted a search to find the right fit for our team. In January, we welcomed our new Executive Director, Keri Lewis. Keri was previously the Executive Director at Nelson House and has worked in the violence against women field since 2001; her experience and passion have been a welcome addition.

We would like to extend our thanks to Charlene and the entire IHO team for stepping up and making this transition as seamless as possible. Their display of hard work and dedication speaks to how much our team cares about IHO and the families we serve.

IHO had the wonderful opportunity of partnering with the Inuuqatigiit Centre for Inuit Children, Youth and Families on their Inuit Well Being: Support for Inuit Affected by Gender-Based Violence and their Families project this past year. This ongoing partnership has allowed us to foster an ongoing, collaborative relationship that enables us to better provide culturally appropriate services for Inuit women and children who are impacted by violence.

As our fiscal year was ending, COVID-19 was just beginning. Faced with increasing costs and uncertainty, our community rose to the occasion and amazed us with their generosity. Thanks to you, we have continued to navigate this pandemic as a team and remain open to support women and children in our community.

With your help, IHO provided support to 79 women, 139 dependents, 14 pets and responded to 2,093 crisis calls. Thank you for enabling us to support and empower women and children in need.



Keri Lewis
Executive Director



Angie Kelly
Board President

Board of Directors 2019-2020

Angie Kelly

Kristen Holinsky

Salimah Mitha

Antonia Stieda-

Christine LeBlanc

Emilia de Somma

Megan Paterson

Sanne

Jennifer Baldwin

Monica Harvey

Eric Smith

ALL YOU NEED IS

within

