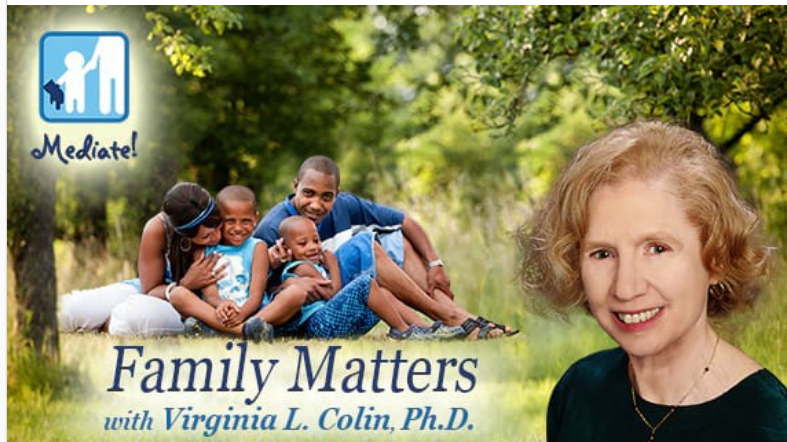


[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!

VARIETY



Family Matters

Archives Available

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.

[DOWNLOAD PDF](#) [GET CODE](#)

Tune in

Archives Available on
VoiceAmerica Variety Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

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.

[Read more](#)

Share This Episode

[Share On Facebook](#) [Share On Twitter](#) [Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

[VOICEAMERICA BLOG](#)