

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

**JULY 2016**



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

## ***UPLIFT***

In this issue we feature original photography, a longtime ASCA group open to new participants, including exciting news of a book study group for Soul Survivors: the big book to the ASCA program written by Dr. Patrick Gannon. We hope you'll be uplifted.

*unable to see parts of the Newsletter?*  
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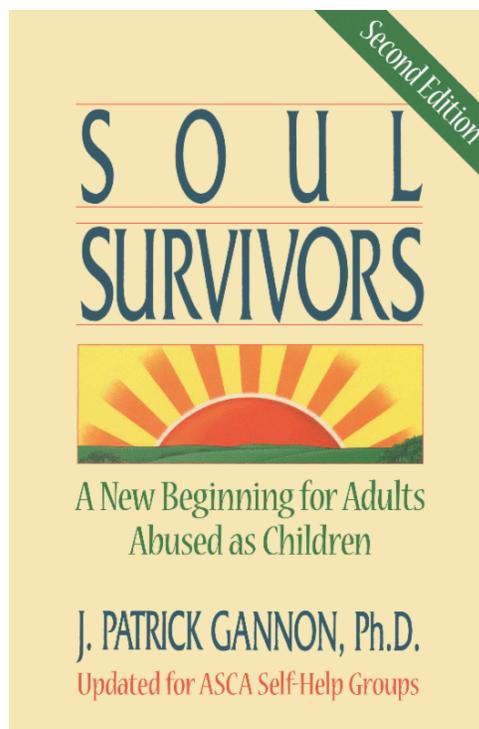
*Original photography by John M., San Francisco Bay Area*



*"One important element of recovery is being truly in the moment.  
Nothing brings me into the moment better than framing and taking a  
picture"  
John M.*

Have you heard of the Adult Survivors of Child Abuse support group at **45 Castro st** in **San Francisco, CA**? This longtime ASCA support group, is open to new participants. Adaptable and resourceful, safe and supportive, you'll also find effective, free hands on training to learn new leadership skills for co-facilitating meetings. Our ASCA meetings are always conducted in a reliable, supportive format that is based on the [21 steps](#) developed by Dr. Patrick Gannon, adhering to clear guidelines and ground rules. Are you a therapist or a friend of a survivor in the Bay Area, who you would like to offer more support? [Tell them about this meeting](#). Tell them to come see how together we can help each other heal and thrive.

[Contact 45 Castro St. ASCA](#)



### **A NEW BOOK STUDY GROUP!**

Have you ever wanted to incorporate the book [Soul Survivors](#) into your recovery work but weren't sure how? Ever felt like you were missing the book study support of others? We are happy to announce a solution for you! The book study will meet for one hour each week, using the free web based application [Zoom](#). We recommend that those participating have a copy of [Soul Survivors](#). More exciting information is in the works! Interested? [email Lawrence](#) or [Ozella](#) for details.

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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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