Are you ready to start *living again?*

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Your *Choice*

Abortion was supposed to be a quick fix, the only way to keep your life on track. But the memories won't stay buried.

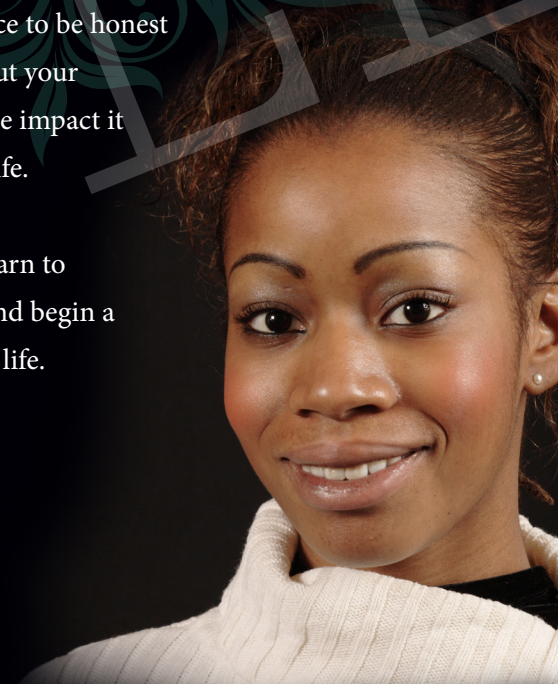
You made your choice, but you had no idea how that choice would affect you.

Maybe you suffer from depression, eating disorders or an increase in drug or alcohol use. Do you have thoughts of suicide, difficulty sleeping, flashbacks, or a loss of self esteem? Do you avoid conversations or television programs that deal with abortion or feel uncomfortable around pregnant women? Are your relationships suffering? All these can be common after effects of an abortion experience.

You may feel alone, that no one will understand what you're going through, but we can help.

We offer a non-judgmental environment in which you can begin the healing process. We will support you as you seek to understand the circumstances, thoughts and emotions that surrounded your abortion(s). We provide a safe place to be honest with yourself about your experience and the impact it has had on your life.

Let us help you learn to forgive yourself and begin a new stage of your life.



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