

Lloydminster Interval Home Society

Summer 2021 Newsletter



Interval Home
LLOYDMINSTER



We Rise By Lifting Others

Everyone's healing **journey looks different** and thanks to your generosity, women can receive support in many ways. Every **donation you make** directly impacts the **supports** available through the Lloydminster Interval Home Society. Women can access community programs through LIHS, such as **Self-Empowerment** which consists of 16 weekly sessions. **Thanks to your kindness**, these classes were able to be adapted to ensure safety protocols for participants and staff. These **supportive, engaging** classes are designed to encourage women to discover their strengths, identify healthy choices, and make **positive changes** in their lives.

One of our Self-Empowerment participants wanted to share this with you:

"The Self-Empowerment classes were very educational. We learned about human behavior, habits, and relationship cycles. I found out I was not the only one that was going through something like this. Everyone's journey is a little different, but we all needed help in some way or another. LIHS helped me no matter what time of day. They did not judge me for things I did or things that happened to me. The Self-Empowerment classes were like opening Pandora's Box. All the hurt opens back up, but you learn strategies and tools to help with the hurt. Some that have stuck with me include journaling, tapping, meditation, affirmations, walks, drives, and most importantly - finding and believing in myself!"

It is a long journey, and it takes time to heal. I am learning boundaries because I am tired of looking in my rear-view mirror. I am working on a better future for myself and focusing on self-care. I have purchased a home that I am very proud to call my own and am also going back to school! I cannot thank you enough for helping me and others like me through all the tough times. You gave me hope and reminded me that there are people out there who care! I am grateful for your big heart and hope you know how much it helps someone that is broken."

We too are grateful for **your big heart!** Your generosity helps women learn to live a violence-free lifestyle with relationships based on **safety, respect, and equality**. This would not be possible without your **compassion and support**.

"Kindness begins with understanding that we all struggle."

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A Summer to Remember...

We all recall the **amazing feeling** when the end of June arrives and school is out for summer! It is a great time of year, especially for the youth who attend the Lloydminster Community Youth Centre! Whether it is camping, hiking, paintballing, swimming, or **sharing stories** around a campfire, your donations help fund our Summer Program at the Centre and give youth summer memories to last a **lifetime**. Beyond the summer adventures, your continued support of the Lloydminster Community Youth Centre give the youth in our region a safe, and **inclusive** place where they can be themselves and the opportunity to connect with mentors. A lot of LCYC's programming references the Search Institute's Developmental Assets Framework and the results have been **empowered and resilient youth**. THANK YOU for helping us do what we do best... **support youth** to be THEIR best!

Stronger Together



We are beaming with **gratitude** when we reflect upon the success of our second annual virtual 5K, Stronger For Her! This year, **295 of you** proudly wore your yellow t-shirts and walked, ran, or biked on your unique 5K route! Better yet, you encouraged **your friends and family** to get involved by either signing up to participate with you or donating to your fundraising page. Thank you for your support, generosity, and **advocating** for our mission! Keep reading to learn what **#StrongerForHer** means to the Miskiw family:

"Our journey with LIHS began approximately 10 years ago with our oldest son donating his birthday gifts to Rudolph's Roundup for 5 years in a row. Over the years, we have encouraged our children's hockey teams to volunteer and become aware of the need for the shelter and services LIHS provides in our area. I then came to work as a casual Crisis Intervention Frontline staff with the shelter and have found a passion in the work we do for our community. I was so excited to see this type of campaign created and knew right away we would sign up! Our family of 5 has participated in the #StrongerForHer 5K from the beginning! We bike as a family and I love how it brings us all together for an important cause. I think we can all relate to how busy life can get and we all know teenagers love to hang out with their parents! Our kids love doing this and there is no challenge getting them out. My daughter is so excited afterwards, always checking the LIHS Facebook page to see everyone's posts and pictures. She proudly wears her t-shirt year round. We also loved the addition of the sweaters this year! Thanks for all you do for the people of Lloydminster and surrounding communities. See you next year!"

-The Miskiw Family



We would love to learn what LIHS and **#StrongerForHer** means to **you!** If you wish to share your story or experience with us, please **email** tori@lloydintervalhome.com or **visit our website:** intervalhome.org/shareyourstory



#StrongerForHer

Attention Students!

If you are looking for a fun, meaningful way to **spend your summer**, we invite you to check out our **volunteer program!** We have a variety of roles and offer a flexible schedule. Volunteering is a fantastic way to **give back** to the community, **develop new** skills, and it **looks great** on a resume! If you are part of a **team** and looking to build morale, we would be happy to design the perfect **give back day** for you! Visit our website for more information: intervalhome.org/volunteer

SAFETY, SUPPORT, EDUCATION

Giving Hope a Space to Grow

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Community Builder



Lloydminster & District



We are grateful to **Lloydminster & District Co-op** for their support of our organization over the years! Most recently, we were so proud to be the recipient of their "**Growing The Good**" program this spring! Youth and staff from the Lloydminster Community Youth Centre **planted flowers at the hospital** and in exchange received a donation from Lloydminster & District Co-op! We were proud to be apart of this initiative and the youth were grateful to learn how to plant flowers. For the youth, it was even more rewarding to know that the **Centre would benefit** from their hard work. Thank you Co-op for making our community a better place to work and live!

"Let's join together today to create a great tomorrow!"

Donate Goods

Your donations have always **helped clients first** - that is the #1 commitment of 'For The Interval' Store. Now, when **you donate items** that are meant to go directly to clients or for use within our programs, we will place a **sticker on them** and the intent will be to have these items used within 45 days. Please know some items that have been in stock for **more than 2 months** will be put on the sales floor to prevent items from piling up. The cool thing about our **social enterprise operation** is that all the profits from our store sales are put right back into **our programs!** When **you shop** with us you increase the sustainability of LIHS and **ensure our ability** to meet our mission. **Thank you** for continuing to shop with and donate to us!!!



'For The Interval' Store Hours

Shopping

Monday - Saturday
10AM-4PM



Donating

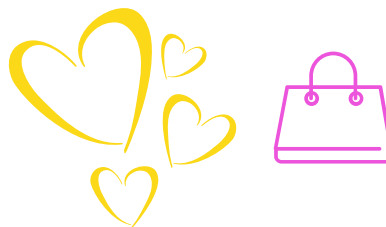
7 days a week
10AM-4PM

Handbags of Hope

Madison and Amber's **generosity** has shone through once again! Thank you to these kind-hearted ladies for gathering donations to purchase handbags and filling them with **lovely goodies**. They went above and beyond and created special bags for young girls as well.

We were able to share these bags with women and girls in our program in honour of Mother's Day. It meant the absolute **world** to our clients to know that someone is thinking about them, and someone cares about them. **Thank you**, ladies, for your compassion and kindness!

"Sometimes it takes only one act of kindness and caring to change a person's life."



CEO Message

The days are getting longer, the sun is shining brighter, the world is beginning to open back up and we are all feeling a **renewed sense of hope**. Hope is an important word to us here at the Lloydminster Interval Home Society and something that we have, **because of you**. Your generosity allows us to support women, children, and youth living with violence, homelessness and other challenges while **giving them hope** for a different future. We continue working towards and **holding out hope** that with education and prevention, we will eradicate family violence in our community. We know this is not something we can do alone, which is why we are so **lucky to have you!** Whether you volunteer with us, donate to us, venture out for a 5K in a bright yellow shirt, or support us in any other way, you are advocating for our mission and **shining a light on family violence**. Thank you for being a great friend of the Lloydminster Interval Home Society and helping us resiliently overcome the challenges of the past year. Have a **wonderful summer!**

-Angela Rooks-Trotzok

Join our Community of Givers!

By creating sustainability for programming and allowing us to plan long-term solutions for those we serve, our monthly donors are **giving hope a space to grow!** Thank you to everyone who has already joined this program! Your donations make **double the impact** towards our mission of ending family violence and creating healthy relationships for all. We are also **proud to offer** our monthly donors some exciting incentives:

- The first to hear about **upcoming events** or exciting announcements
- **Exclusive updates** on how your donation is being used
- Hear client stories on how your support has **impacted their lives**
- Feel a sense of **pride, community, and connection** to the clients we serve
- Receive an annual charitable receipt summarizing your **donations**



Scan Me

\$15 /month

Put gas in the car for a day of transporting clients to appointments

\$25 /month

Provide the basic necessities for a nights stay in shelter

\$41 /month

Celebrate 41 years of LIHS serving the community!

Other

The ways your gift will support are endless, you pick the amount!

Connect With Us!



Box 1523 Lloydminster, SK S9V 1K5



Crisis & Support: 780-875-0966

Administration: 780-808-5282



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intervalhome.org
lcyc.cc



SAVE THE DATE

September 24, 2021

Wine, Stein & Spirits
Celebration & Fundraiser



Rolling Green Fairways
More details to come!

On behalf of the Board of Directors, Staff, & Volunteers of the Lloydminster Interval Home Society, we are wishing you and your family a safe, enjoyable summer!