

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

JUNE 2019



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

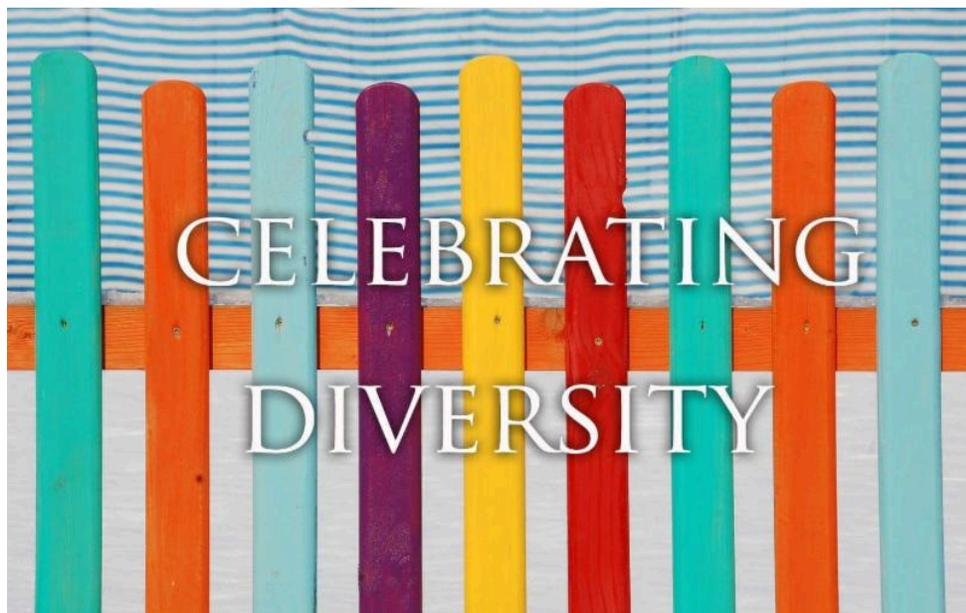
UPLIFT

In this issue, we feature Photography, Artwork, and Inspiring Quotes.

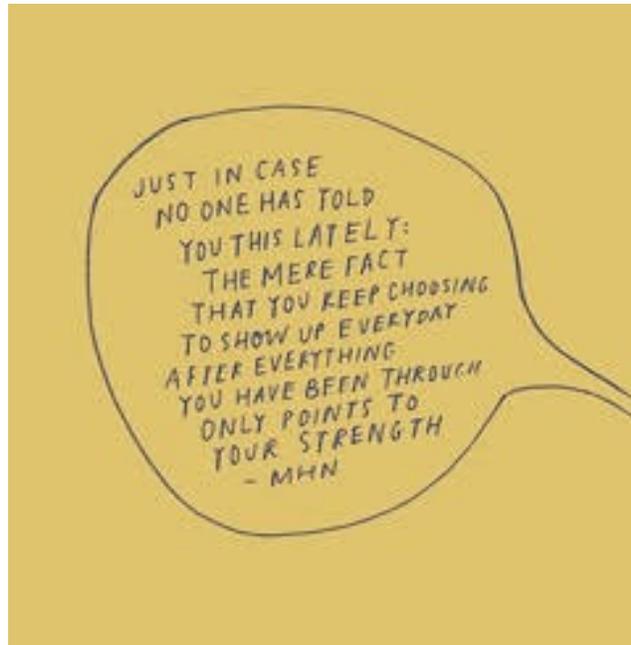
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you
are
awesome

Today, and every day
you have the right to be who you want to be
to live the way you want to live
and you are awesome
regardless.



Original Photography



***"Just in case no one has told you this lately:
The mere fact that you keep choosing
to show up everyday
after everything you have been through
only points to
your strength"***

-Morgan Harper Nichols



Original Artwork by Amaroq

YOU ARE
ALLOWED TO
BE BOTH A
MASTERPIECE
AND A WORK
IN PROGRESS
AT THE SAME
TIME

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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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**Original Artwork and Photography by Amaroq and zsolt.ro*

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