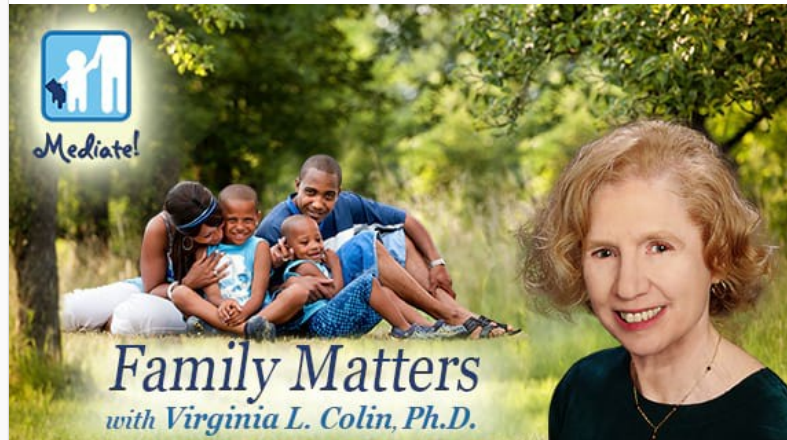


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September 29th 2015: Breaking My Silence: A Survivor's Story of Recovery from Child Abuse

Across countries, races, religions, and socio-economic levels, child abuse is distressingly common. Abuse can be physical, emotional, and/or sexual. It can continue in a family from generation to generation until someone steps forward to confront it. Doing so takes courage but can lead to healing. In this program, Maya Hope Kitwana tells her story of abuse, secrecy, breaking her silence, and learning to love herself.

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Featured Guest



Maya Hope Kitwana

Maya Hope Kitwana is a survivor with a powerful story to tell. She has made it her life's work to bring out the beauty in life and to give comfort to those she meets. Her story is one of abuse, endurance, and the unexpected consequences of breaking her silence about what happened in her family. Her journey has taken over thirty years. Now she has a family of her own. For the sake of her children and herself, she knew she needed to end the cycle of abuse. She chose to step forward with her story even as she worked through feelings of shame and embarrassment. Telling her story was the only way for her to put an end to her suffering and become able to love herself. Her hope is that sharing h

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