

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

**FEBRUARY 2018**



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

***UPLIFT***

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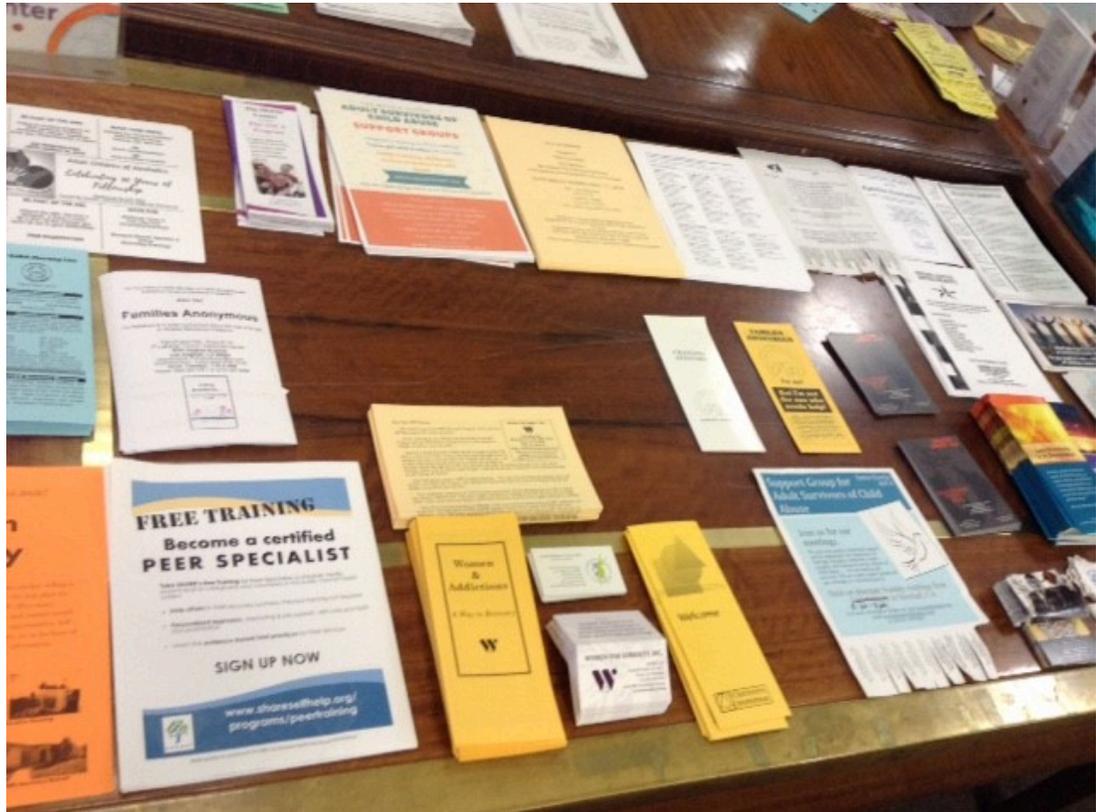
We were invited by non-profit organization [SHARE!](#) to participate for our first time, in their annual recovery day.



The white board that says "Welcome!!" is a schedule listing as many as 30 different support groups. The support groups were invited by SHARE! to hold meetings at SHARE!'s center for their annual recovery day.



On the left is Pam, our multi talented, gracious main contact and Peer Specialist at SHARE! On the right is Echosaisis, our Director of Outreach.



We created a special flyer for the event so that more people can learn about ASCA and hopefully start a new ongoing ASCA meeting. SHARE! allowed us to leave our flyers on a resource table, along with other support groups.



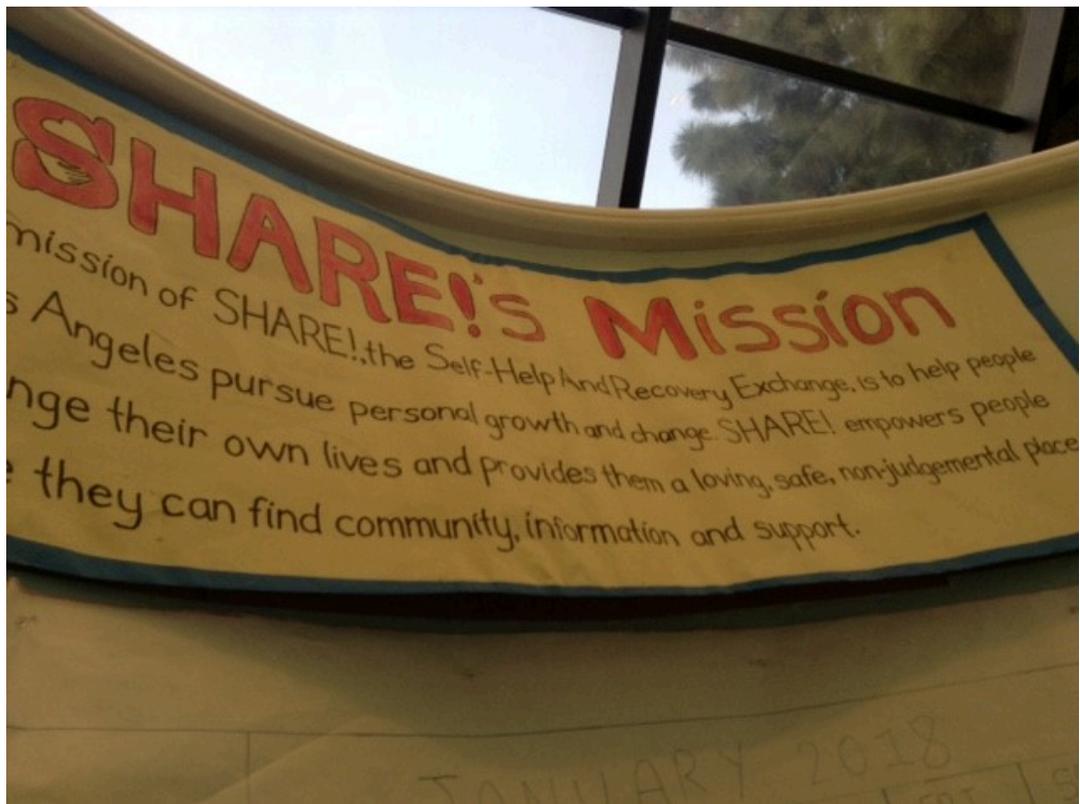
While other support groups held and finished their meetings, we were at an informational table handing out flyers and talking with folks about our effective ASCA program.



We held our ASCA meeting in one of the many meeting rooms provided by SHARE! for support groups like ours.



Teamwork: The hands of Co-facilitators Karen from Santa Monica ASCA and Echosaisis from Sacramento facilitated an ASCA meeting for recovery day. At least 7 people attended that had never experienced an ASCA meeting before. The effectiveness of our co-facilitator training allowed for Karen and Echosaisis to run a safe and effective ASCA meeting together, even though this was the first time they had met in person!  
How cool is that?



[SHARE!](#) is based in the Los Angeles area. This is a banner of their inspiring mission statement that hangs over their stairway.

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](mailto:Pam@shareselfhelp.org)

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

expression. 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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