

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

SEPTEMBER 2019



UPLIFT

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

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*where ASCA Brazil is happening: Inside
a room at the Anglican Church of
São Paulo*

ANTONIO JOINS THE MORRIS CENTER BOARD OF DIRECTORS

My name is Antonio. I am from Brazil and currently live in São Paulo with my family: my wife + two kids = my jewels!

I used to live in Italy from 1996 until 1998. It was a nice European experience. I got a scholarship at that time. I did my masters in law, at Bologna University. I also used to live and work in New York from December 2016 until the end of last year (2018). Nowadays I live in São Paulo, although my "official job office" is in New York. I travel quite a lot to different countries, because of my job. With my family, there is no difference where I live.

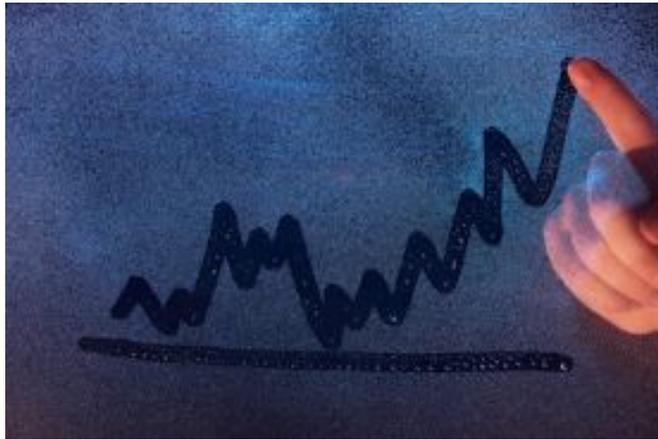
As a survivor, I was introduced to ASCA in New York in March of 2018. After more than 18 years of therapy, having the chance of knowing ASCA was eye-opening to me: lots of internal discoveries, meeting great people, and I could understand child abuse much better. I don't think I knew where were the "boundaries" of child abuse before being introduced to ASCA meetings. Honestly, I don't remember using the words "child abuse" before ASCA. Today is 100% the opposite.

I started being a Co-Facilitator in ASCA meetings in New York for a few times last year. It was a great and challenging experience! Every time I have to go to New York because of my job, I try to be part of ASCA New York meetings. I schedule my trips to be in New York on Wednesday evening because of ASCA....It really represents a lot to me! When I moved back to Brazil last January, I became part of ASCA virtual meetings on Saturdays. Another rich experience! I have been Co-Facilitating these virtual meetings when I can.

I am so glad & excited to have joined The Morris Center Board of Directors. What has been done with ASCA until now, is really impressive. I think the WORLD must know of ASCA, as soon as possible.

Finally, I am starting an ASCA group in Brazil. The kick off took place in São Paulo on September 17th. Amazing 12 people participated. I tried not to publicize a lot. The strategy was to start it small, in order to be solid after a short period of time.

It is a great pleasure to share a little bit about myself here. My email is acatn10@gmail.com. Please feel free to reach me for any reason.



Know what to do during a Panic Attack

Six million adults have panic disorder, but even someone without panic disorder can experience a Panic Attack.

[Here is an article from MentalHealthFirstAid.org](#) , on how to help someone who is having a Panic Attack.

From Healthline.com, you'll find [11 Ways To Stop A Panic Attack](#)

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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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