



**By Joan Ulsher** 

## **Reflections and Discussion:**

- 1. The author had a purpose in writing this book. Rather than just telling her "story" she chose to inform readers about the need for more volunteer CASA/GAL advocates to serve children in foster care through her journey because she never had a CASA advocate. What part of the author's story resonated or struck you the most?
- 2. The author speaks of several individuals who made an impact in her life, even when they did not realize how their "presence" gave her hope and led to resiliency. Have you ever had to deal with adversity or trauma so threatening that you did not think you could survive? If so, how did you survive? Was there a particular person, action, or event that helped you face that challenge?
- 3. Lifelong secrets and painful memories or experiences the author faced in life were revealed to demonstrate that "our past does not define our future." By naming these trepidations the author realized her purpose in life. Would this sort of disclosure work in shaping your purpose or life? Or perhaps could you see it working with others you know?
- 4. The last letter the author received from her brother before his suicide inspired the title of this memoir. How does the book's title work in relation to the book's contents? Did the story impact you enough to remember it in a few months or years? Did it change or alter your impression of the child welfare system or foster care in general?
- 5. Storytelling is a powerful tool for shaping our hearts and minds. Stories can come alive in our brains as we read the words, and that can spark our imagination. What part of the author's story came alive for you? Could you imagine yourself on her journey or in search of a similar purpose in life?

## From the publisher:



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## Reflections and Discussion (Continued):

- 6. If you were to write your story, how would it begin? What events or details would you include, or what would drive your inspiration?
- 7. The author chose to dedicate this story to her brother. We meet the author at her brother's graveside in the present day and return to that place in the past near the end of the story. Did you ever believe the author could triumph despite her trauma? How can we apply her resiliency journey to family, friends, children, or others struggling around us today?
- 8. The author intended this story to appeal to readers with a "heart" to support children who are hurt and to be a "call to action" for readers to consider ways to serve children in foster care in their community. Do you think the author succeeded or will succeed in what she set out to do with this story? What is the most important point the author makes in this book?
- 9. Hearing stories about everyday people facing impossible difficulties and triumphing despite limitations can make a difference in our lives and others. In this story, we learned of the author's resiliency and the impact she has on children in foster care. Are there people you know that have a story to tell? How can you nurture the story in them, or within yourself, to make a lasting difference in the community?
- 10. Do you have any lingering thoughts or questions about the story? What could the author have done or said differently?

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