

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

**MARCH 2018**



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

## ***UPLIFT***

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April is National Child Abuse Prevention Month. For the month of April and throughout the year, The Morris Center encourages all individuals and organizations to play a role in making The Morris Center a better place for Adult Survivors of Child Abuse. By volunteering, we can help make meaningful connections with our communities.

**The perfect time to volunteer for The Morris Center!**



# 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 filling 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

### DO EVEN MORE



[Click here for a printable PDF version of our Volunteer Flyer](#)

We are excited to announce that [SHARE!](#) invited us back for their Festival of Recovery, April 28th, 2018. **We are looking for co-facilitators in Southern California that would be interested in co-facilitating an ASCA meeting.** [Contact us](#) for more information on co-facilitating for April 28th, 2018.

# SHARE!

## Festival of Recovery



**FREE PARKING!**  
**LUNCH Provided!**

Check out more than 30  
Self-Help Support Groups and  
find the one you want!

Save the Date:  
**Saturday, April 28th, 2018**  
**Time: 9 am - 5 pm**

A support group can help you...

- Turn from struggling to thriving
- Think about your dreams and find a way to make them happen
- Cope with feeling depressed
- Overcome anger and resentment

For more details please contact Pam at SHARE!  
Pam@shareselfhelp.org

In our previous issue, we mentioned Karen is a co-facilitator from Santa Monica. Karen is actually a co-facilitator from [the Santa Clarita ASCA group](#).

Our quarterly Spring Newsletter is just around the corner! Our quarterly Newsletter features shares of your personal stories, articles related to recovery, and the growth and outreach of The Morris Center. We consider all entries that relate to the ASCA program.



## [Send in your submissions](#)

[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](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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Place article copy here. Be sure to make the articles short and concise as people tend not to read much more than a couple of paragraphs. Place article copy here.

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