

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

MAY 2017



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

UPLIFT

In this issue we share some original poetry and artwork by Adult Survivors of Child Abuse, along with some words of encouragement. We hope that you'll be uplifted.

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The Morris Center
wants to *remind* you:

You have a right to be who **you** want to be

You are amazing

You deserve self care and your own loving kindness

You are worthy



*ASCA participants meeting from UK,
San Francisco and Sacramento.*



original artwork by Renu K. Aldrich

*The time has come for the pregnant hibernation
To cease its growth in that realm
And to birth
into
oneness*

Renu K. Aldrich



*Original Artwork by
an Adult Survivor of Child Abuse*

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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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