

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

JUNE 2020



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

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UPLIFT

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



Check out helpful tips
from Therapist Nedra Tawwab

When Father's Day Is A

Trigger
@NEDRATAWWAB

Reasons

You don't have a healthy relationship with your father
Your father is deceased
Your father was never present
You are grieving the loss of a father-like relationship
You are away from your father
You are a parent who experienced the death of your child
You're a single parent (mother or father)

Ways To Cope

Plan to do things that make you feel happy
Spend time with people who understand your feelings
Be intentional about building relationships with father-like figures
Allow yourself to feel the difficult feelings without rushing them away
Start a new Father's Day tradition
Go to therapy prior to Father's Day to explore your feelings



Cloister Garden in Venice, Italy
photo by John Thompson

"Cloister Gardens always invite me to pause, sit, and enjoy the seclusion and silence"

In memory of John Thompson

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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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