

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

FEBRUARY 2019



UPLIFT

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

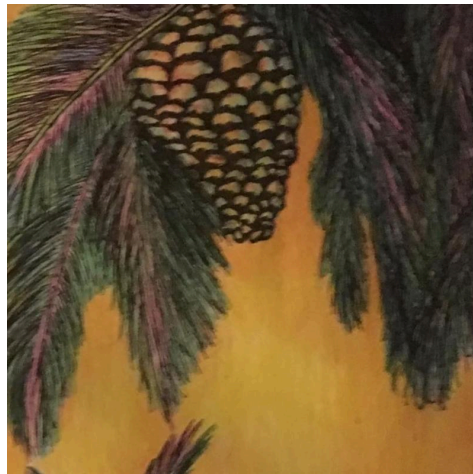
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Tarpon Springs, Florida ASCA Group

"Out of suffering have emerged the strongest souls;
the most massive characters are seared with scars."

Khalil Gibran



Original artwork by Amaroq

Post-Mortem

original poetry from the book [Heart's Eye](#)

Yesterday
the day was dark and horrific.

Today there are only
dandelions swaying in a breeze
of daylight,

and I remain small and
private in my grief

like an acorn
knocked about gently

in the wind

Isabel M.

We have some great news to share in our upcoming
March issue, which will also mark the start of
Spring!

What does Spring looks like for you, in your part
of the world? Would you like to share some
inspirational goals you are working on? Perhaps
some cool looking photos, or another creative and
positive form of self expression?

[send in your submissions](#) and be sure to tune in
for our March Issue of UPLIFT!

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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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