

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

MAY 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 Mother's Day Is A Trigger

@NEDRATAWWAB

Reasons

- Being abandoned by your mother
- Pregnancy loss
- Difficulty conceiving
- Loss of a child
- Being a mother without support
- Having an unhealthy relationship with your mother
- Loss of a parent or close relative
- Being hurt by your mother
- Grieving the loss of a mother-like relationship
- Being away from your mother

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 mother-like figures
- Allow yourself to feel the complicated feelings without rushing them away
- Start a new Mother's Day tradition
- Go to therapy before Mother's Day to explore your feelings

www.nedratawwab.com

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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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