

# the gatehouse

a safe place where everyone has a voice

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## Shaolin Monk brings healing energy to The Gatehouse

The Gatehouse had an unexpected visitor Oct. 12 and those who were there to witness are still in awe.

Shaolin Monk *Shi Heng Tao* was in town from China as part of a cultural exchange and was visiting Brad Hutchinson, Senior Instructor at Beyond Kung Fu in Brampton (and a friend of Gatehouse Executive Director Arthur Lockhart). It was during this talk where Brad urged the monk connect with Arthur.

With that, Shi Heng Tao stopped by Humber College to meet Arthur and his students. After a powerful visit, he decided to stop by the Gatehouse for a tour. What happened next was nothing short of divine intervention.

"Shi Heng Tao and I arrived at the house and to our surprise Bruce McKay, one of our senior facilitators



SHI HENG TAO (MIDDLE) & GATEHOUSE STAFF

who is battling cancer, happened to be there at the same time," said Arthur. "Bruce had just left the hospital for his cancer treatments. Immediately, there was an energy."

With a positivity felt in the room, Arthur suggested the group participate in a guided meditation called 'Baduanjin', an ancient Chinese ache silk movement to

assist with health and wellness in the body.

"Shi Heng Tao spoke in Mandarin and had a translator to guide us through the meditation while showing the movements and techniques," said Arthur, adding, "During the meditation, Bruce's arm that's affected by the cancer and doesn't raise upwards, went higher than normal. It was amazing."

The impromptu meeting left a lasting impression with Bruce, Arthur and all those in attendance and showed the group the power of meditation.

"It was the first ever mediation retreat done at the Gatehouse and he brought such a wonderful energy," said Arthur, adding, "It uncovered an energy in all of us. It was truly a day to remember."

## Global's Susan Hay shines light on The Gatehouse during "Making a Difference" feature

It was Lights, Camera, Action at the Gatehouse recently as the house was chosen to be featured on Global TV's "Making a Difference" spotlight.

"I reached out to Global to see if they were interested in profiling the Gatehouse and before long, Global Reporter Susan Hay was here interviewing staff and volunteers," said Maria Barcelos, Gatehouse Admin. Coordinator. "She was

blown away by what happens here."

The segment included interviews about the Gatehouse programs and the impact they have had on people's lives. Immediately after the program aired on Global, the phone lines began ringing.

"The spotlight was broadcasted to help spread awareness," said Maria, adding, "We received phone calls after it aired and it resulted in a lot of visitors and inquiries."



SUSAN HAY (MIDDLE HOLDING FLOWERS) AND GATEHOUSE MEMBERS.

## Gatehouse Facilitator presents at AIDS Conference

Gatehouse Facilitator Leonard Benoit presented at The Canadian Aboriginal AIDS Network Annual General Meeting Sep. 21 at the Courtyard Marriott Hotel in Toronto.

A crowd of roughly 200 people gathered for the conference, held for Aboriginal people infected/affected with HIV Canada-wide.

Leonard's presentation included a focus on "self-care" for sexual abuse survivors- skills grounding atmosphere.

First expressing gratitude to all participants, Leonard then provided background on his own



trauma, followed by statistics of reported sexual abuse.

A trained therapist was on hand for the duration of the presentation in case anyone in the audience became triggered. Leonard also discussed the signs and symptoms that

abused children tend to exhibit later in life.

He continued with an overview of The Gatehouse and some of the services offered, including the possibility of providing a peer-support group in the downtown core.

The finale was a grounding exercise where participants sat in a relaxed state, focusing on their breathing while being asked to imagine floating in the atmosphere.

Response from the audience was very favourable, as participants expressed gratitude and asked questions on how the rest of Canada can access these programs.

## 2nd Transforming Trauma into Triumph Conference a success

The Gatehouse held the 2nd annual Transforming Trauma into Triumph Conference April. 24 and focused on discussing the important topic of finding new and innovative ideas to address the issue of childhood sexual abuse.

The conference, supported by the Department of Justice Canada, included 128 participants. The group was made up of students, professors, psychotherapists, lawyers, police and probation officers.

Featured speakers included Dr. Fred Matthews, Office of the Provincial Advocate, Andre Paradis of *Find Help.ca* and both the male and female group facilitators from the Gatehouse.



## Nice weather brings crowd of bargain hunters to annual Yard Sale

The sun shined bright at this year's annual Gatehouse Yard Sale Aug.2, bringing out a crowd of Gatehouse staff, volunteers and community members looking for bargained treasures.



Students from a local public school ran the stuffed animal adoption table and sold lemonade to thirty visitors. Paulie O'Byrne from "I'm 1 in 5" Cross-Canada Tour was also on site discussing his initiatives and spreading awareness on sexual abuse. Special THANKS to *Rabbas Fine Foods* who donated cookies to sell at the event, along with all the volunteers.

\$660 was raised at this year's Yard Sale, up \$220 from last year.

## GATEHOUSE FUN FACTS:

- **ARTHUR IS A BLACK BELT**
- **MARIA LOVES CATS**
- **PAULA WANTS TO RETIRE IN TIBET & BECOME A BUDDHIST MONK**
- **RANDY IS VERY PATRIOTIC AND EVEN MAKES CANADIAN FLAGS**
- **CHARMAINE IS A PIANIST**
- **JESSICA IS EXTREMELY CLUMSY**
- **MARK IS A LIBRARIAN**
- **LEAH LOVES TRUE CRIME SHOWS/ BOOKS**
- **LEONARD HAS BEEN TO JAIL! (HE USED TO WORK THERE)**
- **DEB CYCLED CROSS-CANADA FOR CANCER**
- **ANDREW'S DAUGHTERS + NIECES HAVE 'JANE' AS THEIR MIDDLE NAME**

We're on the web!

[www.thegatehouse.org](http://www.thegatehouse.org)

## Mackenzie Financial donates \$10,000

The Gatehouse extends a big **Thank You** to *Mackenzie Financial Charitable Foundation* for their generous donation of \$10,000 to The Gatehouse Child Abuse Investigation and Support Program.

These funds will be used to support the program and the role of the Gatehouse Child and Family Advocate to continue to provide essential services to children, youth and families going through the investigation process.

A big Thank You for your kind generosity!



(left to right) Michael Lane, Mackenzie Investments, Julie Moore- Gatehouse Child & Family Advocate, and Maria Barcelos- Gatehouse Administrative Coordinator.

**2012 FUNDRAISING TARGET: \$150,000**

**THANK YOU TO THIS YEARS CONTRIBUTORS:**

- City of Toronto \$21,230
- Toronto Community Foundation \$7,500
- Hedge Funds \$15,000
- KRG Children's Foundation \$4,200

### UPCOMING EVENTS

- **April 23, 2013:**  
Annual *Transforming Trauma into Triumph* Conference at Toronto Police College
- **June 19, 2013:**  
The Gatehouse 15th Anniversary Celebration & *Into the Light 2* Documentary Premiere 6 p.m. to 8 p.m. at the Assembly Hall at 1 Colonel Samuel Smith Park Drive, Etobicoke
- **Summer 2013:**  
Gatehouse annual

Yard Sale  
& Open  
House



### Want to help? How to Donate...

#### Donate Online

To Donate Online, please visit [www.canadahelps.org](http://www.canadahelps.org) It is a secure site to make your donation by credit card. Please search for The Gatehouse.



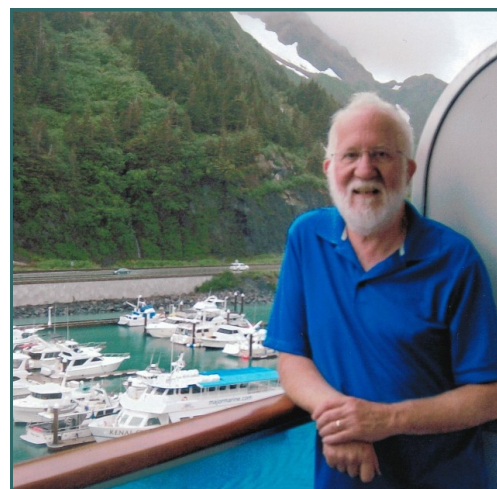
#### Donate by Mail

For Donations by Mail, make a cheque payable to The Gatehouse and mail to address on the bottom of the front page. Include your info to receive a tax receipt (for donations over \$25).

### Open House brings new faces to the house

The Gatehouse opened its doors to the community June, 27 for its annual Open House, bringing in both new and familiar faces.

The Open House allowed community members and professionals to visit our site, get information and spread awareness about the services we offer. Throughout the day, Arthur Lockhart provided tours and historical information about the house to different industry professionals. The Gatehouse will host two Open Houses in 2013.



### MEET OUR VOLUNTEERS:

## LLOYD DEVOE

The moment Lloyd Devoe first entered the Gatehouse five years ago to participate in the Adult Support Program, he instantly felt at home.

"I felt like part of the family from Day 1," said Lloyd of Etobicoke. "So once I completed the program, I decided to stay to help.

Lloyd soon went from a participant to a facilitator, mentor and now a full-fledged volunteer, coming by the house once a week to take care of anything that needs to be done.

"You could say I'm the gopher, doing house cleaning, gardening, electrical and any of the house maintenance," he said, adding, "I'll do anything to help make the house run smoother, no matter how mundane the task. It's a payback for what they have given me."

Lloyd credits the Gatehouse for helping him face his past trauma and continues to see the positive changes in everyone who walks through those doors.

"I denied it (trauma) for so many years until it finally kicked back at me and I went to the program. It's a fabulous program and I think there should be a Gatehouse in every city," said Lloyd. "It's a safe house. Somewhere you can go where you can't be hurt."



# Seasons Greetings From the Gatehouse Team



## Adult Support Programs extends to Phase II and III

For nearly 15 years, The Gatehouse has offered support groups for Adult survivors of childhood sexual abuse through social reconnection, education and information on the effects that sexual abuse can have.

After witnessing the positive effects of the 15 week peer led groups, Gatehouse staff are now introducing a Phase II and III co-ed program for adult survivors of childhood sexual abuse who have completed the 15 week support group program.



FACILITATORS: MALE GROUP

Through a transformative learning process, survivors will learn skills which allow them to

transform the trauma of childhood sexual abuse into a state of positive lifestyle. These programs will also enable survivors to create a healthy life after experiencing the trauma of childhood sexual abuse.

Through facilitated discussions men and women are given the tools to develop or enhance positive coping skills and the impacts that childhood sexual abuse can have on an individual.

### Students participate in Intern/Co-op Program:

A group of College/University students are receiving real-life learning experiences while completing an internship at the Gatehouse.

Students learn about program implementation, set up, analysis, intake processes and peer group facilitation techniques amongst other areas.



FACILITATORS: FEMALE GROUP

## HOUSE RENOS

A dedicated team of Gatehouse volunteers transformed and updated the office, living room & washroom in four short days.

The office is now open as a Resource Centre. Thanks *Paula, Rory, Anna, Walter, Lloyd, Timothy and Paulie* for their hard work to get it complete.



## 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.

*"Having the opportunity to meet such strong and courageous individuals through the Support Group Program is a blessing. It reminds me how strong we all are, how far I have come in my own journey and that nothing is impossible. The Gatehouse provides the space for that to happen, a place that is safe, warm and welcoming for everyone. The Gatehouse is a place where lives are changed."*

TESTIMONIAL

-Female Participant