

Date

Caring Donor  
123 Generous St.  
Suite <3  
Lovely, ON X0X 0X0

Dear <Salutation>,

Women who arrive at our doorstep have been through hell and back. Many have endured unimaginable abuse at the hands of their partners. Most have suffered in silence for years before seeking help. And yet, through it all, each one possesses tremendous courage.

It is this amazing courage that inspires us every day as we work together to help women fleeing abusive relationships rebuild their lives and create better futures for themselves and their children.

You, too, are part of this important work, <Donor Name>. Everything we do at Interval House is made possible through generous donor support, and for that you have my unending gratitude.

**This year marks 50 years since Interval House opened its doors to women experiencing abuse at home.** In those five decades, a lot has changed. From humble beginnings, we have grown from a small neighbourhood shelter into a comprehensive centre offering an array of innovative and specialized services to women survivors of intimate partner violence.

The path has been marked by peaks and valleys—and although almost everything has changed over the past fifty years in every way imaginable—what remains the same is the ongoing need for a women’s shelter as progressive as Interval House and the passion and innovative thinking that founded it.

<Donor Name>, thank you for standing firmly beside Interval House and being one of our most generous donors. I am deeply grateful for your support that has helped so many women break the cycle of abuse. The essential services we offer to women survivors, like one-on-one counselling, help with employment and housing, and self-care workshops, are only possible because of you.

**Will you send a gift today to help us continue to offer life-changing programs and services to women and children in need?**

One such program your support will help to fund is the **Financial Literacy Pilot Project**, which you can read more about in the enclosed newsletter.

The aim of the program is to empower women survivors to regain independence and better navigate day-to-day challenges by equipping them with the knowledge, skills and confidence to manage their personal finances.

You can also read about the **Virtual Counselling Pilot Project** that we will be rolling out to women across the province. With intimate partner violence reaching epidemic proportions in cities across Canada, it is critical that we make our support network and resources accessible to women beyond our community.

In the coming months, your support will be pivotal in helping us develop and extend these and other programs to reach as many women as possible.

They are women like Kaya, whose harrowing story you can read inside. Because of you, Kaya and women like her can focus on healing and rebuilding their lives, knowing that they can lean on the compassionate support network at Interval House.

I hope you enjoy reading the enclosed newsletter and the stories in it, knowing how much your support is helping to change the lives of women seeking safety from abuse.

As we look to the next 50 years and beyond, I thank you for being a vital part of our mission to empower and uplift women who have faced abuse and unimaginable challenges. Together, we are creating a brighter and more hopeful future for countless women.

With my deepest gratitude,

Lesley Ackrill  
Executive Co-Director  
Interval House

P.S. Thank you for helping Interval House continue to be a lifeline and place of hope and healing for women experiencing abuse. We couldn't do it without you!