



The Gatehouse 8th Annual Transforming Trauma into Triumph Conference

Toronto Police College, 70 Birmingham St, Toronto, ON M8V 2Z5

Friday June 1st 2018

9:30 AM - 4:00 PM

Thank you to our supporters:



HUMBER

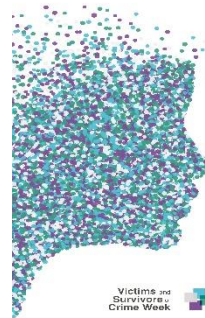
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Transforming the Culture Together

May 27 - June 2, 2018

Transformer la culture ensemble

27 mai au 2 juin 2018

Victims and Survivors of Crime Week



Semaine des victimes et survivants d'actes criminels



Canada

This event was funded by the Victims Fund, a grants and contributions program administered by the Department of Justice Canada. Funds are available to provinces, territories and non-governmental organizations for programs and services that give victims and survivors of crime a more effective voice in the criminal justice system. For more information about the Victims Fund, please visit: <http://www.justice.gc.ca/eng/cj-jp/victims-victimes/> For more information on Victims and Survivors of Crime Week, visit: www.victimsworld.gc.ca.

The Gatehouse is a registered charitable organization CRA# 869730648 RR0001.

The Gatehouse is located at 3101 Lakeshore Blvd W., Toronto, ON, M8V 3W8

Phone 416-255-5900 Fax 416-255-7221. For more information about our programs and services, please visit www.thegatehouse.org

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Event Summary

Thank you to all who joined us on Friday June 1st for the 8th Annual Transforming Trauma into Triumph Conference. 135 attendees shared the day with us.

We are grateful to the wonderful line-up of presenters for generously donating their time, energy and effort to this event.

Thank you to the Toronto Police Service for their generosity, support and commitment to community partnerships.

Thank you to the wonderful Landi Haderaj, Coordinator, Training, Accreditations & Records at the Toronto Police College, the Toronto Police 22nd Division Rover team and catering services provided by Compass group under the direction of Ms. Shyamali Fernando, Food Service Manager.

Photography by Edison Yao, Unicorn Studios, unicornstudios2015@gmail.com

Thank you to all our, Staff, Volunteers, Board Members, and community supporters.

Guest Speakers

1. **Deputy Chief Shawna Coxon**, Toronto Police Service
2. **Sandra Corelli**, Key Note Speaker “Unlocking Empathy”
3. **Brad Hutchinson**, Lead Trainer/ASIST, The Gatehouse, Step into the Creative
4. **Ahmeda Mansaray-Richardson**, Founder, Voices, Global Collective
5. **Alice Olsen**, M.S.W., R.S.W., The George Hull Centre
6. **Stewart Thompson**, Host Personal Transformation Radio
7. **Deb Maybury**, Martial Artist/Author/Film Maker/Gatehouse Facilitator
8. **Carolyn & Jay Smith**, Partners Support, @The Gatehouse
9. **Andrea Robin Skinner**, Family & Healing
10. **Spencer Henry Williams**, Advocate, Writer, Filmmaker
11. **Pat Adams**, From Estrangement to Reconciliation
12. **Ranjini Chakravorty**, Volunteer Facilitator, The Gatehouse
13. **John Helston**, The Gatehouse
14. **Greg Andrews**, Volunteer Facilitator, The Gatehouse
15. **Lacey Ford & Pearl Lee**, Full Circle- Art Therapy Centre – Will be running an open space discussion on art therapy and healing

Event Statement from Arthur Lockhart, The Gatehouse Founder

I have had the great joy to attend all the past 8 transforming trauma conferences, and within each event a unique energy surfaced-and at the same time a feeling of sameness also surfaced-The sameness I am referring to is our willingness to care for one another, to care for people we do not even know, to create a space for empathy, compassion, courage, creativity, and transformation to be experienced in simple abundance. What an amazing gift each and everyone one of you are.

As I was writing this note, a statement from a 12 year old boy found me:

Nkosi Johnson was the South African boy born with HIV who became a national advocate for children with AIDS before dying at about age 12, and not one of us can do more than what he said here: "Do all you can, with what you have, in the time you have, in the place where you are."

His statement resonated deeply with me as I had the honour of watching people repeatedly throughout the day doing all they can, with all that they had, in the place we all created together-what a joyful feeling.

Thank all of you for being on the planet

With affection

Arthur Lockhart, Founder, The Gatehouse

Agenda

9:00 AM - 9:30AM	Registration & Refreshments
9:30 AM - 9:45 AM	Introduction & Opening - Arthur Lockhart, Founder & Maria Barcelos, Executive Director
9:45 AM - 9:55 AM	Deputy Chief Shawna Coxon, Toronto Police Service
9:55 AM - 10:10 AM	Sandra Corelli, Vice President, Corporate Class Inc. “Unlocking Empathy”
10:10 AM - 10:20 AM	Q & A
10:20 AM - 10:45 AM	Andrea Robin Skinner, Family & Healing, Jay & Carolyn Smith, Partners Program & Pat Adams, From Estrangement to Reconciliation
10:45 AM - 10:50 AM	Q & A
10:50 AM - 11:00 AM	Break
11:00 AM - 11:40 AM	Forgiveness – Brad Hutchinson, STEP into the Creative Stewart Thompson, Ranjini Chakravorty & Ahmeda Mansaray-Richardson
11:40 AM - 11:50 PM	Q & A
11:50 AM - 12:00 PM	Alice Olsen, George Hull Centre, Children’s Interventions
12:00 PM - 1:00 PM	Lunch & Film Screening “Hush You” Room 105/106
1:00 PM - 1:50 PM	Deb Maybury, John Helston, Greg Andrews, Spencer Henry Williams
1:50 PM - 2:00 PM	Break
2:00 PM - 2:10 PM	Arthur Lockhart - Setting context for open space
2:10 PM – 3:10 PM	Open space group work
3:10 PM - 3:45 PM	Group Summaries & Closing discussion



Healing from Childhood Sexual Abuse

#metoo #stopcsa #metoocsa

Healing for adult survivors of childhood sexual abuse can be an emotionally painful process. The emotional rollercoaster of addressing shame, guilt, sadness and isolation and finally being able to openly share about secrets kept for decades.

There is also beauty in this process. The beauty in the pain is the transformational journey of rediscovery. It happens when people who have been in struggle discover of a renewed sense of self and capacity in the aftermath of abuse. The realization of wanting more than being defined by the experiences of childhood sexual abuse.

Week after week, I get to sit with people who facilitate our peer to peer support groups for adult survivors of childhood sexual abuse. Volunteer program facilitators who dedicate their time to be with others in struggle. I am privileged to witness the moving and inspirational insights that surface for them as they courageously journey alongside others.

A group of brave, caring, motivated, engaged, honest, and empathetic human beings who tirelessly dedicate themselves to being there as a listener, advocate and supporter. Listening to someone, truly listening to someone is transformational for the person sharing and the listener.

What greater gift can you give to someone than that of being present, attentive and supportive especially when all they need is someone to listen to them?

The transformational work of The Gatehouse saves lives. The volunteers who facilitate in the programs are transforming lives. This is no small feat.

I believe the recipe for transformation is that of authenticity, vulnerability and openness to allow oneself to be engaged. Truly engaged in the commitment to change. I see this as beginning with the process of paying true attention and awareness to the very thoughts that rise to the surface in moments of uncertainty and fear.

This is courage. The courage comes in the moment when the survivor says to themselves, I need support and then take steps to get support. It is definitely recognized as courage when someone walks up the stairs to The Gatehouse. In these five steps up, I have heard countless people say “they were the hardest and longest five steps I’ve taken.”

I reflect and accept that healing is not a linear process. Anyone that says they are “healed” or “fixed”, has the capacity to take another look in the mirror and ask themselves the very question that we use in our group process; what is the life I want to live? Am I doing things in my life that lead me to the path of the life I want to live?

I don’t believe that anyone is broken to begin with. Each human being has capacity. I’ve often heard survivors refer to themselves as broken. This is the moment that I redirect them to their capacity. Their willingness to be courageous and try again.

Healing not a start and stop. It is a continuous journey. A continuous exploration of the self, and sometimes very difficult and painful experiences, reflections and emotions that surface as a result of the abuse.

In a peer to peer support group process, the group members' capacity and inner strength is brought forth into the space. These groups facilitate the safety for participants' voice and expression to flourish.

For survivors of childhood sexual abuse, I believe it is a rebuilding of childhood innocence. A rebuilding of what was once lost. Trust is slowly reformed. Trust in the self and trust in relationship to others and the realization of possibility of genuine connection. I am profoundly grateful and honoured to work with the staff and volunteers at The Gatehouse.

Thank you all for the gift of honesty, vulnerability and empathy.

To all survivors who may come across this article: It was not your fault. You are worthy.

-Maria Barcelos, Executive Director, The Gatehouse



Open Space Process

Introduction

The open space process for this particular day is based on the formal Open Space process developed by Harrison Owen.

“Open Space is the only process that focuses on expanding time and space for the force of self-organization to do its thing. Although one can't predict specific outcomes, it's always highly productive for whatever issue people want to attend to. Some of the inspiring side effects that are regularly noted are laughter, hard work which feels like play, surprising results and fascinating new questions.”

Specific to this particular event the following steps would be offered.

- 1) “This time (open space) is understood as ‘a "breathing" or "pulsation" pattern of flow, between plenary and small-group discussion.”
- 2) The open space topics typically grow out of the plenary sessions-i.e. discussion on the transformative justice/social change panel, may lead someone to want to explore in more depth how does their specific organization build in ways to integrate in transformative justice practices within their specific organization, community, school
- 3) This person would put forward this statement on a wall/ bulletin board with space underneath the statement for people to sign up; (as a theme-these statements are often framed as a question being preface with (“HOW TO... OR HOW CAN WE...”)) statements would be going up throughout the day, and in fact may start going up when people first arrive-because they may have already been motivated to explore a topic based just on the outline of the day’s program,
- 4) The person making the statement would also facilitate the discussion in the small group process
- 5) There would be a note taker/laptop scribe recording and playing back points that are surfaced in the discussion
- 6) While the time is limited (60-75 minutes) one of the outcomes can be an action statement: i.e. “ we are creating a working group to create a workshop on transformative justice that will be open to community agencies in the Toronto area”
- 7) Elements of open space are: passion, diversity, listening rather than waiting to speak, a feeling of urgency, inclusiveness; these are just a few of a great many more elements that are to be present in an open space group discussion
- 8) Understanding that the content of the open space is intended to be shared-through a follow up report of the full symposium with all participants of the symposium
- 9) The size of the group can be from 1 person onwards-there is no set number-whoever shows up is considered to be the person with a genuine interest in the issue being presented-also people may join in the group and decide to leave the group-the butterfly element of flitting around is not uncommon to this process; ii) the most common start point is the person providing context to the statement they put on the wall during the day; iii) usually there is a go round in the group for people to say their name and what there connection is to the topic being discussed; iv) at this symposium there will be the option of having a talking stone for each group-this can be helpful in having each person given an opportunity to speak or to pass on speaking and just being there to listen; v) this time

is in essence an introduction to the issue it is not intended to solve the issue-it is a time to find ways and means for people to continue the momentum –creating next steps-for the issue; vi) it is important that there is someone keeping time; vii) a group check out is important i.e. “could we hear a word or statement from each person in the group about what just took place.” Followed by a thank you from the person who presented the “How To statement “

10) Additional nuances:

i) each group will receive a space allocation depending on the number of people in the group, sometimes this can feel a little disorganized at the outset of the process as people may still be deciding on the group they want to sit in on, but this really is a good time to just go with the flow-there will be an inventory of group spaces to choose from-on this particular day: surprises or challenges surfacing in this overall process is not uncommon, so this is when it is best to first of all breathe, then smile, and then move forward from a stance of an open heart or you can also turn and run-lol!

Group 1: The Gatehouse Transformational Design

- Mission: Reducing the Cognitive load of occupying the Space.
- Goals:
 - Renovating the Gatehouse
 - Multi-Purpose Space that is accessible to all
- Meeting Room for Participant
- Board Room for Staff
- Storage Space for multi-purpose functions
- Outline for Rooms:
 - One large room space divided into several sub-room
 - Sound proof all rooms
 - Door Closer
- Questions:
 - How does space or limited space affect peoples’ health?
 - How limited space affects people who have PTSD?
 - Lighting
 - The option of having two light switches, one for the original light and the other for dimming (that way the facilitators and/or participants can have control of how bright they would like the room to be
 - Outside night light for safety.
 - Recommendation for indirect defuse light
 - Consideration to the size of the expansion (not too big: create distance and discomfort or too small: which would limit the amount of people that can be served)
 - Hypervigilance
 - Personal space
 - Dark room
 - Having less probabilities for flashbacks and/or triggers as it relates to space
 - Therapy Dogs

- The size of the building: recommended to go wide instead of narrow as, narrow spaces tend to be feels uncomfortable
- Extension Details - Proposals
 - Expanding to the west side of the house (on the garden side)
 - Flooring (solid wood floors)
 - Canadian Tire
 - Home Depot
 - Donations
 - Taking stairs and windows out to open the area to reception and new addition
 - Extend the kitchen to the west side of the house to join with the new structure (to facilitate socialization and more space for gatherings)
 - Transform the first room as the reception area closest to the front door
 - Second room becomes Administrative Office
 - Third room reserve for cabinets and files storage
 - Keeping the original structure of the rooms (upstairs and downstairs) but, changing their purposes
 - Idea: Building four rooms in the expansion primarily for groups and leave the other rooms for overflow or to facilitate other meetings
- Overall Cost for Renovation and Expansion: Pending?

Group 2: Engaging in Conversations about Sexual Health, Consent, and Resources

– Connections Board Game

- Educated the group on how to have healthy conversations sex, STI's and resources available in a fun way
- The game created a comfortable way to destigmatize the negative views on sex
- If you land on a resource you draw a trivia card, If you land on an exclamation point you pick up an UH-OH
- A discussion arose which educated the group on misconceptions about STI's. Many of the group members did not have a lot of knowledge about STI's
- Looking to make the game more diverse by exploring topics such as sexuality, puberty, capacity, curiosity
- Check in on how the group felt after playing the game:
 - Everyone found the game more interesting than uncomfortable
 - The game was a great way to connect on these topics and kept the group focused
 - Easy way for all age groups to receive access to information on resources
 - The group stated the game would boost focus on sexual health if played as part of a curriculum

Group 3: Full Circle Art Therapy at The Gatehouse

- Art Therapy
 - Mission: to provide mental health services – though art
 - <http://www.fullcircleatc.com/>
 - At the Gatehouse it is a group setting, at Full Circle they also do one-on-one
 - Combination of art making with talk therapy

- Art is based on the theme of the week (inner child, anger etc.)
- Art can be used for deeper reflection and as a starting point for talk
- Art can help ground you from trauma, it can become a point of reference of what you want to express when you're disoriented
- Able to express yourself using art – don't need to have the 'right' words
- When you're very small, you don't have the ability to talk – art gives you a way to get that message across
- Difference between therapeutic and therapy
 - People often think of art as therapeutic in itself, which is true, but this is not what Full Circle does
 - Art therapy is actually more focused on therapy and exploring issues using art as the medium
- Full Circle – other programs
 - Been running for three years
 - Programs for corporate businesses – use art to teach employees grounding skills, exploring topics (e.g., communication and team building, self-care, leadership, creativity)
 - Planning one hour sessions (typically 10-20 people)
 - Offer one-offs, but recommend once a month
- Healing the Voice Within - Gala Event
 - October 2018
 - Will be a raffle draw
 - Collecting art from local artists around Toronto to display – all on live auction to fundraise for The Gatehouse
 - There will be a live painter who is also a survivor
- Brainstorming Ideas
 - Would like to have an art based social/recreational event – a chance to spend time together and do something creative
 - Would like to have a drop in once a month to have an art evening (and family members and kids)
 - Maybe something in the summer outside
 - Would like to start a YouTube channel explaining art therapy (e.g., difference between therapeutic and therapy)
- Creative Warriors – Idea!
 - Almost like a phase 3 art therapy – after you've already found your voice and began healing in the first phase
 - For those who want to stand as an advocate in the community through their art
 - A way to continue sharing their story on a larger platform and inspire others
 - Can be presented as a collective group voice rather than individual
 - Wants to have an open studio where people can use art to share how trauma has impacted them and how they would like the world to see their life
 - Issue – exhibits are only there for a week, she would like it to be longer
 - Can be very powerful for other people who may have language barriers
 - Viewers can decide how much they want to interact with the art and the topic
 - Open-up the conversation in the community
 - Online display showing survivors at work? – During creative process?

- Maybe use online to start building attention about it

Group 4: Neuroplasticity, Mindfulness, and Human Energy

- Brad and Arthur are trying to incorporate neuroplasticity, Eastern practices into a retreat/workshop
- What brought people to this topic:
 - How addressing childhood sexual abuse has been changing one's lives, one's own healing journey
 - Results from neurofeedback, seeing changes in brain activity in real time
 - Our ability to control our brains/minds to combat conditions like ADHD, trauma
 - Mindfulness meditation/Buddhist practices, scientific research into meditation and neuroplasticity
 - Self-care
 - The complexity/power of the brain as an organ
 - The mind-body connection, how changes to the body affect thoughts/feelings
 - Buddhist meditation, mindfulness in the context of being in continuous peace of mind
 - Jon Kabat-Zinn & MBSR techniques
 - Neuropsychology
 - Loved ones dealing with similar struggles as ourselves (trauma, anxiety)
 - Curiosity, interest in figuring out how to move further along our healing journeys
- Brad and Arthur are redesigning a retreat of taking people through these processes of neuroplasticity, mindfulness, moving/not-moving; everything we think about goes through emotional filters
- Having seen 20k+ people move through The Gatehouse, Brad & Arthur want to explore this idea of human energy, the energy people carry with them
- How to do mindfulness: practice, practice, practice!
- "Sometimes the most magical things in the world seem so simple." -Arthur, on the human energy being channeled via mindfulness (e.g. Brad reclaiming his voice)
- When we use the human energy to remain grounded, what surfaces is insight
- "If I'm guided by *triggers*, I'm going to stay stuck. If instead I say, '*I had an insight*,' then I say, '*what do I do with this thing? What am I going to focus on?*'"
- Framing triggers as insights (i.e. experiencing them in mindful states) leads to better physiological responses that help us rather than hinder us
- Awareness → insight → focused action → action
- Dr. Rick Hanson (*The Buddha's Brain*): inhale the good especially when things are going weird (relating back to the grounding exercise at the conference when we practiced gratitude)
- PAUSE: paying attention unveils sacred experiences; we need to slow down in our culture
- The 5 longings of the soul (in every spiritual teaching):
 - Freedom – freedom of the spirit takes discipline and focus, needs to be guided by inner intuition
 - To Love – we want to extend love (ego likes to hijack it and personalize this....real love flows through us, opens flowers, makes the sun rise)

- To be loved – we need to feel love back; Richard Rourke says “divine love flows both ways or it doesn’t flow at all”; when relationship is broken, conflict ensues
- To contribute – to the evolution/betterment of humanity; ego hijacks that to say there’s bad things and we need to self-protect, but the spirit wants to express itself to help others
- To be acknowledged – ego hijacks that as acknowledgement of self to feel special, but the spirit wants to acknowledge itself *in others* (e.g. “Namaste”)
- We pinch off the natural flow of the spirit with grievances and worries and fears
- In the 60s, it was weird to bring this up, but now with science, mindfulness is respected as a real tool to help especially survivors of trauma
- Post-traumatic *transformation*: the language isn’t about you being disordered or broken, it’s about transformation, change, growth, watching people do things they say they can’t do (e.g. alcoholics quitting alcohol)
 - For Arthur, he was often seeing people labelling themselves as victims... but we are all whole human beings, multidimensional/complex
- If we’re guided simply by our brain without mindfulness, our life story (our invisible knapsack) will run our lives in the form of reactions, whereas mindfulness allows us to *flow* and respond
- *Psychosynthesis* – exploring all the roles we identify with, how to take them all off to find our true selves (another element trying to be incorporated into this new program they’re developing)
- A way to think of mindfulness: stepping back from our emotions, watching them as a boat on the horizon moving across...then ask yourself what it is that’s bugging you
- “We need to be doing something radically different” → in response to Brad talking about how this program they’re developing is on the forefront of a new phenomenon, the next step of humanity
- Denouncing behaviours and not the person; all people make mistakes, whether perpetrator or victim, we need to accept this; then forgive to bring closure
- Brad and Arthur not only want participants to sign up for this program, but also to build the program based off of others’ ideas, a collaboration
- A 2 day session will be held for this, one day down the road

Group 5: Teen and Adult Program

- The group discussion focused on the set up of the program which covered teens and adults
 - The main aim of this program was to impart awareness among younger generation in how to deal and face the circumstances which make them uncomfortable and vulnerable
 - The program also aimed to cover the adults and teens who have been a victim of sexual abuses to help them deal with post trauma.
 - The group focused on the importance of intuition in our lives
- One of the group participants talked about the book titled Gift of Fear
 - So the main lesson from the group conversation about the book was how we should listen to our gut feeling and follow the direction proposed by it

- The program will teach kids how to get out of the situations which make them feel vulnerable
- If they feel something wrong is going to happen; they should have knowledge about the methods to avoid it
- The group also talked about the importance of self-defense techniques
 - Every child should go through defense mechanisms strategies and styles in schools and other educational institutions
 - This can be helpful to them as well as others who are threatened around them
 - The program should focus on how to cover the schools, colleges and universities which can generate awareness and help students in need of help
- The group also discussed about the boundaries
 - The teens and adult should be able to recognize when to ignore or avoid a situation and when to stand and speak up for themselves
 - The program can also inculcate the principles of white ribbon campaign and educate people on how to prevent abuse to others
- Thus the main focus of the group was the need of the program which can prevent abuse of any form from the root
 - We are all aware of how the majority of times the abuse comes from people we trust or who are in higher authority; the program can aim to make children aware of how it's right to say no to things and people if they make them uncomfortable even if they are the trusted or loved ones

Group 6: Pregnancy and Labour for Abused Women

- 90% of people are low risk so midwives work with high risk pregnancies
- 30-45 min appointments
- On call 24/7
- With you until 6 weeks post-partum
- Breast feeding rates 96% but don't force it—there for the women too, not just the baby
- Work with doctors of all kinds- want it to be a team environment
- Don't need referrals to get a midwife
- Can prescribe medication
- <https://www.ontariomidwives.ca>
- Lineup is insane- call as soon as you find out you're pregnant!
- Max see 40 women a year each since so personal
- Difference between a Doula? Difference is more physical. A Doula offers more emotional support but is less physically trained. They are not medically trained like a midwife
- There is not really a shortage of midwives, but it is more money based
- There even if the baby dies- emotionally there for the mother, goes to funeral, physically there for the mother, etc.
- There for the baby and the mother
- Word meanings:
 - Compassion - to suffer with
 - Midwife - to be with women

- Post-partum blues- 2 weeks- 60-80 percent
- After that- post-partum depression- 15-20 percent – up to year
- Rare- post-partum psychosis-1-2 percent- cause harm to baby
- C sections usually only for medical reasons but might be able to advocate for sexual abuse survivors
- Pelvic floor physiotherapy to treat vaginismus and other pain which is common to survivors
- Reduces urinary problems as well
- Survivors may be disconnected with the pregnancy and child
- Helps to be there for them, giving resources, trust and confidentiality
- innovicares.ca drug card is a great resource
- Ask every client if they have abused
 - Partner is not in the room
 - If yes, tell them it is a safe space, give them the confidentiality speech
 - Women don't always disclose right away, may come up later
 - Must report abused women right away- confront them and try to report together
 - Usually, during intake, don't bring it up, after consent of records, history etc. that's when you ask if they have been or are being abused
- Often are withdrawn and reserved
- Protective of their bodies
- To ease them, take their hand and guide their hand (for exams, etc.)
- Counselling is a huge part of it
- Lots of anxiety and depression
- Have to think about a lot- risks and benefits or cortisol and stress levels, medications, pregnancy
- Have to balance a lot of things in order to make sure the female is safe and satisfied with her pregnancy
- Want to find the best solution for both the baby and the mother
- Jyothy Nair, Registered Midwife, Registered Nurse
 - nairj78@gmail.com
 - For midwifery services, contact Diversity Midwives (located in Scarborough)
- Wants to connect with the Gatehouse for a partnership between midwives and pregnant/expecting mothers
 - Groups for abused mothers that involve midwives
 - Healthcare for survivors in general

Group 7: The Gatehouse Documentary

- Possibly create two films: one for adults and one as an educational resource in schools
 - May compliment the new sexual education curriculum
- Transmedia project possibly
 - Making the raw footage available to the educators
 - So you would watch the edited film, but you could press options to hear more about the stories that were edited down
- Is a documentary series an option?

- Platform for distribution
 - Depends on your intention
 - YouTube?
 - Possible goal is to make money to fund The Gatehouse
 - Netflix?
- For big distribution sites (e.g. Netflix) we need to create a treatment (proposal)
- Important not to lose ownership of this
- Their stories, needs to be told by them and in their way
- How do we hook people in?
- Fundraising and awareness is a goal
- What if it was not just a movie, but also multi-faceted, getting sponsors or a recognizable name
 - Use names as brand recognition, advisory board in order to get funding and legitimacy
 - Dove, Scotties, GE, etc.
 - Flurry Maple Leafs
- Need to get people thinking differently, thinking with empathy
- In order to get recognition, you need to make noise
- The organizations at the top are the ones with money, how do we get attention?
- What's it about?
 - What's going to be different? The intent. We intend to make this big
- How do we get this in schools?
 - Schools won't fund it up front, so we need support
- 13 Reasons Why attention
 - Too glamorized
- How do we make it culturally relatable? Not all cultures discuss sexual abuse in the same way
 - Important to consider, but we are all human beings
- Show, not tell
- Important to show how it affects people in all walks of life, it's not just homeless people or those that are on the margins in society, it's lawyers, doctors, etc.
- Offenders
 - For now, this project will focus on the voices of survivors and The Gatehouse
- Three choices for heart of this piece
 - The house itself
 - The people that come through
 - The staff
- Focus on The Gatehouse
- The storytelling of the house shines
- Made like Tom Hanks film "Philadelphia"
 - Someone makes their way through The Gatehouse
 - Character development
 - Told great story still
- Following a group of people over time

- Difficult to do, but how great would it be to get consent to travel with people from their first visit or first group at The Gatehouse
- Looking back and looking forward from people at different stages
- Use Gatehouse as foundation, people will want to know how The Gatehouse came about, and just so happens that The Gatehouse does all of these things that we will show
 - So it's about child sexual abuse but not in a way that people will shut off right away when they hear the proposal for a film about abuse
- Story not only about the group, but about the house as well
 - Base it on the foundation, a group of people trying to do good with a dark topic
- Track progress on construction so that we can see changes to the house, document barriers with city planners, etc.
- A day in the life of The Gatehouse
- Problem with curating things over years is that it's hard to mesh it all together in a satisfying way that people would want to see without a plan
- Want this to be real (not glamorous) but have a technical element
- So many students looking for placements all the time, could we use them as volunteers?
 - Barriers though to this process
 - Lack of technical skills for some students
- Trainer for film as well in this group
 - He is offering to speak with Spencer later about how to train a larger team
 - But still need consistent equipment
- TV series
 - Focused on survivor stories
 - Through the phases and the transformation
- Wish list: Sarah Polley director
- How do we get funding? We want this to have legitimacy
- Gatehouse as a metaphor
- Point of Gatehouse is that it's a resource unlike any other offered in Canada
 - Not another service for survivors of child sexual abuse with PTSD
 - Unlike no other, Quebec just has a hotline
 - It's safe, survivors can speak and have a voice
 - Talking is the only way out of shame
- Comes back to the idea of having a safe space
 - House feels alive because it is a comfortable, safe space
- So important to highlight the uniqueness of The Gatehouse
- It needs to be about home

Group 8: Cultural Barriers to Discourse

- Topic Creator: 2 members from the organization - Abuse Never Becomes Us (Tamil community)
- www.anbu.ca
- The cultural perspective and its importance / thoughts brought up in discussion
 - Culturally specific experiences

- In the context of healing and growth in a community perspective
- Collectivist model of thinking in relation to how the abuse affects everyone connected to the individual
- Embodiment of the disclosure in others
- Part of your lived experience and carrying the trauma of others
- How does the survivor's stories affect the whole community?
 - Recognize your trauma and your own story vs. recognizing how it effects the community
 - Unique coping mechanisms
 - Disclosure's effect on the family and its effect on the parents and the publicity of the story – “how will my story “hurt” others?”
 - Image of the family and the stature of shame
 - Who knows the secrets and who doesn't – keeping others secrets and sitting in the same room as people who may be the abusers
 - Recognize the privilege to talk about sexual abuse where in some communities there isn't even the language for it
 - Recognizing the un-comfortability, no knowledge of how to respond, the capacity of family members to respond to disclosure?
- How to negotiate amplifying the voice and it's your story to tell! What are some things that come up?
 - “What my role in it was?” is the question each person in that circle of the community or family will ask themselves
 - “Consequences” to disclosure
 - Everyone can relate to your story whether people are from your community or not
 - Everyone is going to be impacted by your story, pain validates
 - Until the story is told, the individual's and the family can't start to heal
 - Ashamed of the family and how they hid it? Changing your name as a solution (acts of resistance) not identifying in your community (the people, community, and family that rejected you)
- The individual vs. thinking as a collective
 - Who is the abuser in the hierarchy in the community?
 - Ashamed of the blood that courses through you as you are connected to the individual → the synchronicity of the self with the person and how to let that go
- Forms of healing that are important, especially in the cultural perspective when language may be a barrier
 - Writing – support and identifying that it is a way to know “How do I even know what I am thinking until I verbalize it”
 - How other forms of expression – art, dance, writing, to help reclaim voice – growing up not learning English (understanding the abuse in a different language) creative expression to release and process the trauma especially that the body remembers
 - How does art help open up conversations especially when there are language or cultural barriers?
- How can services better include a culture perspective?
 - Asking: What does your cultural identity mean to you? Cultural competence and how does it impact your experience of childhood sexual abuse

- Did the disclosure of sexual abuse damage your cultural identity?
- Fear of “my position, within this family and within this community, who can I trust”
- All “taboo” subjects, when you grew up you have imparted your taboos onto us and how the taboo subjects are passed through generations instead of having that dialogue about how the “taboos” affected the last generation
- Ideology “that is not us”
- “Tell me what it was like for you growing up as a child?” powerful question especially opening up cultural identity
- “Children are to be seen, not heard”
- “How the family sometimes knows and keeps it hidden or does not acknowledge”
- Within each cultural asking people to add to a book their perspective of sexual abuse within the context of their cultural identity
 - Society
 - Family
 - Government
 - You
- Cultural perspective that “it just doesn’t happen, it doesn’t happen to us” constantly turning a blind eye
- Compounding layers of cultural experience and identity
- Not “Calling out the abuser” everyone knows the abuser in the family → isolating and ostracizing the individual (but the family protects the abuser)
- Find the person you feel the safest with, maybe with the next you can share more and once you have a critical mass you can confront the person with your critical mass → the person you choose to start with may not be your blood relative (you create the recipe)
- How do we get the abusers in the community or the family help? How do we help everyone heal? Were no longer trying to attack him were trying to help – is that how we start the dialogue?
- People who have gone through this “re-write the narrative” and believe the narrative they write e.g. mother believing you would have told them and you had a wonderful relationship
- Creating the space by starting to discuss taboo’s, not necessarily disclosing, but having a dialogue about sexual abuse
- The triangle

Group 9: Programs for Children of Survivors

- Ask questions to a survivor (someone who is not their parent)
- How to cope with the environment of the parent
- How to react/cope to a parent disclosing
- Learning the reactions of your parents- are they coping mechanisms,
- Is it intergenerational? Openness can help with that
- How the child can go on with their own journey (they need to make peace with their childhood) - they are now embarking on a journey based on what they were told by their parent

- How to learn your own healthy coping mechanisms
- Age is not dependent because kids can be of any age
- What were you thinking when you didn't know? (as a child)
- How were you processing your parent's triggers/coping?
- What triggers have you developed?
- In what ways have you been affected by hearing that your parent is a survivor?
- Maybe they just need to talk about it
- A bond gets created when other people can relate to others (group process)
- What age should you tell your child? What should you disclose/how much information should you give?
- Like the partner's program but for kids
- It could start as a drop in, find out what is needed, then make a workshop for children
- Be able to bring your parent in for one session and the child be able to express themselves to their parent
- Age as a potential problem for the Gatehouse
- Working towards getting a knowledgeable facilitator who has been through it to facilitate

Participant Feedback

Highlights

The majority of survey respondents agreed or strongly agreed that the conference objectives were accomplished (~88%), the conference met their expectations (~82%), and they would recommend this conference for a friend or colleague (~82%). Further, the majority of respondents agreed or strongly agreed that the open space process increased their theoretical knowledge about the subject matter (~82%) and that the knowledge and skills gained from this process were relevant and useful (~82%).

Participant Voices

“I learned about the power of empathy and how I can better support individuals in my life”

“[I learned] how these traumatic experiences really impacted the victims but recognizing that there is hope for recovery”

“I really felt the supportive love and understanding from the Gatehouse staff and the conference speakers”

“This was one of the best conferences I have ever attended! It flowed so naturally and all speakers created a safe and welcoming environment”

Guest Speakers and Bios

Arthur Lockhart, The Gatehouse Founder

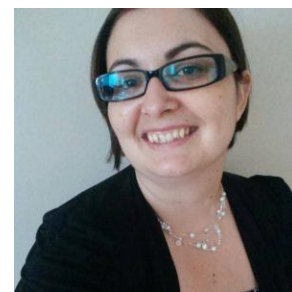
Arthur Lockhart, M.Ed. is a professor at Humber College School of Social and Community Services. Over the past years, Arthur has held the position of Chair of The School of Social and Community Services, as well as Chair of Board of Directors of The Gatehouse. Arthur is Founder Emeritus of the award-winning charitable organization: The Gatehouse, and Co-Founder of The Centre for Transformative Social Change.



Arthur founded the Annual International Transforming Trauma Into Triumph Conference. Arthur provides training and organizational transformation consultation on the local, national and internal levels. At the core of his workshops are the human spirit, humour, trauma transformation and transformative social change.

Maria Barcelos, The Gatehouse Executive Director

Maria is the Executive Director at The Gatehouse. She believes wholeheartedly in community engagement and the importance of community-based responses to underlying social issues. She motivates, acknowledges and empowers students, volunteers and staff to be part of the change they want to see in the world. An avid believer in the principles of transformative community justice, she values building safer communities through collaborative knowledge sharing, idea and process formulation, and implementation. Maria is a graduate of the University of Guelph-Humber BA Justice Studies and George Brown College's HR Management Diploma program. She is currently completing Yorkville University Master of Arts in Counselling Psychology. Maria also volunteers her time in the community as part of an advisory panel in the Community Development Program at Humber College Lakeshore campus. Maria is also a founding member of the Centre for Transformative Social Change. Maria is also a regular opinion contributor to Toronto.com. Her articles focus on healing from childhood sexual abuse.



Deputy Chief Shawna Coxon, Toronto Police Service

Deputy Shawna Coxon is in her 21st year of policing with the Toronto Police Service. She is charge of the Priority Response Command, which includes all front-line operations, Criminal Investigative Bureaus, the Service's Operations Centre, Communication Services, and Court Services. Prior to that, Deputy Coxon worked on the Transformational Task Force where she helped to design and begin implementation of the



modernization of the Service. Her focus on the Task Force was information technology, culture change and training.

Other recent career highlights include her role as the second in charge of Intelligence Services, which includes both cyber and technological crime. She implemented the inaugural Computer Cyber Crime (C3) Section of the Toronto Police Service, which was one of many cyber-outcomes from her work as the Team Leader of Operation Reboot. This was a Service-wide initiative addressing social media, open source investigative techniques, training, technology procurement and cyber-related threats and opportunities. Her career trajectory shows her ongoing interest in futurism and policing, especially all things cyber/social/digital.

Shawna Coxon has had a diverse career where she has worked in vice, youth crime, child abuse, sex crimes, human rights, professional standards, community response, and intelligence analysis. She has won numerous awards; however the accolades she remains most proud of are the letters of appreciation from the communities she has helped improve and the victims she has worked diligently for.

Deputy Coxon also volunteers extensively. She has both participated in and led international volunteer teams. She has traveled nearly a dozen times to countries including Kenya, Uganda, Ghana, Thailand and China to assist in various community development initiatives. She is deeply passionate about international human rights, education, and sustainable development.

Deputy Coxon has a BA with Honours in Psychology from York University, a MA in Criminology from the University of Toronto and her PhD in Criminal Law from Leicester University. Her areas of research include varying local and international laws pertaining to technology and crime. She is a published academic who has lectured internationally.

Sandra Corelli, Vice President, Corporate Class Inc.

Sandra Corelli is a widely sought-after speaker, consultant, facilitator and coach. In her current role as Vice President, Corporate Class Inc., she consults with clients in the areas of personal presence, leadership development and well-being.

Sandra is passionate about empowering her clients to develop the capabilities they require to reach their personal and professional goals. She is known for her ability to inspire and motivate her clients to achieve results and build confidence authentically. She brings a multi-disciplinary focus to her work drawing on neuroscience, emotional intelligence and positive psychology.

Sandra graduated from the University of Toronto with an Honours BA in employee relations and sociology. She has a Post-Graduate Certification in Positive Psychology and Well-Being and is currently pursuing her Health and Wellness Coach Credential through the Internal Consortium for Health and Wellness Coaches (ICHWC) and the National Board of Medical Examiners (NBME).



Sandra is committed to community service and an advocate for Mental Health. She currently serves on the National Board of Directors for The Duke of Edinburgh International Award as HR Director-at-Large in support of developing leadership life skills in youth. Sandra is also a mentor with FWE – Forum for Women Entrepreneurs.

Andrea Robin Skinner, Family & Healing

I grew up in Victoria, BC. I've lived in Calgary, Toronto, King City, ON, Wolfville, NS, and now live in Port Hope, ON. I love to be close to Nature, am a writer, artist, mother of twins, home schooler, yoga and mindfulness teacher, and horse lover. I've travelled in South America, Australia and worked on horse farms in Ireland and Spain. I lived in a horse barn while getting my BA at Acadia University, and dream of one day owning a tiny house with a stable for my horse attached!



I've had articles published in *The Globe and Mail*, *Toronto Star*, *Utne Reader* and had a play for children produced in Calgary. I teach restorative yoga at Spraoi Yoga in Port Hope, and have taught "Inner Child" yoga classes at The Gatehouse, created a trauma-sensitive yoga video (in production) to be used by The Gatehouse's online recovery program, and with my sister Jenny Munro and filmmaker Rebecca Garrett, am making a "Thank You" video for The Gatehouse, to be released this year.

Carolyn & Jay Smith, Volunteer Facilitators, The Gatehouse Partners Program

Jay Smith - I'm a husband, father, facilitator at the Gatehouse and survivor of childhood sexual abuse. I'm a structural designer who relies on strong foundations to hold up the buildings I design. My own foundation was damaged by being sexually abused as a child. This has been put back together through the support of my incredible wife, The Gatehouse and the people who give their time and dedication to helping survivors. I'm honoured to be a member of a place that rebuilds hope and holds people up while they find it.



Carolyn Smith -Came to the Gatehouse along with her sweetheart, Jay. Together they support the Partners' programs, and Carolyn is a facilitator of the drop-in monthly Partner's only programs. Carolyn and Jay have been enjoying the adventure of marriage since 1992, and give thanks for two terrific young adult kids. Carolyn is also a trained childbirth doula, and in her regular life, she ministers with a congregation of the United Church of Canada in Mississauga.

Pat Adams, Creator, From Estrangement to Reconciliation

Pat is the creator of “The Road from Estrangement to Reconciliation” and the Memoir Writing Groups at The Gatehouse. She is a survivor of childhood sexual abuse and incest.



Brad Hutchinson, Lead Trainer/ASIST, The Gatehouse

Brad Hutchinson is a dynamic, award winning community leader; author; motivational speaker; and teacher of shaolin kung fu. He is a creator and leader of transformational programs that combine Western objective practicality with intuitive Eastern insights. Brad has worked in education with students and teachers, children’s aid societies, front line community services, first responders, and businesses to help people manage stress, transform trauma, and expand into their capacities. He is the former Executive Director of The Gatehouse where he currently holds the role of Lead Trainer/ASIST (Applied Suicide Intervention Skills Training).



Stewart Thompson, The Gatehouse Volunteer Facilitator & Host of Personal Transformation

Stewart Thompson, Gatehouse Facilitator, ASIST T4T, Personal Transformation Web Radio Show Host, Public Speaker, Survivor. Greetings, my name is Stewart Thompson, I am a survivor of childhood sexual abuse. I came the Gatehouse in 2011 as a participant. After completing the programs at The Gatehouse, I decided that I wanted to give back and started facilitating support groups to help other survivors find their voice through the group process. In May of 2014 I started a web based broadcast called *Personal Transformation* giving peer support and raising awareness about the impact of childhood sexual abuse. In addition, I have been part of various public speaking engagements, will continue advocating for survivors of childhood sexual abuse and helping those who have not yet found their voice. I have also won a Sovereigns Medal for Volunteers. Join me every Thursday at 7pm EST at www.blogtalkradio.com/personaltransformation



Ranjini Chakravorty, Volunteer Facilitator, The Gatehouse

Ranjini is a Communications professional by the day and is dedicated to helping survivors at The Gatehouse in their journey. Ranjini, a survivor of childhood sexual abuse at home, moved to Canada in 2015 and climbed the stairs of The Gatehouse in 2016 looking for help in her journey. Ranjini never had to look back as the immense love, support and appreciation she received at The Gatehouse kept her heart full. She believes in making differences in the lives of survivors and hopes to spend the rest of her life spreading awareness and supporting survivors of childhood sexual abuse.



Ahmeda Mansaray-Richardson, The Gatehouse Volunteer Facilitator & Founder of Voices Ghana

Ahmeda Mansaray-Richardson is a hope-filled activist and an expert architect and facilitator of transformational processes in communities seeking to overcome the injustices of poverty. A fervent advocate of the sanctity of every person's desire to live in peace with self and neighbor, and, a paladin for safe spaces to nurture marginalized and stolen voices, she finds her purpose in serving initiatives that usher in peace and empower wholeness of living.



Something of a renaissance woman, Ahmeda is an accomplished academic, a volunteer Advanced Medical First Response team member, a Divinity student, a pilot in training, and a proud wife and mother of four sons. Ahmeda funnels her various skills and experiences into her service as founder and leader of The VOICES (Voices Of Inspired Children Engaging Society) Global Collective, a rights-based youth empowerment organization. The VOICES Global Collective is an organization striving for a world where collaborative synergetic relationships exist between young people and adults to create thriving communities. VOICES facilitates transformational conversations, pioneers community-based research and hosts hands-on development workshops that lead to active social change. To date, the organization has housed initiatives that has changed the lives of over 500 participants on three continents.

With a BSc. from McGill University, a Master's in Public Health from Lakehead University, and a postgraduate certificate in Community Development from The Coady Institute, Ahmeda is consumed by a vision of a world where ALL people are valued participants in peace-making and igniters of community transformational processes. She is humbled to note the impact of her work in many spaces and communities. Some of her favorite professional highlights are her guest lectures at Humber College, her service as advisor for the UN World Youth Report and her nomination as servant-in-chief in the urban poor community of Nima in Ghana.

Ahmeda Mansaray-Richardson is also co-founder and analyst for the African-based think tank, The Songai Institute, a Director for the advocacy organization, C4C, a Board member for Fight4Freedom, an anti-trafficking agency, and facilitator at The Toronto-based organization The Gatehouse. An avid reader, amateur poet, and lover of the many ways a sky shows up in each day, Ahmeda references her favorite quote from her favorite book as her personal and professional compass, “And now these three remain: faith, hope and love. But the greatest of these is love”.

Alice Olsen, M.S.W., R.S.W., The George Hull Centre

Alice Olsen is a Community Clinic Team Manager at The George Hull Centre for Children and Families. Alice began working with children, youth and families in the 70’s and has worked at Lutherwood, Oolagan, the SAFE-T Program at Thistletown Regional Centre, The Child and Youth Advocacy Centre, Fanshaw College and the University of Toronto. She has specialized knowledge and training in child sexual abuse and understands the importance of working collaboratively with all of the systems involved in a child’s life.



Deb Maybury, Martial Artist, Author, Filmmaker, Gatehouse Facilitator



Deb Maybury

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Talk Therapy - Inner Child Exploration - Mindfulness
Conscious Self-Dialoguing - Body Psychotherapy - Focusing

John Helston, The Gatehouse

John is a career educator who revisited his education after a cardiac event at age 48. His odyssey through the courts and law enforcement agencies cracked him open and ready to share. His intention today is to contribute to the healing community we all see in one another.



Greg Andrews, Volunteer Facilitator, The Gatehouse

Greg Andrews has spent the last 29 years as a faculty member in the college system. He is a husband, father and son, and an avid marathon runner. But for most of his life, he has struggled with the impacts of childhood sexual abuse. At The Gatehouse, Greg found a safe place to share his story and deal with the fear, guilt and shame associated with his experience. With the support of his wife, he continues his personal work by acting as a Facilitator at The Gatehouse and looks forward to sharing his story at this conference.



Spencer Henry Williams, Advocate, Writer, Filmmaker

Spencer hails from Toronto, but has lived all over Canada working as a manager in several different industries for the last 15 years. His passion for film knew no bounds, so the decision to go to Humber College at the age of 39 to study acting and film was an easy one. For the last four years, Spencer has worked at Humber College whilst studying, creating opportunities for others to learn their trade hands on. Spencer's first award winning film, *The Locket*, was made exclusively by Humber students from many different years and programs, and is now playing on the film festival circuit internationally.



Spencer Henry Williams leads by inspiring others to be their best selves. He provides opportunities for his fellow artists to grow and learn through hands on experiences, giving them enough creative freedom to experiment and express themselves, whilst pulling them all together to form a cohesive piece. Spencer's art is pulled from within, his subject matter is always both personal and universal. This parallels Spencer's artistic and personal journey as he grows his team of talented misfits and creatives, leading them towards healing, fulfillment and success.

He currently dedicates his life raising awareness of childhood sexual abuse through "The Gatehouse", an extremely important community resource and sanctuary for those affected by

trauma. When Spencer is not speaking to classes or participating in symposiums, he is creating films and media content that give voice to those who have been a long time silent.

Lacey Ford, Full Circle – Art Therapy Centre

Lacey Ford was born 1989 in rural Prince Edward Island, Canada. Lacey is a self-taught artist and began showing an interest in art when she was only seven years old, and started out by doodling cartoon characters she saw in children books. However, due to financial constraints she was unable to fully explore her interest in art until high school, where free art classes were offered.



During her adolescence, Lacey experienced a great deal of emotional distress caused by the negative effects of trauma, which she responded to by acting out. Fortunately, when she entered into high school and began taking art classes, she was able to express her feelings in a safe way and organize her thoughts, from this point visual arts became a regular therapeutic outlet for her.

In 2012, Lacey obtained her Bachelors of Arts in Psychology from the University of Prince Edward Island (UPEI). During the last year of her undergraduate at UPEI, Lacey randomly came across the definition for art therapy for the first time online, and realized this is what she had been practicing on herself, and decided then that she wanted to share the power of healing through art with other people in the world. Immediately after completing her undergraduate degree at UPEI, Lacey moved to Toronto in order to study art therapy at the Toronto Art Therapy Institute.

Lacey has recently launched a grass roots non-profit organization with her friend and business partner Pearl Lee, called the 'Full Circle-Art Therapy Centre'. The aim of the organization is to deliver art therapy services throughout Toronto and making mental health services more accessible to those who cannot afford private services.

Pearl Lee, Full Circle – Art Therapy Centre

I was brought up in Hong Kong and Malaysia. I never thought I had the 'artistic skills' or 'techniques' to make any kind of art. I always failed my art classes. During my high school years, I became more interested in graphic designing. I took Art as one out of the six subjects I have for my International Baccalaureate diploma. In the beginning, I measured every single angle in my art works. Until one day, I was given a 72" x 72" canvas to make a piece of art work. I no longer have that mathematical patience and just ran with it. That piece was the beginning of my therapeutic journey through art.



From a young age, I have learned to put up a strong mask and conceal my emotions. My elder brother actually told me that he didn't know I had emotions until he saw me crying one day when I was 21. During my International Baccalaureate course, I was supposed to make a series of painting circling one theme. Through that process, I was able to find the right expressions for my concealed emotions and begin to discover, explore, learn and heal.

I took some time off art, because I was told that it is really hard to make a living through art. I moved to Toronto when I was 19, went to York University, obtained my B.A Honours in Psychology, took a year off to spend time with my father before he pass away. When my dad passed, I thought back about the times I used to spend in the art room, the effect it had on me. I decided to follow my gut and pursue a career as an art therapist, and applied to the Toronto Art Therapy Institute. Now, here I am, perusing the vision of free mental health services for all through the way I know how- Art Therapy, to promote the importance of mental health and self-awareness.