

Post-Abortion Brochure Copy – Made Available by “Hope Renewed,” a ministry of the Pregnancy Crisis Center of Wichita, Inc.

ABORTION AFFECTS EVERY LIFE IT TOUCHES, AND FOR MANY WOMEN AND MEN – IT HURTS LONG AFTER THE CHOICE IS MADE

Millions of women have chosen abortion as a “solution” to an unplanned pregnancy. Long after the abortion is over, the emotional, psychological, and spiritual struggles linger. It is natural to try to forget negative experiences. Many have tried to deny or ignore these feelings for a long time... and yet the feelings seem to intrude your thoughts at the most inopportune times. **You are not alone**. A time of relief and denial is normal. Feelings of sadness, depression, guilt, and unforgiveness of self or others are typical for most post-abortive women and men. Symptoms may not appear for years after an abortion. Researchers and health care professionals are now classifying these symptoms as Post-Abortion Stress.

Women and men who suffer from post-abortion stress exhibit a variety of symptoms. If you have experienced any of the following symptoms, you may be experiencing Post-Abortion Syndrome:

- 1) Anxiety
- 2) Anger or irritability
- 3) Difficulty concentrating
- 4) Nightmares or sleeping disorders
- 5) Bouts of crying
- 6) Recurrent or intrusive thoughts about the abortion or the aborted child
- 7) Feeling of intense grief
- 8) Inability to maintain loving or trusting relationships
- 9) Drug/alcohol abuse; suicidal thoughts; and other self-destructive tendencies

(YOUR PROGRAM’S NAME) EXTENDS HEALING AND RESTORATION

Every woman’s situation may be different. Abortion is a traumatic event in women’s lives because often they feel pressured or trapped into an abortion decision. **(Your program’s name)** addresses: denial, guilt, anger, forgiveness of others and self, and reconciliation with God. These feelings will not “just go away.” Sooner or later you may need to deal with them. Relief from denial and guilt may be found in a healthy, honest look at your abortion experience.

If you are ready to deal with your abortion(s), a qualified professional or a trained **(Your program’s name)** support counselor can help lead you through the steps of restoration:

1. Breaking through denial
2. Working through guilt and experiencing God’s forgiveness

3. Releasing anger and forgiveness toward yourself or anyone else who was involved in the abortion.
4. Grieving the loss of your aborted child or children.

(Your program's name) materials are based on truths from the Bible. While any/no religious backgrounds are welcome, the truths shared are based on a personal relationship with God through Jesus Christ, who is the assurance of God's forgiveness.

(Your program's name) offers several avenues for healing:

“Forgiven and Set Free” is a confidential 12-week Bible study led by trained lay counselors. This group meets weekly for two hours and includes homework before each group session. A workbook is required. Dates for are set every three months. For men, **“Healing a Fathers Heart”** Bible study is used.

(Two, three sentence testimonies from class attendees)

Post-Abortion Weekend Recovery Workshop, * Workshops begin Friday evening and conclude on Sunday evening. This is an intense weekend, but the rewards are great. By Sunday, women are ready to put closure to their abortion and arrive at a place of acceptance and are ready to look ahead with hope.

(Two, three sentence testimonies from weekend class attendees)

One-on-One Support is available for women and men who are unable to attend either the Bible study or the Recovery Weekend. One-on-One is scheduled on an individual basis. The “Forgiven and Set Free” Bible study is used and meets weekly for 10 weeks.

(Two, three sentence testimonies from weekend class attendees)

This information is designed to help you decide whether or not you need restoration from your past abortion experience. Calling **(Your program's name)** may be the hardest phone call you will ever make, but the one call that could make a significant difference in your life.

Please call (Your number and e-mail address) to speak with someone who cares about your healing and recovery.

*Thus says the Lord, “Restrain your voice from weeping, and your eyes from tears; for your work shall be rewarded,” declares the Lord. “And there is **hope** for your future,”*

declares the Lord. “And your children shall return to their own territory.” Jeremiah 31:16-17



(Your program's name) is a ministry of the (pregnancy care center name)