

# Annual Report

2020 - 2021



Interval House  
of Ottawa  
*Maison Interval d'Ottawa*

## 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

## IHO Virtual Annual General Meeting

Date: September 14, 2021

Time: 6:30pm

SAVE  
THE  
DATE

RSVP TODAY

Email: [Community@intervalhouseottawa.org](mailto:Community@intervalhouseottawa.org)



## Event Agenda

Guest Speaker - Julie Lalonde

IHO Stats and Donation's

Accomplishments

Donor Appreciation

Message from the Executive Director & Board President

IHO Video #TheFutureisOurs

Review IHO Financial Statements

#TheFutureisOurs


# IMPACT

**82** **WOMEN** resided at IHO

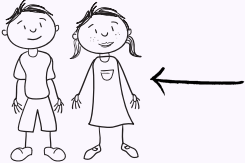


610 counselling hours in shelter

**610**



**87** **DEPENDENTS** resided at IHO



Calls to the crisis line

**2,042**




**188** Women in the community served by the Transitional & Housing Support Program



Messages & chats to Unsafe at Home Ottawa

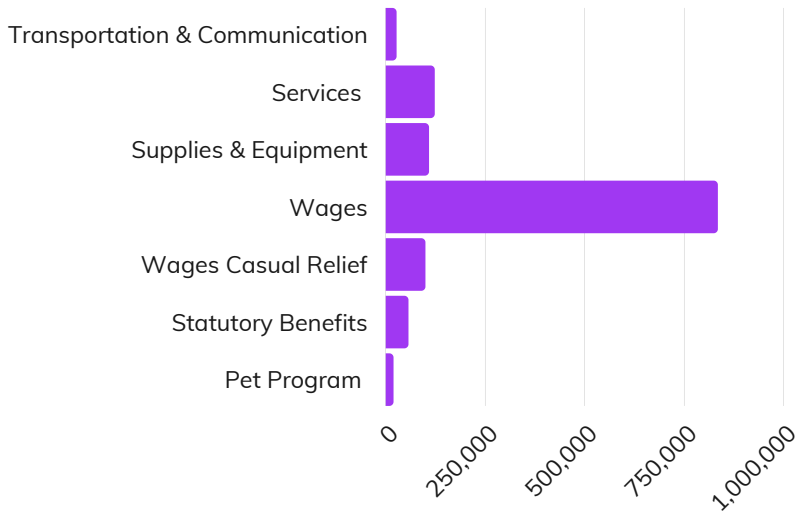
**1,423**



## Pet Program

IHO followed strict COVID19 regulations in order to physically distance families residing within the shelter. In 2020 - 2021 8 dogs, 2 cats and 2 rodents lived with their families at IHO.

## Allocated funds in 2020 - 2021



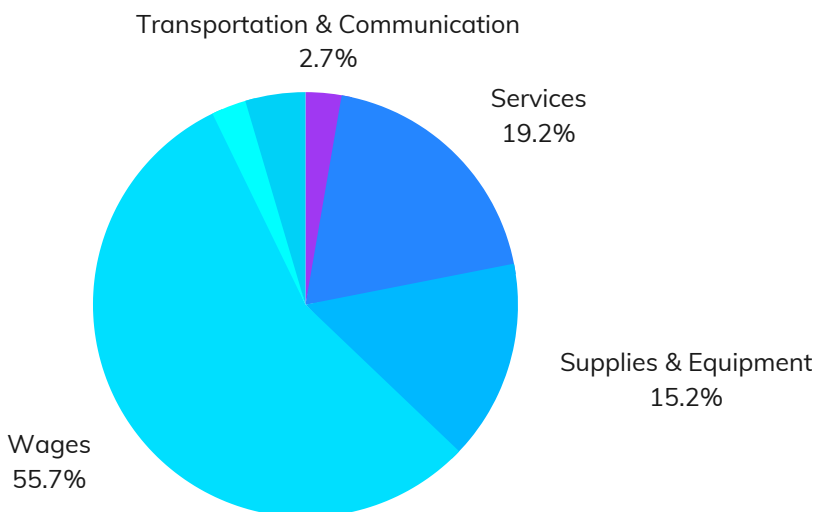
It cost **\$1,362,746 = 30 beds** and services to the women and their dependents who resided with us.

The MCCSS provided \$1,027,324 = 20 of those beds.

Your donations & a one-time grant provided the \$335,422 = 10 beds



## COVID19 Grants & Donations



## 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.

# CELEBRATING IHO'S ACCOMPLISHMENTS

**Unsafe  
at Home  
OTTAWA**

**text+chat**  
SUPPORT FOR  
violence&abuse

Unsafe at Home Ottawa is a bilingual safe and secure text and chat line for women and members of the 2SLGBTQ+ community in Ottawa and Lanark County who may be experiencing intimate partner violence.

An initiative operated by Interval House of Ottawa, in partnership with Crime Prevention Ottawa, Ottawa Coalition to End Violence Against Women, Ottawa Victim Services, Lanark County Victim Services, Eastern Ottawa Community Resource Centre, Western Ottawa Community Resource Centre, A Kind Space, and Immigrant Women Services Ottawa



## New Units

Thank you to our generous donors

**Napkyn Inc**

**Kinaxis**

**Broccolini Construction**

**Megan Paterson**

and our

**Community Members**

for contributing to the new two units.

These units will provide space for an additional **8 women and 32 children per year** fleeing violence in our community.



# CELEBRATING IHO'S ACCOMPLISHMENTS



**Our doors have been open for 45 years!**

Thank you to our community for your continuous support.

Together we have sheltered over

**3,600 women**

&

**5,000 children**

fleeing violence in our community

## *Playroom Makeover*



The new space is bright, modern, and fun for the children staying at IHO.



**OUR DOORS REMAINED OPEN!**

THROUGH THE COVID-19 PANDEMIC





## 5 YEARS

# Donor Anniversaries

Dianne Brydon  
Lynda Buske  
Doris Buss  
Sheila Carey  
Jessica Cohen  
Joanne Curran  
Darryl Damude  
Patricia Faber  
Margaret Fietz  
Sonia Gaal  
Ligita Galdins  
Ross & Joyce White  
Gail & Bruce Drysdale

Megan Paterson  
Laura Payton  
Victor Rabinovitch  
Diana Rivington  
Wendy Ryan  
Faith Schneider  
Antonia Stieda-Sanne  
Pierrette Stuck  
Edward Terry  
E. Mary Turner  
Doris Zastre  
Nicole Zehrt  
Lucille Zwicker

Aileen Leo  
Tomohiko Adachi  
David Anderson  
Mark Armstrong  
David Assad  
Jennifer Baldwin  
Judy Barstow  
Paul & Susan Batista  
Leslie Breiner  
Ginette Genest  
Danny Globerman  
Rosemary Lowe

Gracia Mitchell  
Salimah Mitha  
David Mulholland  
Mary Nader  
Lorraine Norwood  
Leo Paoletti  
Jean Gomez  
Kristen Holinsky  
Elizabeth Hosang

Heather May  
Neil Lensink  
Michael Kelly  
Duncan Klett  
Philip Kretzmar  
Denise Lachance  
Julie Lafrenière  
Norman Leckie  
Maggie Lederman

ICCC Social Network of Women (SNOW)  
Ottawa-Carleton Elementary Teachers' Federation

## 10 YEARS

Jim Cragg  
Frank Farrell  
Jim Buchanan  
Peter Chow  
Jean Christie  
Grace Dardick  
Geraldine Davidson  
Royal LePage Shelter Foundation

Irwin Pencer  
Anne Lees  
Eleanor Meier  
Douglas Menzies  
Meredith Olson  
Dianne Payne  
Eva Rathgeber  
Gladys McQueen  
Merivale United Church  
Outskirts Distinctive Fashions Inc.

E. Ruch  
Lisa Gregoire  
Paul Harrison  
Robert Ross  
Tamara Taub  
Sharon Teklu  
Dennis Gauthier  
Gabriella Goliger  
Michael Hartney  
Richard Guttormson

Connie Berry  
Arlene Hensel  
Maureen Jackson  
Jennifer Toye  
Terrance Kimme  
Tamra Thomson  
Marjorie & Barry Wellar  
Leacross Foundation  
The Wellington Gastropub  
Dr. Gregory Bridger

## 15 YEARS

Peggy Berkowitz  
Toby Brooks  
Carolyn Bullock  
Reba Diener  
Ted Friesen  
Judith Hart  
Elaine Keillor

Aron Spector  
Peter Morrison  
Barbara O'Brien Jewett  
Teresa Richmond  
David Rietkoetter  
Terrence Sewell  
Catherine Soubliere  
Edward & Lois Stevens

Garry M. Lindberg  
Angela Marcus  
Robert McIntosh  
Calvin & Katherine Smith  
Cynthia Stockley  
Eilleen Tackaberry  
Suzanne Welch  
Philip and Carole Whittall  
Sheila Woodman

Jane Maxwell  
Nancy MacDonald  
Alice Strong  
Jean Sunter  
F. Mary Tippet  
Phil Wilcox  
Ross and Patricia Mercer  
Parkdale United Church  
David and Susan Kriger

## 20 YEARS

P. Dianne Laporte  
Marilyn Hamilton  
Shawn Ladd  
Dianne Dodd

Rob Kanasy  
Audrey Kenny  
Valerie Knowles  
Teena Hendelman  
Jim and Ruth Bruce

Ann Archer  
Nick Busing  
Theodore de Bruyn  
J.E. (Coby) Fuykschot  
Peter David & Olga Lee

The Bloodroot Foundation  
United Way East Ontario  
Ottawa Community Foundation  
Rideau Park United Church Women  
Women's Guild of St. Andrew's Church  
Carleton University Students' Association  
Cumberland United Church Women

# THANK YOU

## Message from the Executive Director & Board President

The 2020-2021 year at Interval House of Ottawa will always be remembered as the year of COVID-19. The pandemic challenged us in unprecedented ways. It impacted our clients, employees, volunteers and community in ways that we never could have imagined. It also created opportunities to grow, partner with other organizations and embrace technology in ways that would have taken years rather than weeks or months.

IHO rose to the challenges presented by COVID-19. One month after the lockdown began, in partnership with 5 local community partners, we launched a new text and chat service, Unsafe at Home Ottawa, to offer a safe and discreet way for victims/survivors of violence to reach out for help while isolating at home with abusive partners. Within 2 months of the first lockdown IHO partnered with a local landlord to offer furnished apartments to victims/survivors of violence in need of safe space and developed an isolation protocol with the City of Ottawa. Eight months into the pandemic IHO purchased a new facility to provide 8 additional beds for women and their dependents to access safe space. Over the course of the year we provided food baskets, grocery gift cards and technology to over 150 women and children. COVID-19 highlighted pre-existing inequities in our community; lack of safe shelter, affordable housing, income and food insecurity. IHO worked, in collaboration with many community partners and funders, to address these inequities and offer solutions to the many problems exacerbated by COVID-19.

We could not have accomplished all of this without the incredible support received by community partners, funders, donors new and old and the many local businesses who stepped in to offer support at a time of great need.

With your help, IHO provided safe shelter to 82 women, 87 dependents and 12 pets. We provided support to 188 community service users, 2042 crisis calls on our 24-hour phone line and over 1400 texts and chats on Unsafe at Home Ottawa. Thank you for enabling us to advocate for, support, and empower women and children in need.

Sincerely,

Angie Kelly, President



Keri Lewis, Executive Director



### Board of Directors 2020-2021

Angie Kelly

Christine LeBlanc

Jennifer Baldwin

Kristen Holinsky

Emilia de Somma

Christine Lynch

Salimah Mitha

Megan Paterson

Antonia Stieda-Sanne

Sandra Leduc

Marie Fraser