

In this holiday season, we send our sincere hope that your days are filled with well-being. We invite you to come visit us through our online [forums and e-meetings](#) if you would like to receive or give some support during the holidays.

You are receiving this e-mail newsletter because at some point in the past you expressed interest in receiving more information about the ASCA self-help support group program. We intend this first newsletter to be a useful reintroduction/review of The Morris Center and the ASCA program. Included are key aspects of our program with *real resources you can use now*.

What is ASCA?

ASCA (Adult Survivors of Child Abuse) is an international, psychologically based, self-help support group program, designed specifically for adult survivors of physical, sexual, and/or emotional abuse or neglect. ASCA is a highly effective program which consists individual and group component. We offer survivors the opportunity to participate in [virtual asynchronous meetings](#) via our website, as well as live in-person [support group meetings](#). We support the meetings with high-

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quality recovery literature created especially for adult survivors of child abuse. [The Survivor to Thriver manual](#) is the workbook for the three stage recovery program of ASCA that can be downloaded for free or purchased and delivered to you.

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Purpose of ASCA

The Morris Center created ASCA in order to guarantee access to a superior program focused on recovery from childhood abuse irrespective of any survivor's financial situation. ASCA supports and assists individuals to transform their self identities from victims, to survivors, to thrivers. Our mission is to reach out to and provide support for as many survivors of child abuse as possible and to encourage the growth of ASCA support group meetings around the world. Please [join us in our mission](#) by contributing what you can. The Morris Center needs you to survive and thrive.

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Who uses ASCA?

- Individuals practicing the ASCA program privately, or online through the [forums and e-meetings](#) on our website.
- Those practicing the ASCA program in conjunction with ASCA self-help [support groups](#).
- Those using parts of ASCA with their individual or group psychotherapy



About this newsletter

The purpose of your ASCA newsletter is to:

- ***cultivate our community***
- ***share information, creative work, and resources with each other***
- ***inspire the growth of ASCA self-help support groups***
- ***encourage volunteerism and financial contributions***

It is our hope that much of our content will be user generated. We look forward to future submissions of content by survivors of child abuse, their loved ones, and professional care providers.

process.

- Mental health and social services organizations looking to initiate a support group program for adult survivors of child abuse.

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History of ASCA

In 1993, The Morris Center began collaborating with a team of respected therapists and community volunteers to design and implement our first ASCA meetings in the San Francisco Bay Area. We have continued to update and evolve the program in conjunction with solid research, testing, and participant feedback.

In 1999 the Morris center decided to host all [ASCA materials online](#) with the inauguration of our [website](#). Individuals and groups may download and use any materials they consider helpful to their recovery efforts, free of charge.

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How can I start an ASCA group?

We offer ASCA to all members of the survivor community, as well as to professional caregivers and care giving organizations working with survivors of child abuse.

Everything you need to start your own group is right on our website . Join us in our mission so that we may continue to reach out to other survivors and extend the ASCA

We will have guidelines for submitting your resources, information, and creative work in the next issue. In the meantime, [please take our survey](#) and let us know what you want!

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*for healing
from
child abuse*

We need your help!

Please be sure to give us your feedback by taking our survey.

program to those who desperately need quality recovery resources. Any amount you are able to gift will help. [Join us in our mission.](#)

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If your organization would like us to host a presentation on the ASCA program at your facility, or if you need some support starting an ASCA group, please [contact us.](#)

Peace and Goodwill,

[ASCA Newsletter Editor](#)

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