

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

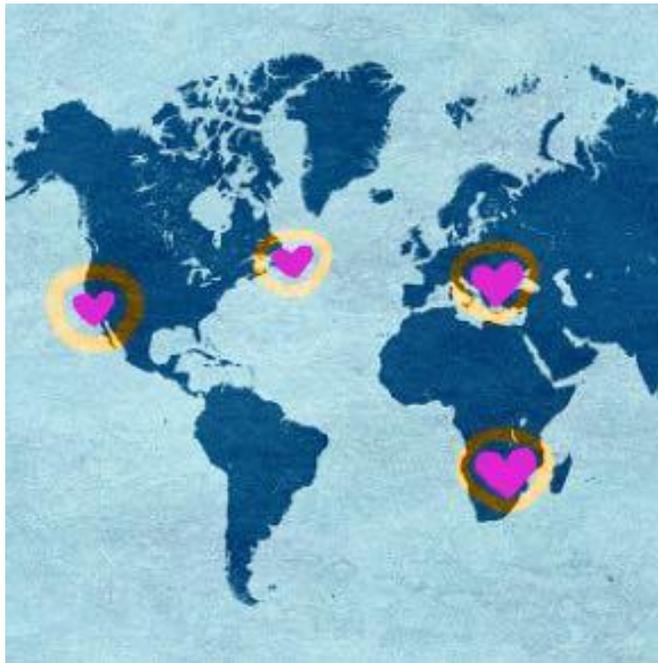
OCTOBER 2019



UPLIFT

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

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INTERESTED IN **FREE TRAINING
TO BECOME A CO-FACILITATOR?**

- Get the training you need to start your own ASCA Support Group!
- Receive future mentoring and guidance from other co-facilitators

- Give back to the ASCA community by learning how to hold safe meeting spaces

PART I and PART II:
October 26th
& November 2nd
contact us to sign up today!

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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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