

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

MARCH 2020



UPLIFT

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

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**The art of life lies in a constant readjustment to our
surroundings**

-Okakura Kakuzo

Self esteem is a learned behavior, and can be changed by reworking and rethinking old attitudes and perceptions. Spending more time at home, could become new ways to work on our recovery process.

- [Here are 5 benefits of rearranging your furniture for less stress](#)
- [Explore ideas in the self help section of Step 16 in our survivor to thriver manual](#)
- Attend a virtual ASCA meeting, right from the comfort of your own home. [Click here to send an email to find out more about the Saturday meetings](#). Virtual meetings also happen on [Tuesdays](#) and [Thursdays](#).

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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