



BOOK CLUB GUIDE

Hello, It's Me

SURVIVING THROUGH CAREGIVING · A GUIDED MEMOIR AND JOURNAL

A short, honest memoir about growing up as the caretaker, the fixer, the strong one, and the slow, brave work of coming home to yourself. From the streets of Haiti to a new life in America, Maëlle Nivi writes for every woman who learned to carry everything.



QUESTIONS FOR YOUR CIRCLE

- 01 The author always comes back to the age of nine. What age do you come back to, and why?
- 02 A neighbor calls out, “Come and let me rebraid your hair,” and asks for nothing in return. Who cared for you that way as a child?
- 03 “Love, for me, was always tied to what I could give, not who I was.” Where have you seen that pattern in your own life?
- 04 The green dress carries both excitement and grief. What do you think the author was really carrying on that plane?
- 05 Why do you think people went quiet when she stopped giving? Have you lived that silence?

FOR THE HOST

Read at your own pace, and pause where the book asks you to. Nobody has to share more than she wants to. Some chapters touch hunger, grief, and family pain; take care of each other.

- 06 In *The Mirror of Motherhood* she writes, “I had to mother me.” What would that look like for you?
- 07 “I can do it after.” What is one boundary you could put a time on?
- 08 Which Haitian proverb from *The New Me* speaks to you most? Is there a proverb from your own culture you carry?
- 09 Read the Letter to My Younger Self aloud. What line would you add to a letter to your own younger self?
- 10 The book ends: “Hello, it’s me. And I’m finally home.” What does coming home to yourself mean to you?
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THE PROVERBS SHE CARRIES

Piti piti zwazo fè nich li.

Little by little, the bird builds its nest.

Tèt ou se chapo ou.

Your mind is your crown.

Dèyè mòn gen mòn.

Beyond the mountains, more mountains. I keep climbing.

Fòk ou kwè, pou ou wè.

You have to believe to see.

Bondye konn bay, men li pa konn separe.

God gives, but He doesn’t divide. I receive my gift whole.

RESOURCES (US)

988 Suicide & Crisis Lifeline: call or text 988. National Domestic Violence Hotline: 1-800-799-7233. Caregiver Action Network Help Desk: (855) 227-3640. In immediate danger, call 911.