

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

MAY 2018



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

UPLIFT

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The Morris Center wants to remind you
that regardless of your relationship with your family
you are awesome just the way you are
you have the right to be who you want to be
and you have the right to live the way **you** want to live

Happy "YOU" day



[make sure you check out this exercise/article on writing a self compassionate letter](#)

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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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