

The Gatehouse

2023 ANNUAL REPORT



Follow us on social media:

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**The Gatehouse Opened June 20, 1998,
Celebrating 25 years in 2023!!**

**Check out www.thegatehouse.org for
the most up to date information about
our programs and services.**

**The Gatehouse
3101 Lakeshore Blvd W
Toronto, ON, M8V3W8
www.thegatehouse.org
CRA#: 869730648 RR 0001**

***The Gatehouse is a 2023-24 Ministry of the Attorney General
Victim Services Awards of Distinction Recipient***

MESSAGE FROM OUR BOARD CHAIR SABRA DESAI, MSW, RSW

On behalf of The Board and staff of The Gatehouse, a heartfelt welcome and thank you for joining us, for this, our 2024 AGM. We thank you for being here when you could be some place else on this lovely summer afternoon.

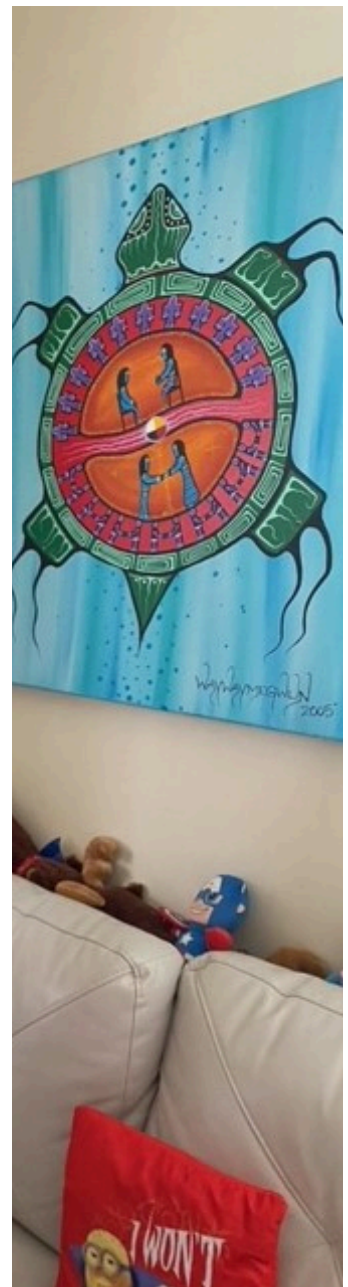
I am thrilled to have an opportunity on behalf of The Gatehouse to share the wonderful work that we have accomplished in 2023. As you might be aware, some of the programs and services at The Gatehouse are delivered in person, while others are serving participants virtually. Like many organizations, The Gatehouse continues to deliver a hybrid approach to meet the needs and requirements of service users with flexibility and ingenuity.

Our staff and volunteers, with the leadership provided by Maria Barcelos, Executive Director, are making a difference in the lives of survivors who are on their individual and collective journeys on the path of healing and thriving.

Some of you might have seen the 5 Steps Documentary that highlights the challenges, impact of The Gatehouse and the healing journeys of survivors of childhood sexual abuse (CSA) authentically. This documentary captures what The Gatehouse means for the individuals who courageously shared their journey so eloquently. If you haven't seen it please make time to view it via www.thegatehouse.org

Healing from CSA trauma is about building overall health and well-being through community connections and belonging. The Gatehouse is a place where healing takes place through relationships in community. Additionally, some of our work at The Gatehouse is about ensuring the safety of children and youth from sexual abuse through awareness, education, and advocacy. In Canada, almost 1 in 10 or 7.8% of children have experienced at least one type of sexual abuse before the age of 15 (Heiginder, 2022). Between 2014 and 2020, 3 out of 4 victims were girls aged 12 to 17, and 1 in 5 victims were boys. According to 2019 police-reported statistics, 1 in 3 child and youth victims were sexually assaulted by a family member.

In 2022, The Canadian Centre for Child Protection reported that 252 current or former school personnel working in Canadian K-12 schools committed or were accused of offences of a sexual nature against students between 2017 and 2022. This report also revealed that teachers represented the largest group of offenders, with 250 individuals implicated.



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Our advocacy work includes supporting Erin's Law Bill 123 in Ontario. This crucial legislation mandates the teaching of sexual abuse prevention education to students in grades K-12. The Gatehouse has been actively involved in raising awareness and garnering support for this bill, understanding the profound impact that early education and prevention can have on reducing the incidence of CSA. Our commitment to this cause reflects our dedication to creating a safer and more informed community for all children and youth and families. If you have not signed the petition, copies are available in The Gatehouse office or on our website. Please approach your social network to gather signatures of support. All signed petitions can be returned to The Gatehouse or MPP Hogarth's office.

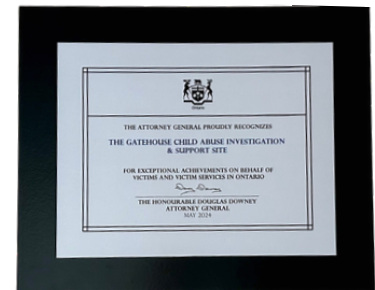
As we look forward to 2024, I must share that our program fees are increasing. We did not make this decision lightly. This change is necessary to continue providing the high-quality, innovative services and support that our participants rely on. Your understanding and continued support are greatly appreciated as we navigate these changes together.

Sincerely with gratitude for your ongoing support.

Sabra Desai, MSW, RSW
Chair Board of Directors



**Sabra Desai, Chair of The Board,
Recipient of a 2023-24 Ministry
of the Attorney General Victim
Services Awards of Distinction**



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Victim Services Awards of Distinction Recipient***

MESSAGE FROM OUR EXECUTIVE DIRECTOR MARIA BARCELOS, MA, RP

2023 saw a year of continued progress for The Gatehouse as we achieved many successes on behalf of survivors of Childhood Sexual Abuse (CSA). The Gatehouse staff and placement students conducted 228 intake assessments, and 133 participants completed the phase 1 program. 53 Volunteer Peer Support Facilitators helped to deliver 32 Phase 1 “Out of the Darkness: Into the Light” groups and 9 Phase 2 “Forging Individual Transformation” peer support group programs.

We continue to host graduate counselling practicums to deliver accessible counselling sessions for survivors. Thank you to our staff Paula Cordeiro, Registered Psychotherapist and our Graduate students, Caroline Boutefeu, and Mat Dean, M.A., Registered Psychotherapists (Qualifying) for providing 365 counselling sessions to 55 survivors in 2023.

We developed and implemented an Expressive Arts Therapy program tailored to the unique experiences of CSA survivors, with 3 groups offered and 16 participants completing this program. Thank you to Zada Jaffe and the CREATE Institute student team, Jacqueline, Antonietta, Jessica, Michelle, Deepika, Pramilda, Tatiana and Shawna.

Thank you to CMY Renovations, and Colton Young for your continued support of The Gatehouse helping us with minor repairs to the roof and we look forward to your support with installation of flooring in 2024.

We were able to resume hosting our 5th Annual Fundraiser, Healing the Voice Within, generating \$38,594 net proceeds to support our programs and services. We are truly grateful for the tremendous support of our individual donors and corporate donors including Mackenzie Investments, LiUNA! Local 183, and LiUNA! Ontario Provincial District Council, and The Blue Tie Ride, for their generosity and support. Thank you Mackenzie Investments for your generous donation of \$35,000 in 2023!

The Healing Garden and Labyrinth continue to provide spaces of healing, peace and hope to the community. Thank you to Lloyd, Diane, Jose Sr., Joe Jr., and Johnny for your continued support in keeping these spaces beautiful for everyone to enjoy. If you would like to join our Garden Club, please email stewart@thegatehouse.org

With the unwavering dedication of our student team, The Gatehouse persists in its efforts to engage with local, national, and international organizations, sharing information about our programs, sharing insights, and emphasizing the significance of self-care, reaching out and community support for CSA survivors and their families. The ongoing enhancement of our adult programs, peer facilitator training, and transformative learning methods remains fundamental to The Gatehouse's mission.



MESSAGE FROM OUR EXECUTIVE DIRECTOR MARIA BARCELOS, MA, RP

We are truly grateful to all volunteers who helped with the updating of the program manuals, especially Mike, Steven, Leilani, Stefan, Ian, Carol, Andrew, John, Jasmine, Stewart, Maria, Paula, Karen and all volunteers who submitted their written feedback. A massive and special thanks to Brianna La, our placement student and our volunteer Denise P. who spent countless hours editing and formatting the documents with everyone's feedback. You are appreciated.

The Gatehouse continues to serve as a haven for children and families in partnership with the Catholic Children's Aid Society of Toronto. In 2023, this collaboration supported 8 children.

Furthermore, The Gatehouse continues to offer college and university students valuable field placement experience opportunities, with over 300 students having completed practicums since 2012, fostering their growth and development. In 2023, 32 placement students completed practicum at The Gatehouse.

Our Global Poetry Movement continues to inspire survivors, advocates, and their support persons. Here is a lovely poem written by Stefan Horodecky "You Are Beautiful! - Beyond your breath your whisper is knowing, brave and courageous. You opened up your soul, authenticity and the truth. You showed your strength and beauty and you are no longer alone."

Thank you to our amazing students, staff members Paula, Jasmine, Karen, and Stewart, and our dedicated volunteers. Congratulations to the 2023 Volunteers of the Year Phase 1 Women – Stevie, Phase 1 Men – Jonathan and DeeJay, Phase 1 All Genders – Leilani, Phase 2 – Stephen G., Young Adult Program – Umair, Volunteer of the Year – Denise Orth.

Thank you to our long-time volunteers Deb, John, Ian, Andrew, Leah, Jay, Carolyn, Tony, Zada, Rick, Lisa, Mark M., Leonard, Carol, Denise, Fiona, Michael, Nicola, Pat, Peter, Paul, and Ranjini.

The collective efforts of The Gatehouse's Board Members, donors, volunteers, and staff undeniably contribute to saving and transforming lives, reflecting a commitment to making a positive difference in the lives of CSA survivors.

Thank you to our Board of Directors



**Sabra Desai, MSW,
RSW, Chair**



**Lisa Crooker, Supt.
Toronto Police Service,
Co-Chair**



**Gigi Cantalupo,
Treasurer**



**Mike Allan,
Secretary**



**Nilmini Perera,
Director**



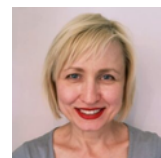
**Carol Smith,
Director**



**Guillermo Martinez
Director**



**Linda O'Brien,
Director**



**Svetlana Sorokina,
Director**

GLOBAL POETRY MOVEMENT

CO-CHAIRS, ARTHUR LOCKHART, FOUNDER THE GATEHOUSE
AND CAROL SMITH, BOARD OF DIRECTORS

Empowering survivors of Childhood Sexual Abuse from around the globe, connecting and healing collectively through poetry.
#globalpoetrymovement



Arthur Lockhart
Founder, The Gatehouse



Carol Smith
Board of Directors, The Gatehouse

Vision Statement
Lifting and uniting survivors of childhood sexual abuse (CSA) out of isolation into a global healing community where transformation begins with our words.

Recently submitted poem

The Strength & Power of Whispers

*You are no longer alone
My brave soul
Breathe*

*With a nod
I acknowledge your courage
Your expressive truth
Your knowing*

*For the experiential quilt of words your authenticity brings
I am grateful*

zj | Canada

"I really would like to express my gratitude to the facilitators - you could feel how much they really cared." - Group Participant

Recently submitted poem

*Darkness
A constant dark cloud looms over my head.*

Everyone tells me to forgive and forget. How do I do that when my childhood and innocence were stolen from me? I become an adult before I was able to be a child.

*I cry but no tears.
I am in pain though no ones notices.*

Alone all the time in my mind.

Once the abuse happened, the secret followed me like a dark shadow.

*I go through the motions of life.
What an unhappy and angry existence like being trapped down among the dead men in that dark deep hole.*

*Arises a twinkle of light.
Come down light in the night.
What's it like in the light?*

*When all I do is walk in the rain.
Cold and lonely.
Wasted days.
Wasted years.
It really feels like hell.*

*Done my time in hell!
Done my time feeling out of place.
The walls are coming down.
My awakening beckons to me.
With help, my journey from the darkness begins.
It won't be easy, but better than it was.*

*Robert McDonald, Uxbridge
Canada*

Recently submitted poem

*How Do I Survive?
I was born at the start of winter
Seven months later my mother passed away
Four months later my nightmare began
She came to our house as a live-in nanny
But her plans were of another nature
By the age of seven and suffering her physical, psychological abuse
Another nightmare began, started by my brother
He had decided to use me as a man would use a woman
And the family did nothing until he was caught red-handed
He left the house to never return again,
But the damage done by both and could never be undone
Now my journey to heal has just begun
And let me tell you straight, it is not any fun
To talk to others who had the same
Seems to help heal the pain
But in my heart of hearts I know
Although the pain will heal and peace may come
But nothing in the world can truly heal and remove the damage done.*

Tee Jay | Canada

2023 PROGRAM STATISTICS

2023 vs 2022 Statistics		
Description	2023 Service Statistics	2022 Service Statistics
#Group Programs (Ph1 &2) Delivered	41	33
# Intake Assessments	228	198
# Ph1 Program Participants	133	152
# Children Supported	8	256
#Conference Attendees	96	55
#Volunteer Facilitators	53	59
#Counselling Sessions Delivered	365	518.5
#participants accessing Counselling	55	52



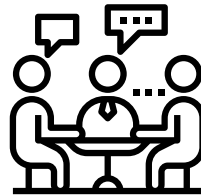
- 33 Placement Students mentored



- 228 Intake Assessments conducted



- 32 - 15 Week Phase 1 Groups delivered
- 9 - 16 Week Phase 2 Groups delivered

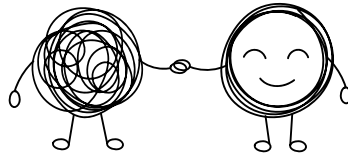


- 365 Counselling Sessions delivered
- 55 Survivors received individual Counselling

"Thank you so much for offering this amazing program. It's healing and really helps round out phases 1 and 2. You are amazing, Wonderful instructors who are very knowledgeable"
- Art Therapy Program Participant

Art Therapy Stats

#Art Therapy Groups: 3
#Art Therapy Participants: 16
#Art Therapy Students: 5



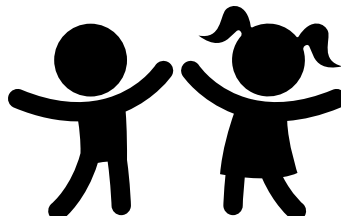
Volunteer Stats

#volunteer debrief meetings: 369
#staff hours in debrief: 275.5



Children, Youth & Families

Children supported: 8
#CCAST Staff on site: 6



SURVIVOR STORY



Realizing Me

By The Gatehouse

*She took the same book out of her church library about 30 times between the ages of 8 to ten. Oh, how I wish I could have held her close and told her again and again
You can tell me*

*The book she read told her to tell if someone touched her inappropriately. Surround by so many adults couldn't they see the book was a plea
For help*

*Oh how I wish I could have held her hand in love, I wish she could have told me
In her teens, struggling with body image, hatred for the parts he touched; they labeled her unpleasant and miserable a person you should never expect much*

*How I would have loved to offer her some encouragement, a smile
Maybe then she would have told me*

In her 20s and 30s constantly hounded by memories those she finally told shamed and dismissed her, "you're hurting his legacy!" How I wished I was stronger to become a defender of self... you see,

She is me

Now in my 40s a mother, fearless protector no longer owning the shame. I am victorious I am a THRIVER I now know my name

How I now love me and trust me as I come into my own

I'm Beautiful, loved, kind and courageous

*I am me
I am Annie
I am free*

*Andrea: To Heal Is Truth & Peace
By Andrea Robin Skinner*

*****Trigger warning*****

The sexual abuse of a child is a rape of the mind, in which any fledgling tools for healing are stolen. Without intervention, deep shame fills up the child's life, and continues into adulthood. This is my story...

I was nine years old when my stepfather climbed into my bed and sexually assaulted me. My mother was away, and I'd asked if I could sleep in the spare bed near him. To understand how young nine is, I had only just realized I couldn't grow up to be a sheep herding dog, a great disappointment, as I loved dogs and sheep.

The next morning, I couldn't get out of bed. I'd woken up with my first migraine, which developed into a chronic, debilitating condition that continues to this day.

Later that summer, on the way to the airport where I was flying home to my father and stepmother, my stepfather asked me to play a game called "Show me." I said no, so he made me tell him about my "sex life"—the usual innocent explorations with other children—and he told me about his sex life.

Back at my father's house, I told my stepmother what had happened. She told my father, and he decided to say nothing to my mother. I was terrified she would blame me anyway, as she seemed jealous of the attention I got....

Read more, [click here](#)

Participant Feedback

"This was the best thing I have ever done for myself. I think better marketing would be good, it took me a long time to find the Gatehouse in general"

"Honestly, the program is as good as I could ever expect. Jonathan's Boundaries and facilitation was kind, considerate and incredible"

"The facilitators were great. They were knowledgeable, warm, welcoming, encouraging, and understanding. I felt really safe in group"

Fundraising

BLUE TIE RIDE



August 19, 2023 - Thank you to the Blue Tie Ride team, event sponsors, and supporters. Blue Tie Ride team continued to host a poker run. The run started at Barrie Harley-Davidson. Thank you to Local 675 for sponsoring the event, which raised \$4,000 for The Gatehouse! Visit Blue Tie Ride website to sign up today! <https://www.bluetieride.ca/>

Fundraising

HEALING THE VOICE WITHIN -LIBERTY GRAND

We extend our heartfelt gratitude to each and every one of you who joined us at our 5th Annual Healing the Voice Within event to raise awareness of the profound impact of childhood sexual abuse and much needed funds to support The Gatehouse. Your presence, support, and contributions made this gathering an incredible success.

Over 300 people came together to learn, connect, and stand in solidarity with survivors raising \$38,594.88 net funds. Your collective commitment to this critical cause is truly awe-inspiring. By being a part of this event, you have actively contributed to raising awareness, breaking the silence, and supporting survivors on their healing journey and continue the meaningful work of The Gatehouse.

It is your support that enables us to continue our mission of providing a safe haven for survivors and fostering a community that cares. The positive impact of your presence and contributions will resonate far beyond the event itself. Read more about this event [here](#).

Events

13TH ANNUAL TRANSFORMING TRAUMA CONFERENCE



15 featured sessional speakers and 7 presentations! This event gathered social agencies, first responders, and survivors of trauma to exchange ideas and evidence-based approaches to prevent and treat the symptoms and impact of childhood sexual abuse.

This event gathered 96 attendees, including representatives from social agencies, first responders, and survivors of trauma to exchange ideas and evidence-based approaches to prevent and treat the symptoms and impact of childhood sexual abuse.

Read full report [here](#)

Petition

ERIN'S LAW

Download the petition [here](#)

Erin's Law amends the Education Act to ensure every board shall develop a policy to engage their pupils annually in all schools under their purview, in a developmentally appropriate manner, regarding the topics of child sexual abuse prevention and reporting, including age-appropriate techniques to recognize child sexual abuse and tell a trusted adult.

GLOBALPOETRYMOVEMENT.COM/

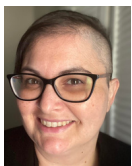


Have you submitted your poem?

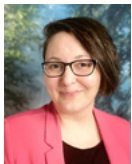


Thank you to the **Amazon** Team for your generous donations of diapers, household items. The Gatehouse distributed these items to families accessing services via Catholic Children's Aid Society, Lamp Community Health Centre and the Women's Habitat Shelter.

Thank you to our Amazing Staff & Students



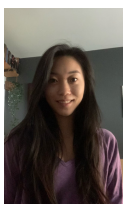
Maria Barcelos, MA, Executive Director, & Registered Psychotherapist



Paula Cordeiro, MA, Registered Psychotherapist & ASIST Trainer



Karen MacKeigan, RSSW, MA BA, DAMHW, DECE, Program Assistant



Jasmine Lem, BSc., BSc.FCSS, Diploma in Social Work, Program Assistant



Stewart Thompson, BAS, Program Assistant

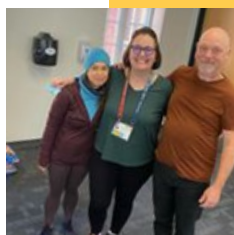
ASIST Trainers



**Brad Hutchinson
ASIST T4T**



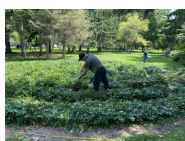
**Paula Cordeiro, MA, Registered Psychotherapist (Qualifying)
ASIST T4T**



Gardening Volunteers



Lloyd Devoe and Diane Devoe have been with The Gatehouse for more than 15 years!



Thank you Stewart, Jose, Joe, Johnny for your help with Labyrinth and Garden spaces!

Skills and knowledge learned at The Gatehouse

"Being able to work with survivors first hand gave me a lot of insight."

"I honed my skills of managing stress and self care. I improved my emotional health."

"Empathy, Accountability, team work, active listening, anti-oppressive approach to the work and others, among many other skills."

Placement at the gatehouse helped me greatly growing as an individual mainly. I realized in the right and healthy environment, where I can be myself and be honest about my journey, I felt a lot of light and relieved inside. And that definitely had an extremely positive impact on my overall personality.



Congratulations & Thank you to our Wonderful Students

- **George Brown: 2**
- **Humber College: 14**
- **University of Guelph Humber: 3**
- **Toronto Institute of Relational Psychotherapy: 1**
- **Toronto Metropolitan University: 2**
- **CREATE Institute (Art Therapy): 4**
- **Fanshawe College: 2**
- **Yorkville University: 2**
- **Nipissing University: 1**
- **Antioch University: 1**

Congrats!

32 students completed their post-secondary practicum at The Gatehouse in 2023

Graduate Counselling Psychology Practicum Students



**Mat
Registered
Psychotherapist
(Qualifying), MA**

**Caroline
Registered
Psychotherapist
(Qualifying)**

Would you recommend The Gatehouse as a placement opportunity to your peers?

Yes absolutely, as it was an amazing experience to be at a place that encourages your professional as well as personal growth.

Yes. It was a very inclusive, eye opening and rewarding experience. The kind of experience students, especially in the Social Service field, needs.

2023 Financials

THE GATEHOUSE CHILD ABUSE INVESTIGATION AND SUPPORT SITE
(Operating as The Gatehouse)
Statement of Operations
Year Ended December 31, 2023

	2023	2022
REVENUES		
Donations and fundraising	\$ 330,458	\$ 204,880
Government and related agency grants <i>(Note 9)</i>	82,974	167,039
Programs and other	22,708	7,215
Training and workshop fees	15,136	10,819
Amortization of property and equipment grants <i>(Note 7)</i>	6,140	6,754
	457,416	396,707
EXPENSES		
Support services <i>(Note 10)</i>	320,711	270,307
Office and general	88,006	62,694
Special events	53,641	9,920
Amortization of property and equipment	7,763	9,736
Conference	5,701	3,263
	475,822	355,920
EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES	\$ (18,406)	\$ 40,787

Full Financial statements available at
<https://thegatehouse.org/about-us/annual-reports-and-financial-statements/>

Thank you to our donors

