

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

OCTOBER 2016



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

UPLIFT

In this issue we feature original artwork and Informational Resource on some upcoming training you may be interested in. We hope you'll be uplifted.



"397 and Rising"
Original Artwork Pool Mural, by Dr. Patrick Gannon



Dr. Patrick Gannon with his Pool Mural, "397 and Rising". The title "397 and Rising", references the amount of carbon in our atmosphere according to parts per million.

As featured in the newspaper the SF Chronicle, Psychologist Dr. Patrick Gannon helped to conserve water by painting his own swimming pool into a mural on the historic California water drought. Learn more about this amazing pool mural, in this article on [SF Gate.com](https://www.sfgate.com)

*"Everybody can do something to help out"
-Dr. Patrick Gannon on climate change*

Informational Resource:

[Sign up for the November 5th Co-facilitator Training](#)

As an Adult Survivor of Child Abuse, you're invited to experience our Virtual ASCA meeting and receive training to become a Virtual ASCA

meeting co-facilitator. There is no obligation to become a co-facilitator and best of all, the training is free!

- Experience a real, ASCA Support Group meeting from the comfort of your own computer, phone or mobile device
- Learn about The Morris Center's relationship to the ASCA program
- Have your questions answered about how the meetings are run
- Take your first step in developing leadership skills that will help you become a co-facilitator

Our virtual ASCA support group happens every Saturday, from 11:30am-1:00pm, Pacific time. We will take a short break after the support group before beginning the training. The training will last about an hour and a half. **November 5th** will be the first part in a two part series of virtual co-facilitator trainings. Those interested in the training are strongly encouraged to participate in the earlier virtual ASCA support group. Those already trained as co-facilitators are welcome to attend. To attend the Virtual ASCA support group and sign up for the training, send an email to: info@ascasupport.org

Don't delay, [sign up, today!](#)

"Just like hopes springing high, still I rise"

-Maya Angelou

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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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