

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

NOVEMBER 2019

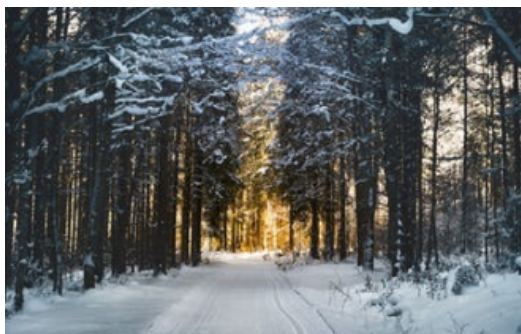


UPLIFT

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

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**YOUR HEALTHIEST
WINTER
YET**



Here are some tips for a Healthy Winter

- Layer clothing for warmth and comfort
- Stay hydrated and moisturize more often
- Be aware of weather changes for safer travels
- Attend [an ASCA meeting](#) for support from fellow Adult Survivors of Child Abuse.



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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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