

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

MAY 2019



UPLIFT

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

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The Morris Center For Healing From Child Abuse



MAKE A DIFFERENCE

Volunteering for The Morris Center is easy. You get to work at your own pace, and build valuable experience supporting a worthwhile cause. Choose from a variety of opportunities to make a difference in the way that feels right for you. We love to feature our volunteers in our online newsletter and even on our official Facebook page. The first step is visiting our website and filing out the volunteer form.

Raise \$200 and we'll treat you to pizza.

FUNDRAISING

Bake Sales, Spaghetti Feeds, Wine & Cheese tastings and Car Washes are some fun ways to get together and volunteer as a group



fundraising through friends or other donation solicitation can be done as an individual

SUPPORT YOUR ASCA GROUP

Engage others to help post flyers, contact local resources, set up a Meetup page, donate blank journals and raise community awareness



Empower your group by becoming more actively involved

INCREASE AWARENESS



DO EVEN MORE



Help spread the knowledge by writing for the ASCA newsletter, administering the online discussion board, and starting a new ASCA support group

We offer special volunteer opportunities for those with specialist skill sets such as marketing, language translation and grant writing

www.ascasupport.org

THE MORRIS CENTER FOR
HEALING FROM CHILD
ABUSE

[click here for our volunteer form](#)



INTERESTED IN **FREE TRAINING
TO BECOME A CO-FACILITATOR?**

- Get the training you need to start your own ASCA Support Group!
- Receive future mentoring and guidance from other co-facilitators
- Give back to the ASCA community by learning how to hold safe meeting spaces

PART I and PART II: **June 8th & June 15th** **contact us to sign up today!**

[Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Norma J Morris Center For Healing From Child Abuse whenever you shop on AmazonSmile. Click to start donating at no additional cost to you, instantly while shopping on Amazon.](#)

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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