

April
IS

ABORTION
Recovery
AWARENESS
MONTH

Were you were pressured into an abortion, unable to prevent a family member from having one, or involved in their getting one? If you or a loved one are struggling from your abortion, and if you're suffering from:

- Depression
- Anxiety and panic attacks
- Intense grief, sadness, rage
- Feelings of shame and guilt
- Suicidal thinking and behavior
- Drug or alcohol abuse
- Problems maintaining intimate relationships
- Eating disorders
- Nightmares, flashbacks

you can find *healing*.



Experience forgiveness and be freed from shame. There are thousands of women and men who know what you're going through, and they can help. You're not alone:

For an in-person weekend retreat: RachelsVineyard.org

For online and/or in-person* Bible-based programs:

HerChoiceToHeal.com (part of RamahInternational.org)

SaveOne.org

SheFoundHisGrace.org

MenAndAbortion.net

SheFoundHisGrace.org/MensHealing



Because no heart is too broken to be healed