

“When I became pregnant, I felt hopeless.”

“My boyfriend threatened to leave if I didn’t have the abortion. He left anyway.”

“I wanted to finish college. It just wasn’t the right time to have a baby.”

“Abortion was the only option presented to me.”

“I couldn’t bring myself to tell my parents. I was afraid they wouldn’t understand.”

“They said the abortion would be quick and easy.”



A woman facing an unplanned pregnancy is very vulnerable.

Were you told the physical, emotional and spiritual complications that may follow an abortion?

Were you told the facts about your baby’s development?

Were you given time to weigh the options and make the best decision for you and your baby?

Because the sessions are closed and highly confidential, we cannot accept “drop ins” or visitors. For more information about PACE (Post Abortion Counseling & Education), call (916) 880-4040 or leave a message on the PACE voicemail at (916) 880-4043.

People who understand are ready to listen when you call.

Expect to be cared for.

PACE Voicemail (916) 880-4043
www.freshhope.net



Alternatives Pregnancy Resource Center

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Healing After Abortion



“ . . . 43% of women will have at least one abortion by the time they are 45 years old.”
 (“Induced Abortion—Facts in Brief,”
 Alan Guttmacher Institute, January 1997)

How Do I Know If I Need Help With Healing?

- ◆ Are you afraid of others finding out that you had an abortion?
- ◆ When abortion is mentioned, do you find your body reacting physically?
- ◆ Do you avoid talking about abortion?
- ◆ Do you find yourself struggling to turn off the feelings connected to your abortion?
- ◆ Are there certain times of the year that you find yourself depressed, sick or accident prone, such as the anniversary date of the abortion or time of the would-be birth?
- ◆ Are you resentful and unforgiving toward anyone because of their involvement in your abortion?
- ◆ Do you have difficulty with intimacy?
- ◆ Do you tend to look at your life in terms of "before" and "after" the abortion?
- ◆ Do you experience any nightmares, flashbacks or hallucinations related to the abortion?

- ◆ Have you felt a vague sort of emptiness leading to a deep sense of loss?
- ◆ Has your self-esteem decreased?
- ◆ Did your relationship with God or your concept of God change after abortion?
- ◆ Have you had difficulty accepting God's forgiveness or forgiving yourself?

Abortion may not hurt immediately.

Many women who have chosen abortion say that immediately after their abortion there was a feeling of relief and of life returning to normal.

Years later, however, these same women often experience a "re-awakening" that stirs unexpected feelings such as guilt, fear, shame, grief, anger, regret.....



If you have had an abortion and can answer "yes" to any of the listed questions, then there is a place of compassionate healing available to you.

Hope, Help & Healing



Hope

APRC offers hope in the form of biblically based support groups. Leaders who have broken free from their shame and silence share the way they have found healing and restoration. Their living testimonies offer hope to those desiring wholeness in their lives.

Help

Working together, leaders walk women through lies vs truth to find freedom. They focus on the important task of renewing minds with the truth of scripture in a study called "Forgiven and Set Free". This study works toward the goal of acceptance giving each woman freedom to move forward in confidence and grace.

Healing

A quiet, confidential, supportive and non-judgmental atmosphere is comforting to a woman who may be sharing for the first time in many years or the first time ever. The first step in the healing process begins with making a decision to call those who care.