

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

SEPTEMBER 2017



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

UPLIFT

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An exciting chance to win cool, exclusive artwork and help us find the new name for our current "UPLIFT" Newsletter!

We are looking for a newsletter name as unique as our current monthly "UPLIFT" newsletter: featuring success stories and positive, uplifting information for an audience that is over 94% Adult Survivors of Child Abuse.

1. Must represent the theme description above
2. Must be no more than 2 words

The winner will get exclusive artwork from San Francisco artist: Amaroq

Contest begins now and goes until the end of the year

What would you name our newsletter?

[CLICK HERE TO ENTER THE CONTEST](#)



We received lots of great feedback through our Newsletter survey. Thank you! We will continue to respond to the feedback through future newsletter issues. We learned many people subscribed to our newsletter, to connect with other Adult Survivors of Child Abuse. No matter where you are in the world, we want to make sure that you know:

[There is an ASCA discussion forum on the ASCA website](#)

and

[There is a Saturday virtual ASCA meeting you can attend from anywhere in the world](#)

(include "Saturday Virtual Meeting" in the subject of your email)

We continue to look for your personal stories, photography, artwork and positive forms of self

expression. We consider all entries and our Quarterly Newsletter is just around the corner!

[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 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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