

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

AUGUST 2017



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

## ***UPLIFT***

Part of the human experience is diversity of surroundings. We wanted to show you what the surroundings are like, for different Adult Survivors of Child Abuse around the world. In this issue, get in on the Zimbabwe experience, as members of a women's support group, share about their surroundings through pictures and in their own words. We hope that you'll be uplifted.

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**ZIMBABWE**

*I love the group! I am so lucky to have found such a lovely bunch of ladies with different stories, bound together by our crazy emotions, and our need to finally be heard without judgement or pity. We are all aiming to make peace with our pasts, to stop the cycle, and to control our negative emotions. We want to be the best we can be, so that our precious partners and children do not have to suffer the way we have. What a brave bunch of ladies to face such horrors and fears, and actually do something about it!*



"This is a typical view from my home. I love the space and sunshine, feeling grateful to still have this little piece of paradise. In a place where there are so few people and buildings, it's very special to be able to get away. I can truly relax and evaluate life."



"Matopos National Park, not far from where I grew up. I loved the escape of climbing UP!"



**"I love the smell and coolness of the forest. Our group often goes walking in forests like this, as well as the lovely pine forests with wonderful nature smells and quiet underfoot."**



**"We enjoy the wildness of the flowing river, wondering where it ends up, listening to the rushing sounds. We usually have a picnic here, sometimes swimming in the extremely cold pools, and have hot tea."**



"Hwange National Park, near where I was born. The park is also home to Lions, Giraffe, Buffalo, loads of types of Antelopes and so much more. When I am surrounded by animals, I am always reminded of the bigger picture and to be present."

Interested in featuring your photos  
or ASCA group?

[Be sure to let us know!](#)

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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](mailto: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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