



Milwaukee Center
For Children & Youth
Restoring Hope, Healing, and Support



Virtual Book Club

Discovering a Healthier You: A Journey to Emotional Healing

Discovering a Healthier You is a curriculum used in conjunction with the book *Hope Looks Like You: Surviving Abuse*. Through connecting with the characters, participants are able to discuss difficult themes such as childhood trauma, sexual assault, and dating violence. Topics are introduced through creative writing and art activities that allow people to express themselves. This book club will open paths to discover different ways of becoming an emotionally healthier person.

Goals:

- Help participants connect with their feelings through journaling
- Use activities to discuss and share feelings and emotions while developing coping skills
- Engage others in conversations about trauma
- Understand teen dating violence and sexual assault
- Create healthy boundaries
- Build self-esteem
- Develop and maintain healthy relationships

Middle and High School students are welcome.
All participants will receive a free book and curriculum.
If you know anyone interested in this book club, please contact Eileen Cruz
at eileen@mccy.org or 262-833-7538 for more details.