

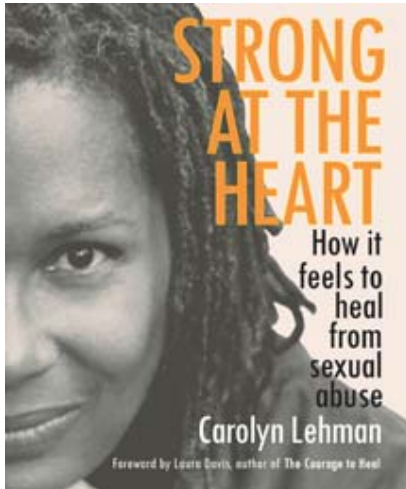


News Release
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Berkeley, California

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**AUTHOR CAROLYN LEHMAN TO SPEAK
AT BERKELEY PUBLIC LIBRARY
ON HEALING FROM SEXUAL ABUSE**

To offer information on sexual abuse and bring attention to survivors' strengths and the capacity to recover from assault, the Berkeley Public Library presents a program with author **Carolyn Lehman**.



On Saturday, October 13th, from 1-3 p.m., in the Central Berkeley Public Library's 3rd floor Community Meeting Room, Carolyn Lehman will tell the story of her book, *STRONG AT THE HEART: How It Feels to Heal from Sexual Abuse*, a very compelling look into the lives of nine diverse sexual abuse survivors. Lehman will talk on why she wrote the book and what she learned in the process of interviewing teen and adult survivors about their healing process.

Through interviews and photographs, these men and women—most in their teens and twenties—reveal the choices they made, the people they turned to, and the strategies that worked best for them in overcoming the harm of sexual abuse, including involvement in college campus activism.



Arturo Carrillo, whose story is told in the book, will talk about his experience growing up in the Latino community in the Bay Area, what it was like to be molested as a ten-year-old and keep it a secret, and how he developed a serious drug addiction in his attempt to cover up his feelings of shame. His healing began in court-ordered residential treatment, and now he is a Senior Staff member of Walden House as well as a well known drummer in the Bay Area Latin music scene.

Following the presentations there will be a Q & A.

Carolyn Lehman is also the author of *PROMISE NOT TO TELL*, one of the first novels for young readers to address sexual abuse. She has been active in the survivor movement for over twenty years as a writer, speaker, and political columnist for the newsletter, *The Healing Woman*.



For more information on the event call 981-6107, 548-1240 (TTY), or go to <http://www.berkeleypubliclibrary.org>

To find out more about *STRONG AT THE HEART*, visit www.strongattheheart.com

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