

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

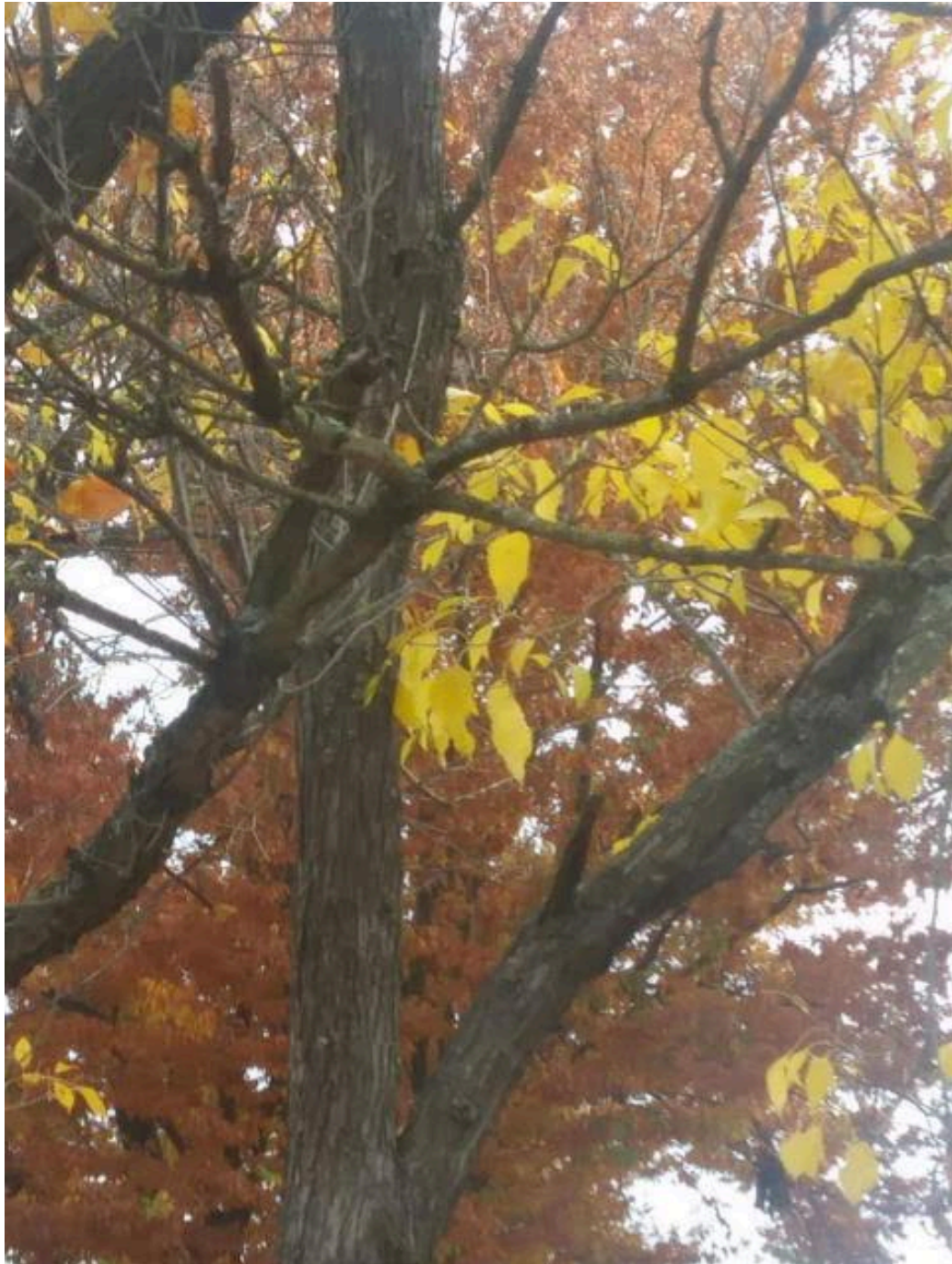
NOVEMBER 2017



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

UPLIFT

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*Photography by ASCA member Kim
Northern California, Thanksgiving Day*

**The Morris Center would like to remind you that
you deserve a safe and supportive Holiday season.**

1. You **HAVE THE RIGHT** to be who you want to be, and live the way you want to live
2. Our [ASCA Support Groups](#) provide safe and reliable support for all recovery stages
3. Our [Volunteer Program](#) is a great way to give back to the ASCA community.

*"You may not control all the events that happen to you,
but you can decide not to be reduced by them"
-Maya Angelou*

visit our website to find out
what ASCA can do for you,
and [what you can do](#) for ASCA.

We continue to look for your personal stories, photography, artwork and positive forms of self expression. We consider all entries that relate to the ASCA program.

[Send in your submissions](#)

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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 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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