

How Can You Implement the ASCA Program in Your Community or Organization?

Everything you need to start your own group is right on our website at :

www.ascasupport.org

You can also contact us at:

E-mail: info@ascasupport.org



The Morris Center does not charge a fee or royalty to download any of our ASCA meeting materials. Instead, we ask that you forward a monthly or annual donation. **Join us in our mutual mission** to reach other adult survivors of child abuse!

Please donate online.
You can also mail your donations to:

**The Morris Center
PO Box 14477
San Francisco, CA
94114-0038**

If you would like more information on the ASCA Program, or wish to schedule a presentation at your facility, please contact us at:

(415) 937-1854
info@ascasupport.org



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The Morris Center

presents

The ASCA Program

A highly effective, low-cost resource to help your adult clients heal from childhood abuse



It takes a caring community to build a stronger, caring world

Did You Know?

There is a highly effective, low-cost resource to **help you help** your clients (with unresolved childhood abuse issues) heal from :

- PTSD
- Depression
- Anxiety
- DID

That program is ASCA.



Adult survivors need special support.

Yet, with the exception of ASCA, there are few self-help programs specifically geared towards the issues survivors face.

What is ASCA?

Adult Survivors of Child Abuse (ASCA) is an international psychologically based self-help support group program designed specifically for adult survivors of neglect, physical, sexual, and/or emotional abuse.

The ASCA Program offers:

- Community based self-help support groups
- Provider based self-help support groups
- Web based self-help support groups (via our partner, isurvive.org)
- *Survivor to Thriver* workbooks



What is The Morris Center?

The Norma J. Morris Center for healing from child abuse is the 501(c)(3) nonprofit organization that created the ASCA Program.

In 1993, The Morris Center's Leadership Council (a team of seasoned therapists and community volunteers) designed and launched the first of several ASCA meetings in the San Francisco Bay Area. Over the years, we have continued to update and evolve the

ASCA program.

In 1999, The Morris Center embarked on a bold experiment. We decided to host all ASCA materials on our website (www.ascasupport.org). Individuals and organizations may download and use any materials they consider helpful to their recovery.

In addition to the ASCA Program, The Morris Center also offers:

- Training and mentoring for ASCA group co-facilitators
- Special workshops and conferences
- Educational presentations

Who Benefits from ASCA?

1. Therapists who help their clients integrate the ASCA Program with their psychotherapy process
2. Mental health service organizations looking to initiate an effective, low-cost, psychologically based support group program for their clients
3. Dual Diagnosis survivors, who work the ASCA Program in conjunction with the 12-Step Program
4. The spouses, friends, children, and employers of survivors, who work the ASCA Program and, gradually, begin to heal and thrive