

**UPLIFT: A monthly ASCA newsletter of thriving and inspiration. Exclusively from The Morris Center for Healing from Child Abuse.**

**MARCH 2017**



Featuring positive, uplifting information exclusively from The Morris Center for Healing from Child Abuse.

## ***UPLIFT***

In this issue we are treated to original artwork by an adult survivor of child abuse, we'll learn more about our newest ASCA meeting and we take a moment to talk about our upcoming issue for Child Abuse Awareness Month. We hope that you'll be uplifted.

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*"Plum Blossoms"*  
*Original artwork by Karen*

"The five petals of the plum blossom flower symbolizes 5 blessings: longevity, prosperity, health, virtue and good living"

"In the midst of winter, before snow melts and the swallow returns, plum trees blossom onto the barren landscape, bracing the harshness of winter and reminding people spring will come. The fragrance of plum blossoms "comes from the bitterness and coldness". Celebrated is the vitality of life, endurance through hardship and hope that life will regenerate."



*"Carmel Highlands"*  
*Original artwork by Karen*



*"Transitions"*  
*Original artwork by Karen*

When I first painted "*Transitions*", I felt I was on the rickety bridge about to fall into the rapids. I felt like I had no clue where the heck I was going. Something just kept me going forwards and upwards. Over time, especially after discovering [ASCA](#), I find that I could relate to being on the stairs at the side of the mountain, no idea what's on top, enjoying the view and scared of the height. Now, I understand what that beautiful place feels like. Sometimes I even sit in the gazebo.



original photography by an  
Adult Survivor of Child  
Abuse

## [APRIL IS CHILD ABUSE AWARENESS MONTH!](#)

We want to feature your submissions for Child Abuse Awareness Month!

- Positive, uplifting poetry
- Original photography featuring a blue ribbon (see photo above)
- Your personal photos/stories of serving the community (250 words or less)

## [ASCA SUPPORT GROUPS](#)

[Our February issue](#) mentioned 5 new ASCA groups. Our website briefly experienced some technical challenges around that time. We want you to know the information is back up and available. More

information on those 5 new ASCA groups can be seen by clicking [here](#).

## **ASCA's newest support group:**

[St. Luke's Hospital, San Francisco, CA](#)  
[3555 Valencia St.](#)

**Beginning March 30, 2017** ASCA meetings will be held at the corner of Ceasar Chavez Blvd and Valencia st, in St. Luke's Hospital, Thursdays from 7:30pm-9:00pm. This new San Francisco ASCA meeting will feature easy access from BART and MUNI transportation. Meetings are in the "ACR"-Administrative Conference Room 120

From the front entrance, pass the lobby and elevators. The room is on the right as you go up the ramp.

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UPLIFT joins our still ongoing, quarterly newsletter. We would love to feature you. If you would like to volunteer, have comments or would like to provide supportive feedback for anyone featured in this newsletter, send an email to [ascanewseditor@gmail.com](mailto:ascanewseditor@gmail.com) by including their name in the subject line of your email.

A special thank you, to all those who have made a [donation to the Norma J Morris Center](#). We would not be here without you.

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