

The Gatehouse

a safe place where everyone has a voice

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The Gatehouse Gazette

Transforming Trauma into Triumph 4th Annual Conference

The Gatehouse 4th Annual Transforming Trauma into Triumph Conference was a huge success. The two day event on April 28 & 29th engaged, inspired and gave over 130 people in attendance new ideas on transforming lives of those affected by childhood sexual abuse.

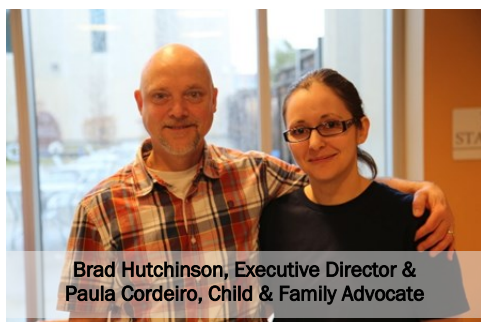
Dr. Alok Mukherjee, Chair Police Services Board; Dr. Fred Mathews, Psychologist; and Mr. Tom Wilken, author of *Rebuilding Your House of Self Respect* shared their collective wisdom to a highly receptive group looking for ways to transform trauma to triumph.

The panel of international guest speakers included Mr. Parker Palmer & Ms. Brisa De Angulo, ; co-founders *A Breeze of Hope* (Bolivia ; Mr. Peter Saunders, Founder of the *National Association for People Abused in Childhood (NAPAC)*, UK; and Dr. Dorothee von



L to R: A Breeze of Hope Founder co-founders Mr. Parker Palmer & Ms. Brisa De Angulo, Gatehouse Founder Arthur Lockhart & Dr. Fred Mathews.

Tippelskirch-Eissing, Psychoanalyst - *Partners in Confronting Collective Atrocities (PCCA)* from Germany.



Brad Hutchinson, Executive Director & Paula Cordeiro, Child & Family Advocate

The Gatehouse would like to thank The Toronto Police Service, The Police College, Humber College School of Social and Community Services, Humber Students and Conference Volunteers for their support in making this event a success!

The Gatehouse Sweet 16!



The Gatehouse entered its *sweet* 16th year June 17th at The Assembly Hall.

Presentations by Jean Paul Bedard, Stewart Thompson and Humber students made the candy

themed event more sweeter!

Thank you to event sponsors Patera Group Inc., Topper Linens, Future Bakery, Cruise Holidays of Etobicoke Humber Bay Travel Inc., Stress Slayer, and Humber College School of Social and Community Services.



The doggy kissing booth brought much K9 love to the festivities.

Thank you to Curtis, our kissing pooch and his human parents Rachel & Simon!



Personal Transformation Radio Show

Gatehouse Facilitator Stewart Thompson hosts "Personal Transformation," a web based radio show discussing the impact of childhood sexual abuse. Show is live at 7pm EST every Thursday night .

Tune in online at <http://www.blogtalkradio.com/personaltransformation>



Tune in at:
www.blogtalkradio.com/personaltransformation
 THURSDAYS 7PM EST



Personal Transformation

WHAT ARE YOU LOOKING FORWARD TO THIS SUMMER?

"Seeing Maria, Andrew and Stewart every Thursday night :)" Deb

"It's all about me." Lee

"The movie 'Lucy', hanging out at The Gatehouse, sitting by the Lakeshore and enjoying a summer evening & going to Chuck E. cheese for my nephew's 6th birthday." Gennet

"Going to Ottawa!" Maria

"Going to cottage with my Gatehouse family." Paula

"The Gatehouse Sunday drop potluck, BBQ and reach ahead activities." Roberto

"Spending time with my family at the cottage." Brad

"Completing the Healing Garden." Walter

"Going to Montreal with friends I haven't seen in a while." Stephanie Rogers



2014 FUNDRAISING TOTAL: \$ 76,000 THANKS FOR THE SUPPORT!

Humber ADR Conflict Training

What's your conflict resolution style? Humber Alternative Dispute Resolution program students helped Gatehouse staff and volunteers find the answer to that question!

The student led workshop offered information and experiential exercises to teach different ways to address conflict. Students provided different conflict scenarios for volunteers to work through in groups and listened to how each group practiced active listening and paraphrasing to diffuse potential conflict.

Restorative justice circles were also utilized to demonstrate the importance of "voice" in the conflict resolution process.



The Gatehouse would like to thank Ms. Mary Lee, LL.M. ADR- Program Advisor ADR program & the student team for providing us with this opportunity.



MEET OUR VOLUNTEER:

Gennet Campbell

I chose to do my placement at the Gatehouse because of the work that they do with survivors of sexual abuse and I wanted to work with an organization that is making a difference in the community. I also wanted the opportunity to conduct intakes and develop my counselling skills.

The group facilitation training that I did with Art is what had the biggest impact on me. Art ensures that facilitators are aware of the impact that they have on people's lives. That what you do matters. That people count on you, that one person can effect change. I also learned that when the abuse occurred, the victim lost the ability to feel safety; they lost the ability to have a say in what happened to them; they lost the ability to say what happened to their body. What we do at the Gatehouse, gives victims their voice back.

If I could grant a wish to The Gatehouse it would be the funding to create a bigger space, and/or to create a 2nd location in the East end of the city where there is always a waitlist to attend group sessions.

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 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

The Gatehouse Yard Sale
Thursday August 21, 2014 -
10am-3pm

Gatehouse Fundraiser: Let's Go Bowling! October 18th
2014 from 3pm - 5pm at
Brunswick Bowling
2561 Stanfield Rd,
Mississauga, ON
L4Y 1R6

Volunteer Facilitator Training
- October 25 & 26

Thank you to our 16th Anniversary Sponsors!



HUMBER
School of Social &
Community Services



Kung Fu Meditation Workshops

Shaolin Kung Fu is meditation in motion! The movements promote holistic health by aligning the mind & body to the natural, healing energies around us. Once balanced, the mind and body become a conduit for the creative energy of our spirits.

Brad Hutchinson, Gatehouse Executive Director demonstrated Shaolin Kung Fu and meditation techniques at Humber College to students, volunteers and Gatehouse staff.

These moving meditation techniques help reduce stress and anxiety related to life hardships or experiences. The workshop reinforced the notion to slow down, breathe and be present. Joy, inner peace, and happiness increase with the practice.

Brad is co-owner and instructor at Beyond Kung Fu, where he teaches students personal growth and character development through the physical and mental practices of the martial arts in Brampton.

For more information visit: BeyondKungFu.com



The Gatehouse Healing Garden



The Gatehouse is creating a healing garden in the park on the west side of the property (3101 Lake Shore Blvd W).

This meeting space for people and the community will be a place to gather, share, collaborate and inspire initiatives under a banner of social, environmental healing and transformation.

Organizations from all over the world are sending mementos to be installed in the space, representing the global network of people committed to addressing the issue of childhood sexual abuse.

Opening is scheduled for September 2014.

If you would like to Volunteer, make an in kind or monetary donation to the project, please contact The Gatehouse at 416-255-5900.



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. The Gatehouse has been serving children, teens and adult sexual abuse victims for over 16 years. Visit our website for more info.

"Thank you so much, this was one of the best learning and self-reflection experiences that I have participated in. I felt safe to share and explore new ways of being and working alongside by side with others in their journey of discovery. I look forward to using what I have learned not only when facilitating groups, but in my daily life. I also here because more interested in doing further reading on mindfulness and developing insight." **Facilitator Training Participant Testimonial**