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Jean Paul Running Towards Awareness & Healing

Gatehouse Facilitator Jean Paul Bedard running double marathon to raise funds for The Gatehouse while taking big steps towards his healing from childhood sexual abuse.

Facilitator Jean Paul Bedard is going to great lengths to show his appreciation to The Gatehouse by facing his fears and running the Boston Marathon – twice.

Come April, Jean Paul will be lacing up his running shoes for a "Double-Boston Marathon" (a total of 84.4 km) to raise funds for The Gatehouse and increase awareness on the subject of childhood sexual abuse.

While some may gasp at the thought of running 84.4 kilometers, avid runner Jean Paul doesn't bat an eye at the distance. For Jean Paul, the true test of courage will be the moment he steps off the plane on Boston soil.

Last year's Boston Marathon left Jean Paul in emotional distress, later diagnosed as PTSD from the effects of the Boston bombing and an emotional breakdown. He had only first disclosed his childhood sexual abuse to family and friends in the weeks leading up to the race, and it didn't take long for the

positive transformations, he was inspired to conquer his fears and race again.

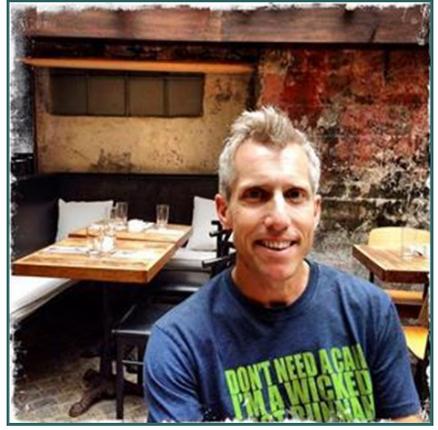
"This year I will arrive at the finish line at 4 a.m. on race day and then run the 42.2 km to the official start of the race, where I will turn around and complete the 42.2 km Boston marathon with the rest of the runners," he said. "One direction symbolizes going back to that place in my childhood, and to that place in last year's race where the trauma lies; and the second direction is to carry those events forward with me in my life, so that I can thrive, not merely survive."

To show his appreciation to The Gatehouse, Jean Paul is raising funds for the double run where all proceeds will go to The Gatehouse. With help from his family, friends, blogging community, various media outlets such as the Toronto Star and New York's coveted Huffington Post and the Gatehouse community, Jean Paul has already exceeded his initial fundraising goal of \$10,000.

Jean Paul continues to speak on the importance of The Gatehouse and the hopes of ending childhood sexual abuse, even hosting a community awareness presentation recently alongside facilitator Deb Maybury, who recently penned the book "Unlock the Door" which speaks on childhood sexual abuse.

As for the recipients of this campaign, Gatehouse staff is incredibly thankful and praised Jean Paul for being a strong advocate for the cause. "Jean Paul is embarking on a special journey and showing that healing from trauma is possible," said Maria Barcelos, Volunteer Coordinator at The Gatehouse. "We celebrate his courage, strength and resiliency and we will be cheering him on the entire way!"

To donate please visit: <https://www.canadahelps.org/GivingPages/GivingPage.aspx?gpID=32659>



haunting memories to catch up to him.

"I was about halfway through the race when I became overwhelmed by grief and collapsed on the road, crying," said Jean Paul, a 47-year-old English teacher. "I was taken to a medical tent by the aides." When medical staff asked if he could continue, Jean Paul pulled on his inner strength to complete the race and run into the arms of wife Mary-Anne waiting at the finish line. Just when he thought his emotional rollercoaster was over, two bombs went off and chaos erupted. Jean Paul and his wife were uninjured, yet the trauma of the day carried with him back to Canada.

"It was too much, between the childhood abuse and the trauma from that race," said Jean Paul, adding, "I vowed never to go back again and slumped into a major depression."

Jean Paul credits the Adult Support Program offered at The Gatehouse for giving him the tools and support needed to begin healing from both traumas. As the 12-week program unveiled

Deb Maybury

Deb Maybury is a bestselling author and an entrepreneur. In addition, she's been a graphic artist since 1989 and teaches self-defense and martial arts classes.

She's been volunteering with The Gatehouse for two years as a Volunteer Facilitator in the women's groups and in the co-ed program.

Deb was introduced to Gatehouse Founder Arthur Lockhart while writing her book "Unlock the Door: Beyond Sexual Abuse."

Since then, she has been a presenter at The Gatehouse Transforming Trauma into Triumph Conference and has shared her story in various community awareness presentations about childhood sexual abuse.

Deb says "The Gatehouse is a safe, supportive and non-judgmental community which is why she continues to volunteer here".

When asked about what wish she would grant The Gatehouse if she could "Funding, because we need programs for survivors like the

Gatehouse offers to be available in the community."



WHO IS YOUR FAVOURITE COMEDIAN?

• **DEB. M: MARIA BARCELOS. SHE MAKES ME LAUGH MORE THAN PAID COMEDIANS.**

• **MILICA RADINOVIC: DANNY BOY. HE'S FUN, QUIRKY, SCOTTISH AND HIS ACCENTS & IMPERSONATIONS ARE HILARIOUS.**

• **CHANTELLE BLACKIER: RUSSELL PETERS. HE'S CANADIAN AND I LAUGH HYSTERICALLY DURING HIS STAND UP.**

• **STEPHANIE ALVES: KEVIN HART. HE MAKES FUNNY JOKES ABOUT HIS LIFE EXPERIENCES, RATHER THAN TARGETING OTHERS.**

• **MARIA BARCELOS: JIM CAREY, BECAUSE HE OVERCAME A LOT OF STRUGGLE TO BE WHERE HE IS TODAY. HE IS JUST FUNNY, EVEN LOOKING AT HIS WACKY FACES IS HILARIOUS.**



Gatehouse Network International Project

For over a year now, students completing placement at The Gatehouse from various colleges including Humber, George Brown, Seneca, Sheridan and U of T have been part of The Gatehouse Network International project.

They are searching for agencies, whose mission and vision are similar to that of The Gatehouse and inviting them to join an online group.

"It's exciting to see students making connections with agencies from all over the world and to have some of these contacts attending our annual Conference," mentioned Maria Barcelos.

The students have made contacts in Nigeria, Ghana, Bolivia, Guyana, the UK, Liberia and the United States.

Mark Mueller, who is the research lead for this project as well as a Volunteer Facilitator trains each team of students on different research strategies. "Imagine a world where there is at least

one community in every country on the planet that supports survivors," he says. "That's the ultimate goal of the Gatehouse Network International."

The Gatehouse would like to thank Mark Mueller, the student team for their work on this project.



Young Adult Program “YAP”

The Gatehouse Young Adult Program, helps survivors feel less alone,” she commonly referred to as the “YAP” group, added. is an eight week peer support group for survivors of childhood sexual abuse between the ages of 18-24 years old. The Gatehouse has been offering this group since 2012.

The Program offers information about the effects that sexual abuse and trauma, explores emotional responses to trauma and grounding techniques. Guided discussions and meditation are used to assist individuals with developing and enhancing positive coping skills.

“The program encourages the importance self-care and peer support, as they move forward with their lives in a positive and healthy way,” said Paula Cordeiro, Program Coordinator. Moving out of isolation and into inclusion is a key theme in the program. “Participants have the opportunity to share their stories with others who are struggling with similar issues which allows them to feel connected. This

One of the program participants mentioned, “There should be more programs like The Gatehouse YAP group. This program has helped me so much in my healing journey. I am very grateful to The Gatehouse.”

There are separate groups for men and women, held on Thursday evenings from 5:30pm-7:30pm at The Gatehouse. An intake interview is required prior to joining a group.

For intake, please contact Paula Cordeiro at [416-255-5900 x228](tel:416-255-5900) or pcordeiro@thegatehouse.org



MEET OUR VOLUNTEER:

STEWART THOMPSON

Stewart has been volunteering with The Gatehouse for three years as a Facilitator. Being a survivor of abuse himself he says "As a child, this had an immediate change to my soul and towards life." he found that as a kid, his behavior traits were different. He never felt that he was deserving of any holidays, whether they be Christmas or birthdays. This made Stewart feel as if he was a grown up, even though he was only a child. He feels that all the abuse has destroyed him from the inside out.

He is very grateful that his path led him to The Gatehouse. “I'm working on finding my self-dignity, self-pride and self-worth, which I'm doing thanks to The Gatehouse.”

As with many survivors of abuse, guilt and shame is something they struggle with. “Mainly guilt and shame, those things don't go away easily, I've been fighting, trying to take care of it with help from The Gatehouse.”

Stewart is thankful for the support of his daughter and granddaughter.

Stewart feels “more should be done about childhood sexual abuse. It is happening, it's every day now. I've never heard of it so much in my life as I am now.”

Want to help? How to Donate...

Donate Online: To Donate Online, please visit www.canadahelps.org It is a secure site for credit card donations. Please search for The Gatehouse.



Donate by Mail: For Donations by Mail, make a cheque payable to The Gatehouse and mail to address on front page. Include your info to receive a tax receipt.

UPCOMING EVENTS

Transforming Trauma Into Triumph Conference:
Apr 28 - 29, 2014
 Two day conference highlighting new and emerging approaches that support adult victims of childhood sexual abuse. \$175 (includes lunch + refreshments).

Together and Aware



(L to R): Cheryl Hitchcock, Brad Hutchinson, Jean Paul Bedard, Jessie Garney, Karen Garney (Gh Board Director), Deb Mayburry and Stefan Horodeckyj (Gh Board Director) at the community awareness presentation Feb 18 at Humber College.

Gatehouse welcomes new Manager Brad Hutchinson

The start of 2014 brought big changes to The Gatehouse, as staff and volunteers proudly welcomed Brad Hutchinson to the team as the new Gatehouse Manager.

January 6 was his official start date, however Brad has been a familiar face around the house for years. In fact, Brad offers programs on Shaolin Kung Fu to Gatehouse participants, alongside his long time friend and Gatehouse Founder, Arthur Lockhart. When the manager position became available, it was Arthur's vote of confidence that persuaded Brad to give it a shot.

"I've been friends with Arthur since 2006 and he encouraged me to apply," said Brad, who co-owns Beyond Kung Fu in Brampton. "It's an exciting challenge to work in this field. Arthur fully trusts me to oversee the house and I want to make a positive impact."

With his Kung Fu and meditative exercises proving successful in helping calm and ground adult survivors of childhood sexual abuse, Brad plans to continue bringing pieces of his other job/passion into his new role at The Gatehouse.

"I think this role is a good match because there's a great synergy

between my position here and at Beyond Kung Fu," he said. "What I learn here, I take there and visa versa."

Brad's zen-like traits of being a good listener, patient and his ability to be still in energy will also prove helpful in maintaining the positive flow in the house.

"I want to extend my inner strength to help people feel confident, peaceful and allow them to release their fears when they step in this house," added Brad.

Still feeling "overwhelmed" by the love and support shown by the Gatehouse community since he started, Brad is happy to be a part of such a great team working towards an amazing cause.

"It's a powerful place which will be impacting communities for years and centuries to come," he said.



Brad Hutchinson settles into his office and role of Manager at The Gatehouse.

22 Division Constables share key insights on "life as an officer"

Gatehouse staff and students received invaluable education on life as a police officer by the source themselves- Detective Constable Colleen Bowker and Detective Constable (DC) Jas Mrahar of the Youth and Family Violence Unit at 22 Division. The pair, who make up two of six in 22 Division, stopped by The Gatehouse January 17th to offer first-hand insights to an eager audience.

When asked about the most challenging part, both Colleen and Jas agreed that it's tough when children are involved.

"When the victims are children it's difficult to get details, kids don't think like that. Kids' testimonies are difficult to get for the case in the form that they understand," said Colleen, whose career spans 18 years, four in this unit. "We are trying to get kids to express what happened - sometimes they don't remember the details - kids have a short attention span," added Jas.

Dealing with high-crisis situations day-in and day-out, they said it's imperative to practice self-care and offered some suggestions:

"Communicate with each other in the division - debrief with each other is very important," said Jas, while Colleen mentioned "Also,



Detective Constables Colleen Bowker (middle left) and Jas Mrahar (middle right) with The Gatehouse staff and students January 17.

create social networks as a team, talk to each other and understand each other."

There's also many positives, as the two shared the rewarding parts of their jobs, including partnering with The Gatehouse.

"When case gets to trial, being involved in the support network for the family. Judges are sensitive to child testimonies. Bringing a victim through the whole process. Try to look at the person that was harmed first not to re-traumatize the child. There is a greater level of support for children now as compared to

when I first started," said Colleen, adding, "That's why The Gatehouse is a great place.

Jas echoed those sentiments with, "It's very rewarding to remove that child from the abusive place - working with many others supports to help the children. The Gatehouse is a great place for them to come to make a disclosure because it's more like a home."

The Gatehouse would like to acknowledge Colleen, Jas and the entire staff at the Youth and Family Violence Unit at 22 Division for their incredible work in the community. **Thank You!**

ABOUT US

The vision of *The Gatehouse* was the creation of one man, Arthur Lockhart. Arthur had a dream to give all survivors a place to tell their stories, to give them back their voices, to heal their wounds and to inspire them to see their own potential. In 1998, that dream became a reality and the Gatehouse has been open for children, teens and adult sexual abuse victims ever since. Visit our website for more info.

"The reason why I chose to become a facilitator was to help enable others by supporting them to achieve their life goals through healing. Currently, I have been volunteering at the Gatehouse for four months as of May 2013 and looking forward to continuing longer. My future goals is to pursue a career in either social services or the justice system, but I believe the sky is the limit for me, and anything is possible." - Stephanie Alves, Facilitator

TESTIMONIAL

-Female Participant

CREATED BY LEAH IVERSON