



FEATURED THIS ISSUE:

TRANSFORMING
TRAUMA INTO
TRIUMPH 1

GATEHOUSE
ATTENDS
LEGISLATION
CONFERENCE 2

GATEHOUSE
MEMBERS
FORM WRITING
GROUP 2

VOLUNTEER
PROFILE:
JOANNA
MORRISON 3

STUDENTS
RAISE
AWARENESS
ON ABUSE 3

FACILITATOR
PENS BOOK:
STORIES
BEYOND ABUSE 4

GATEHOUSE
INTRODUCES
YOUNG ADULT
PROGRAM 4

Record Crowd Triumphs over Trauma

Annual conference brings awareness to attendees from across the planet

Over 150 people packed into the Toronto Police College April 23 to address the epidemic of childhood sexual abuse during The Gatehouse's 3rd annual *Transforming Trauma into Triumph Conference*.

The record-breaking crowd of all ages, genders and backgrounds included participants from as far as Ghana, Guyana, USA and the UK, all unified for one cause. The informative day featured

key speakers Dr. Fred Matthews, Author Tim Wilken & Gatehouse members Author Deb Maybury, Facilitator Charmaine Loverin, Ahmeda Mansaray of VOICES Ghana and Director of Veritus Pictures James Buffin.

Throughout the event, guests participated in group discussions, viewed local art, fashion and make up lines, as well as enjoyed a catered lunch. Thank You to all Volunteers!



TOP: (L to R) OFFICER MACDONALD WITH GATEHOUSE'S ARTHUR AND BRITTANY. FAR LEFT: PARTICIPANTS ENGAGE IN A ROUND-CIRCLE DISCUSSION. MIDDLE LEFT (L to R): MARIA, SHYAMALI, DEBRA, TINA & PAULA DURING LUNCH BREAK. BELOW: SINGER/SONGWRITER SARAH-JEAN VILLA PROUDLY DISPLAYS HER COLOURFUL "ROCK YOUR INNER BEAUTY" LINE.



GATEHOUSE EXECUTIVE DIRECTOR ARTHUR LOCKHART ADDRESSES THE CROWD

Gatehouse Participates in Legislation Conference

James Buffin and Maria Barcelos (James seen pictured at the Conference third from front on right) represented The Gatehouse at a news conference with Justice Minister Rob Nicholson February 4 in Toronto.

Highlights from the conference included Minister Nicholson announcing government plans to reinforce punishments for offenders (specifically sexual offenders), and to introduce a victims bill of rights.

The round table panel discussion included members from different community agencies including BOOST and The Federal Ombudsman for Victims of Crime.

Former NHL player Sheldon Kennedy was also in attendance to support the Minister's declaration for tougher penalties for sex offences and the news on the victims bill of rights.



James and Maria spoke to Sheldon Kennedy further after the conference's roundtable discussion.

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 (Donations over \$25).

Donate to The Gatehouse at:



Gatehouse Participants form Writing Group

Putting pen to paper has always been a great form of therapy, as writing one's feelings gradually eases feelings of emotional trauma. Gatehouse Facilitator and aspiring writer Mark Mueller happens to agree and has teamed up with fellow Gatehouse members to create *The Gatehouse Writing Group*.

"I've facilitated writing groups before so I thought it would be a good idea to use it as a vehicle to explore topics discussed in our Adult Support Program," said Mark. "Since we have limited time to explore topics during the sessions, a writers group gives everyone an opportunity to further explore topics and their story."

At the beginning of each month, the 15-member group selects a topic discussed in the Phase One

program. They will write on that topic and submit their individual writings online to a private wiki. Then they meet at The Gatehouse at the end of the month to further discuss their writings in a group setting.

"It's a great way for people to develop their writing skills and to share their work in a non-critical, supportive environment," said Mark. The group has also dreamed of the possibility of creating a book out of the entries to raise money for The Gatehouse.

The Gatehouse Writing Group is open to anyone currently enrolled in a Gatehouse program or has previously gone through a program. If you are interested in becoming a member, contact Mark at: mmueller@thegatehouse.org



2013 FUNDRAISING TARGET: \$170,000

THANK YOU TO THIS YEARS CONTRIBUTOR:

City of Toronto \$39,374

HOW TO DESCRIBE ARTHUR LOCKHART?



- **JOHN: TOTALLY AWESOME**
- **KRISTIN: IDEALIST, GENTLE**
- **AHMEDA: ZEN, THANKFUL, INCLUSIVE**
- **LEAH: LIGHT, POSITIVE, JOY**
- **MARIA: INSPIRING, LEADER, INNOVATOR**
- **AMBIKA: PEACEFUL, UNDERSTANDING, NON-JUDGEMENTAL**
- **ROSELYN: PASSIONATE, ARTICULATE, SUPPORTIVE**
- **PAULA: CHARISMATIC, PROACTIVE, WONDERFUL**
- **NATASHA: COMPASSIONATE, FRIENDLY, SERVICE-ORIENTED**

We're on the web!

www.thegatehouse.org

Students Raise Awareness on Childhood Abuse

Six Toronto-area college students came together to spread awareness of childhood abuse and inform the public of The Gatehouse.

Community & Justice Services students Ambika, Taylor and Milica (Humber), Social Services student Nerma (Seneca), Cassandra from the Community & Justice Services program (Sheridan) and Christine who's receiving her Masters in Counseling online teamed up to host the packed event, held Feb. 19 at Humber College Lakeshore Campus.

The community awareness event featured a number of informative speakers, refreshments, snacks and even closed with a hula-hoop performance.

"We held this conference

to introduce The Gatehouse's services to organizations who deal with issues surrounding childhood abuse," said Ambika Rana, who's logged nearly 400 work placement hours with The Gatehouse. "Our goal was to spread the word that there's an organization in



the GTA dealing with childhood abuse and that staff are ready to assist individuals in overcoming childhood trauma."

Gatehouse members began by discussing its services, an upcoming outreach program and the

topic of prostitution. After, there was a heartfelt testimonial by a former Gatehouse participant who described how she grew both emotionally and mentally after taking part in the Adult Support Program.

A major highlight of the day was a presentation by a key speaker, a man once dubbed "Canada's Most Dangerous Man", who talked about his journey through childhood abuse, jail and recovery.

"Taking part in this event was an amazing experience because I talked to people in the industry and discovered various career roles I could get into once I graduate from my program," said Ambika, adding, "Most importantly, I learned that one person can make a difference in another's life simply by listening."



MEET OUR VOLUNTEERS:

JOANNA MORRISON

It took only one introduction to convince Gatehouse Executive Director Arthur Lockhart that yoga instructor Joanna Morrison's unique and transformative "Trauma Sensitive Yoga" would be a perfect addition to The Gatehouse.

"I met Arthur through facilitator Deb Maybury last spring and shortly after I participated in a documentary by Global News on The Gatehouse," said Joanna, who teaches a variety of types of yoga and was trained at Kripalu (which is in association with the Justice Institute). "From then on, I've been part of The Gatehouse family."

Joanna's classes have had a profound effect on many of The Gatehouse's adult survivors of childhood sexual abuse, some of which see results after the first session.

"The feedback has been great. They talk about finding awareness in their breath and body," she said. "It has an empowering effect on survivors."

This form of yoga can be used in any simple/complex trauma and has shown the ability to unleash buried emotions, all while making participants feel comfortable.

"This yoga accesses trauma trapped in the system that traditional talk therapy can't access," she said, adding, "They feel safe in trauma yoga and gain a better sense of relaxation and breathing."

**Joanna will be holding monthly group sessions for both men and women at The Gatehouse.*

For more information, email Joanna directly at: joannas350@gmail.com

UPCOMING EVENTS

- June 25, 2013:**
 The Gatehouse 15th Anniversary Celebration & *Into the Light 2* Documentary Premiere
 6 p.m. to 8 p.m. at the Assembly Hall.
- Summer 2013:**
 Gatehouse annual Yard Sale & Open House

Students Bake Cookies with Care



(L to R) Students Katie and Tim (Greenwood College) and Emily (St. Clements School) happily bake delicious cookies for The Gatehouse. The kind trio have been donating their time to bake for the Child Abuse Investigation Program since last fall. The Gatehouse would like to extend a big Thank You for their efforts!

Author Deb Maybury Pens Book with Stories Beyond Abuse

The age-old saying “Inspiration comes from within” proved true for Toronto author Deb Maybury, as a sleepless night of self reflection resulted in the brainchild of her newest book, *Unlock the Door – Beyond Sexual Abuse*.

Lying restless in bed one evening, Maybury began thinking of her personal growth journey and wondered what it was all for. “I asked the universe for guidance and all of a sudden I started getting flashbacks of the sexual abuse I endured as a child,” said Maybury, (who also wrote *What is Your Teenage Daughter Afraid Of?*). Without thinking I got up and went to my computer and began writing my story.

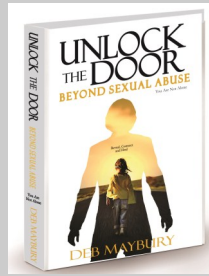
Staring at the chilling words splashed on the screen, “Debbie, unlock the door” (recited by her abuser), Maybury experienced a moment of clarity.

“A light bulb went off and I realized that everything I’ve done leads me back to the subject of sexual abuse,” said Maybury, (whose notable accomplishments include teaching self defense to females, earning a black sash in Kung Fu and cycling across Canada). “I understood that I am here to be of service to others by sharing the knowledge I’ve acquired and to help people feel comfortable to tell their stories.”

With her purpose defined, Maybury set out to hear stories of sexual abuse from people from all walks of life – doctors, mothers to famed athletes, each sharing their unique journey of coping with sexual trauma. As the listener, Maybury witnessed an array of emotions from contributors on their quest to *Reveal, Connect and Heal*.

“People carry an enormous amount of weight from the trauma caused

by sexual abuse. It’s difficult to reveal your story,” said Maybury, who facilitates a peer support group for survivors of sexual abuse. “For many interviewed, I was the first person to hear their entire story.”



Detailing their experiences forced contributors back to a dark place in their lives – however, the outcome was positive. The process offered an emotional release for many, as well as a strong sense of freedom and confidence gained through sharing their story.

In addition to several powerful first-hand accounts of abuse filled with practical advice for those who have or have not experienced abuse, *Unlock the Door* also includes an informative foreword by best-selling author Gabor Maté and recovery methodologies from leaders in their field.

“The first call for help is the hardest, but once you are in group therapy with people who don’t judge, you slowly begin to trust again,” said Maybury, adding, “The important thing to know is you are not alone.”

After observing the immense strength it took to share each story, Maybury feels honoured to have met such brave people willing to spread awareness on this important subject.

“I want them to realize the courage and contribution they made by telling their story,” she said, adding, “They’re doing an incredible service that has already made a difference in people’s lives.”

For more information on Maybury or to purchase a pre-sale copy of *Unlock the Door*, (offered for a limited time), E-mail:

deb@debmaybury.com or visit:

<http://unlockthedorbeyondsexualabuse.weebly.com/>

Gatehouse Introduces Young Adult Program

The Gatehouse has created a Young Adult Program aimed at providing support for survivors of childhood sexual abuse between the ages of 18-24 years old.

The eight-week support group (offered on different days for men and women), focuses on developing healthy ways to cope with the trauma of childhood sexual abuse.

Curriculum highlights include psycho - education and information around the effects that abuse and trauma can have on an individual.

By connecting with other young adults who have had similar experiences allows feelings of isolation to dissipate and encourages a sense of community and inclusion. This will be accomplished by guided discussions, developing and/or enhancing coping skills and the importance of self-care.

Some Discussion Topics Include:

- * Moving out of isolation into inclusion
- * Positive coping skills
- * Importance of self-care

OPEN HOUSE

The Gatehouse opened its doors to the community during the **Open House March 18**.

All visitors were given tours of the entire facility and received program information.

The day brought some new faces to The Gatehouse, some of whom have provided referrals since their visit.



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

CREATED BY LEAH IVERSON

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