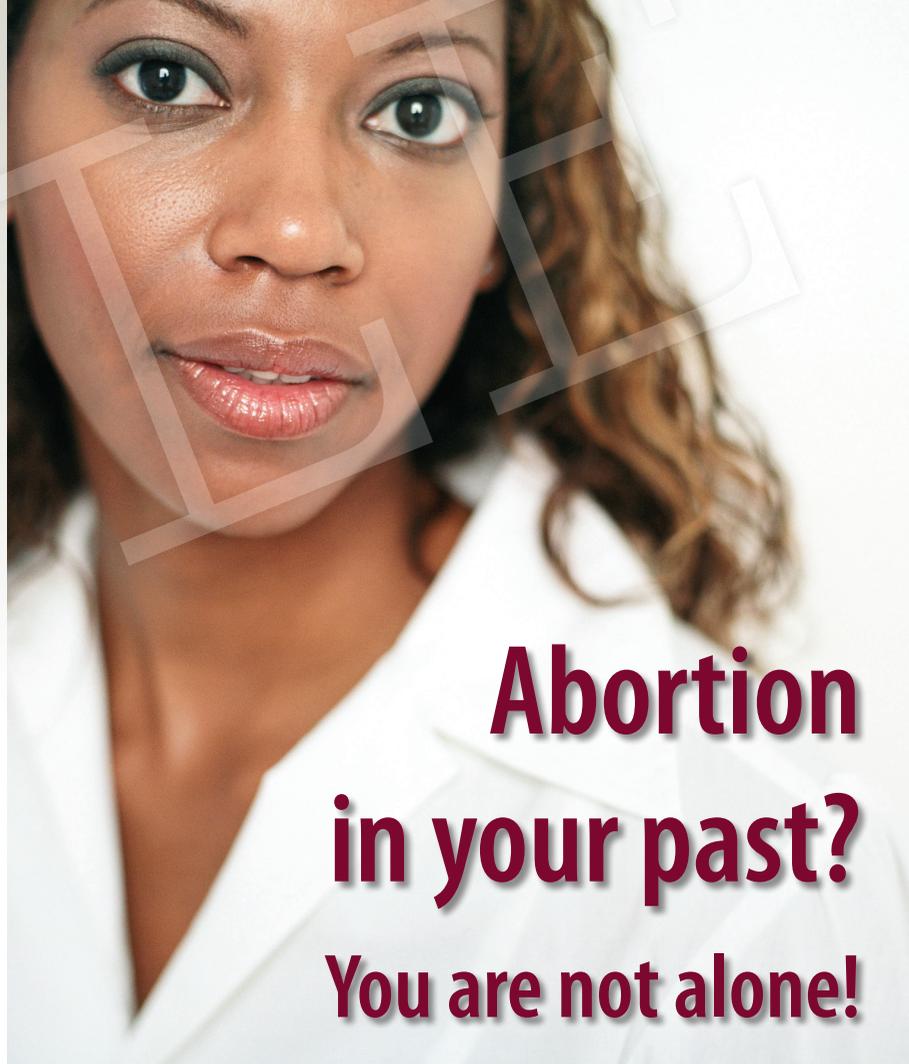


Don't suffer alone.
Many have found
true freedom
and healing in
Jesus Christ
and you can, too!

LET US HELP

It's time to choose again - to make a choice to heal, to become strong, to be restored. We know that this choice is far from easy. That's why we're here to help.

We offer a confidential, 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 about your experience and the impact it has had on your life.



**Abortion
in your past?
You are not alone!**



Few can walk away from an abortion experience unscathed. It was supposed to be a quick-fix, the only way to keep your life on track. But as hard as you try, the memories won't stay buried. The broken places in your life keep surfacing.

You may have made the decision willingly without any qualms, or you might have felt pressured - that it was your only option. In either case, you made your decision. But you had no idea how that choice would affect you.

Questions to Ask Yourself

1. Do you struggle to turn off feelings connected to your abortion(s)?
2. Are you uncomfortable around babies, pregnant women or children?
3. Are there certain times of the year when you find yourself depressed, sick or accident prone?
4. Are you in a situation where you could face another unwanted pregnancy?
5. Have you experienced increased self destructive behaviors (drugs, alcohol, eating disorders, abusive relationships)?
6. Have you experienced periods of prolonged depression or any suicidal thoughts?
7. Have you experienced nightmares, flashbacks or hallucinations about the abortion(s)?
8. Are you able to talk about your abortion(s)?
9. Do you have problems connecting with your other children or are you overly-protective and fear you will lose them?
10. Has your self-esteem changed?

One out of every five women in America has had an abortion.

Steps to Healing

1. Face your abortion(s)

Most women spend years denying the reality of their abortion(s).

King David, whose sin caused his baby to die, wrote: "I acknowledged my sin to you and did not cover up my iniquity."

Psalm 32:5

2. Ask for God's forgiveness

This step deals with accepting God's forgiveness and forgiving others involved in your abortion.

"If we confess our sins, He is faithful and just to forgive us our sins and cleanse us from all unrighteousness."

1 John 1:9

3. Grieve the loss

Even though you never got to hold your baby, he or she is a unique person created in God's image. Real emotions of anger, fear and depression must be acknowledged and dealt with in light of God's word.

"But now that the child is dead....Can I bring him back again? I will go to him, but he will not return to me."

2 Samuel 12:23