

# The Gatehouse

a safe place where everyone has a voice

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## Happy Holidays from The Gatehouse



***Gatehouse staff & volunteers celebrate the festive season and look forward to another amazing year of positive transformations!***



TOP: THE GATEHOUSE FAMILY SHARE THE FESTIVE CHEER AT THE ANNUAL GATEHOUSE CHRISTMAS PARTY. ABOVE: A DELICIOUS GATEHOUSE TREAT. FAR RIGHT: (LtoR) DEB SHARES HER NEW BOOK WITH ARTHUR AND MARIA. RIGHT: GATEHOUSE STAFFER PAULA (2nd from left) SHARES A WARM MOMENT WITH INTERN STUDENTS FROM HUMBER COLLEGE.





For as long as he can remember, Mark Mueller always had a soft spot for abuse survivors. In Jan. 2012, he was finally able to find a place where he could help.

"I found the Gatehouse on a Google search and thought I could help by offering my librarian skills like research and organization where they were needed," said



Mark. "I've had friends in the past that were affected by childhood sex abuse and I've seen the affects. And I've always felt affected by it even though I'm not a survivor myself."

After seeing his clear passion for helping others, The Gatehouse staff recommended that Mark become certified an Adult Support Group Facilitator. Despite some initial nerves, Mark rose to the challenge and has since facilitated five groups...and counting.

"I was weary at first because I wasn't sure if I could say or do anything that would help," he said. "But I remembered what Art (Arthur Lockhart) said about 'Doing Nothing, and Doing Nothing Well', so I did just that and focused on listening."

For Mark, facilitating at The Gatehouse has not only given him an opportunity to give back to others, but also allowed him to grow and become a better version of himself.

"It's been enriching in so many ways. I'm more compassionate, a better listener and have a deeper knowledge of sexual abuse," he said, adding, "It's had a deep impact on me and has even given me with tools that I can use in my own life."

Now fully engulfed in the world of facilitation, Mark is showing no signs of stopping.

"The Gatehouse staff and volunteers have become like another group of friends. It's been the best experience of my life and I look forward to many years ahead."

When Charmaine Loverin first heard about The Gatehouse at a viewing of a Documentary presented by The Men's Project in Ottawa, the Toronto native was immediately interested.

Armed with past experience in mentoring others and participating in groups as part of her own healing journey, Charmaine began volunteering as a facilitator for the Adult Support Program. Now two years in, she continues to be amazed by all she receives by volunteering.

"I didn't expect I would continue to strengthen my own healing through other's courage and very vulnerable sharing," she said. "It has been more rewarding than I ever could have imagined."



When it comes to deciding what part of facilitating she favours, Charmaine explained it's being involved in the incredible programs. "My favorite part is combining men and women in groups and being part of an organization committed to transforming child abuse on all realms beyond the victim,( i.e. allies-partner groups), and not just being a resource," she said, adding that having workshops and programs that are always packed and working are also great.

Charmaine plans to stay involved and connected with the The Gatehouse, which she credited as being the most unique organization of its kind.

"What's distinctly different with The Gatehouse is its work in Transformation Learning/Healing," she said. "Facilitating and participating with The Gatehouse has given me hope for change on this planet like no other organization."

## WHAT IS THE BEST PART OF VOLUNTEERING AT THE GATEHOUSE?

- **AHMEDA:** COMMUNITY.
- **JOHN:** SEEING THE PARTICIPANTS FACES WHEN THEY REALIZE THEY FOUND A PLACE THAT HELPS WITHOUT JUDGEMENT.
- **LEA:** BEING ABLE TO SHARE AND FACILITATE SHARING WITH OTHER WOMEN WHO ARE ALSO PASSIONATE ABOUT THEIR HEALING JOURNEYS.
- **ANDREW:** THE FEELING OF BEING A PART OF A FAMILY AND COMMUNITY THAT WELCOMES EVERYONE AND ANYONE INTO THEIR ARMS.
- **DEB:** A TRUE SENSE OF BELONGING. VOLUNTEERING IS NOT ONLY SOMETHING YOU GIVE TO OTHERS, IT IS A GIFT TO YOURSELF AS WELL.
- **LEONARD:** EMPOWERMENT. AS WE JOURNEY TO WHOLENESS, WE HAVE A SENSE THAT WE MATTER AND WE HELP OTHERS SEE THAT THEY MATTER AS WELL.

**2013 FUNDRAISING TOTAL: \$167,545! THANKS FOR THE SUPPORT!**



## Dedicated Young Adult Program Team



Our team of young adult program volunteer facilitators lead an eight week support group for survivors of childhood sexual abuses ages 18-24. TOP: (L to R) Stephanie, Skyler, Milica, and Andrew get cozy in the kitchen with Paula. RIGHT: (L to R) Alex, Brittany, Rory, Alexandra and Stephanie of the YAP group.



## 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 for credit card donations. Please search for The Gatehouse.

Donate to The Gatehouse at:



**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 25-28, 2014**

Details to follow.

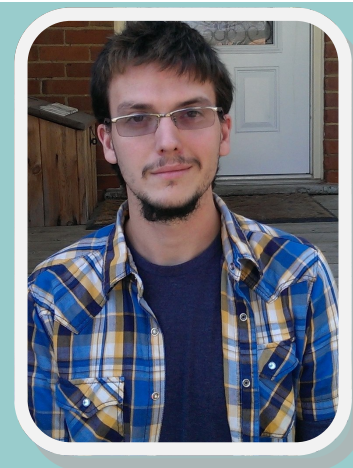
#### Facilitator Training:

Interested in becoming  
an Adult Support Group  
Facilitator? Contact us for  
future training dates.

## Nepal to The Gatehouse



L to R: Gatehouse's Arthur Lockhart (with Mark Mueller on Skype) and facilitator Laura greet visitors Haari and Laxmi from The Center for Women and Children's Welfare in Nepal. They toured The Gatehouse and discussed possible partnerships between the two agencies.



### MEET OUR YOUNG VOLUNTEER:

## RORY WILDE

Volunteer Rory Wilde discovered a lot about himself since becoming a young adult program facilitator at The Gatehouse. The biggest thing he found was his voice.

After completing two student placements at The Gatehouse as part of his Criminal Justice Degree Program at Humber College, Rory decided to become a facilitator. Although he had initial nerves about leading a group, Rory turned out to be a natural.

"At the start it was pretty difficult getting used to opening up to a room of strangers but now it's pretty easy," said Rory. "It's helped me a lot personally, especially with school. I am better at conducting presentations now and better at talking about myself."

Now past his first year at The Gatehouse, Rory explained how it's gotten easier for him to open up and do public speaking as a result of being a facilitator. He's also learned the importance of self-care.

"I was surprised by how easy it got with each group to facilitate and how much I gained from the experience," he said, adding, "My favorite part is getting to know all the participants, seeing the changes they go through and being a part of a program that with just a few short weeks can make a change in someone's life."

Rory plans to keep facilitating and learning about all the new and exciting things happening within the programs.

# Youth Bureau Officers share insights with Gatehouse

*"Heroes are ordinary people doing extraordinary things."* This is exactly what the Toronto Police Service 23 Division Youth Bureau officers do every day throughout the community.

Toronto Police Service 23 Division Youth Bureau's DC Verma, DC Jones, DC Halagian, DC Merza & Deputy Superintendent Taverner visited The Gatehouse recently to share insights about their role in one of the most challenging, yet rewarding units of the service.

Gatehouse Executive Director Arthur Lockhart, along with Gatehouse staff and Humber College placement students, welcomed the officers and thanked them for sharing their personal stories and motivations for joining the service and the Youth Bureau Unit.

The officers share a common theme of wanting to protect and reach out to children. The importance of family support and talking to their children was



Gatehouse staff and volunteers gather with members of the 23 Division Youth Bureau during their visit to The Gatehouse.

emphasized throughout the interview. When asked about the most difficult moment in his 46 year career, Deputy Superintendent Taverner shared, *"Every police officer has past events that will never leave them."* He shared his account of being an officer on scene of the tragic death of a young child.

Taverner went on to say "This is an incredibly difficult job to do as they deal with these types of cases (child abuse). The officers cannot predict where they are going to next and most cases involve children". He further recognized the tremendous amount of work that his officers do and the professionalism, kindness and compassion in which they perform their duties every day.

Paula Cordeiro, Child & Family Advocate acknowledged the Detective Constables and Deputy Superintendent Taverner for their courage, strength and the extraordinary work that they do. She emphasized the officers' heroism in protecting children and families in the community. Paula also extended a thank you to DC Allen who was not on site the interview but extended her warm regards.

Humber College Students Milica Radinovic, Skyler Davis, Sammy D'Agostino and Rory Wilde were thankful to attend the meeting.

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TESTIMONIAL

## Thanks Kenny & Bruce



Facilitators Kenny (left) shows his Canada's Caring Canadian Award from the Governor General while Bruce holds his Queen's Diamond Jubilee Award. Congrats and Thank You for your volunteer work.

The Toronto Police Service 23 Division Youth Bureau conducted more than 500 investigations this year alone, resulting in 258 charges laid.

"Child abuse cases can be emotionally

emphasized throughout the interview.



## 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.

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