



# Gentle Path Newsletter

July 1, 2016

EXCITING THINGS HAPPENING!

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## Fall Fundraisers

### Come be a part of the Journey!

June has been an exciting month here at Gentle Path! We are in full gear trying to prepare for our very busy fall season. As you may know, Gentle Path is having its Annual Fall Fundraiser as well as Fall Auction in the months of September and October. The headlining guest (but all of our guests are headliners in our hearts!) of our Pathways to Hope event is Frank O'Dea, the Montreal-born co-founder of Second Cup. On September 15th at the Imperial Theatre, Frank and a collection of local leaders will provide insight and inspiration as they share stories of hope, ambition, and perseverance in overcoming significant life challenges. Frank's personal story is one of great adversity and triumph – he left behind a life of homelessness and panhandling and went on to receive multiple national accolades, such as Officer of the Order of Canada, as well as numerous honorary degrees from Carleton University and Royal Roads University.

Frank has managed to not only conquer addiction, but to thrive both personally and professionally. His arduous past not only inspired change and entrepreneurial ingenuity, but it also helped foster an empathetic and philanthropic dimension to

his success. Frank has co-founded organizations such as Street Kids International, an organization developed to help homeless children in developing countries; Chair of War Child, an organization that provides aid to children suffering in war affected countries; and the Canadian Landmine Foundation, an organization that raises funds for the dismantling of minefields around the world. We are very proud to have Frank O'Dea come to Saint John and take part in our city's revitalization movement. More to come on Frank and our Leaders of Tomorrow participants in the coming weeks—stay tuned!

### Annual Fall Auction

We have also been very busy getting things in order for our Fall Auction. Our Auction Committee members have been calling (and calling, and calling!) potential contributors to solicit donations for the big night. Thank you to the Committee and thank you to everyone who has offered an item, certificate, gift bag, or service! Gentle Path is fortunate to have your unwavering support. Money raised from this event supports free groups and counselling services for those who are unable to pay for them—many of these services are directed at children.



**Frank O'Dea**

Frank's message, "Hope | Vision | Action," speaks to all of us when we picture a stronger and brighter tomorrow for all who live in our City and Province.

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### Gentle Path's Birthday!



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## Gentle Path's New Services

### Financial Counselling

In addition to planning and coordinating, the Gentle Path Staff has also been learning! The organization hosted a talk by Scott Marshall from Alan Marshall & Associates during which Gentle Path staff members were able to ask questions and familiarize themselves with topics like budgeting, debt and bankruptcy. This workshop is rather timely considering Ashley MacNeill has recently joined our Gentle Path team. We are thrilled to have a personal financial expert to guide our clients through what can be a very complicated and convoluted process. Ashley specializes in both individual and group counselling, and has been serving the residents of Saint John and surrounding areas for over 20 years. If you or someone you know could benefit from this service, please call Gentle Path today and book an appointment.



*Finances can be tough but we can HELP!*

### New Cancer Care Program

Fall also marks the beginning of several new Gentle Path programs! One that we are particularly excited about is our Cancer Care Program. With the help of a generous grant from MindCare, Gentle Path is now able to provide three free counselling sessions for anyone whose life has been affected by the disease. No referral is necessary, and it is for everyone: patients, their families, and caregivers. Individuals can simply call to inquire about the program and appointments can be made over the phone. We are here to provide a confidential and supportive atmosphere where each person can discuss their journey with cancer and be treated with compassion and respect.



*Pictured above is Gentle Path's Executive Director, Judy Urquhart, and Rev. Chris McMullen, President of Gentle Path's Board of Directors, accepting the MindCare Grant.*

### IT'S OUR BIRTHDAY!

July 1st 2016 also marks a significant milestone in Gentle Path history -- this Canada Day is Gentle Path's eighteenth birthday! An organization which was born out of the determination and perseverance of two counsellors, Judy Urquhart and Joyce Gregg, has grown to faithfully serve the residents of Saint John and surrounding areas for nearly two decades. Joyce, who passed away on June 24th, will be forever remembered at Gentle Path as not only a co-founder but as a friend, counsellor, and humanitarian. Joyce's compassion will live on through Gentle Path's involvement within the Saint John community, and its promise to stay true to its founding tenets. In 1998, Judy, Joyce, and eighteen volunteers shared a revolutionary vision of an agency that offered compassion and care for all, regardless of their ability to pay—and eighteen years later, Gentle Path continues to fulfil its original mission. Happy Birthday to us!

We will be celebrating our big 1-8 with an afternoon of cake and fun on Thursday, June 30<sup>th</sup>, at the Gentle Path location on Richmond Street. If you're a friend or volunteer and happen to be in the area, please feel free to stop by and join in on the festivities. Gentle Path truly could not provide the unfunded services and programs we do without the support of our community!



*Gentle Path on its opening day, 18 years ago!*



*Gentle Path's co-founder Joyce Gregg working hard!*