

SUPPORT

»» AFTER ABORTION

www.SupportAfterAbortion.com

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Abortion Healing Programming Options for Women

OPTIONS	Book and/or Study Guide	Facilitator Guide	Retreat	Self-Guided	Women	Men	Religious	Secular	Offered in Spanish	Other Services Offered	Virtual	In-Person	Length	Prep-Time /per week	Home Work Time/per week	Each Session	Retreat Length
AbAnon - The Power of Your Story	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	7-9 WKS	<2 HRS	<=1 HR	1-2 HRS	
Abortion Changes You	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			4-6 WKS	<2 HRS	<=1 HR	<=1 HR	
CPR: Choice, Processing and Resolution	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		4-6 WKS	<2 HRS	<=1 HR	<=1 HR	3 Days 2 Nights
Deeper Still			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>					3 Days 2 Nights
Forgiven and Set Free	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	7-9 WKS	<2 HRS	2-3 HRS	2-3 HRS	3 Days 2 Nights						
Her Choice to Heal	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	7-9 WKS	2-3 HRS	2-3 HRS	1-2 HRS	
Keys to Hope and Healing	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		4-6 WKS	<2 HRS	<= 1 HR	1-2 HRS								
Living in Color	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	>10 WKS	<2 HRS	2-3 HRS	2-3 HRS	
Project Rachel Ministries			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					Contact Local Diocese
Rachel's Vineyard			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					3 Days 2 Nights
Save One	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4-6 WKS	< 2 HRS	2-3 HRS	2-3 HRS	2 Days 1 Night						
Surrendering The Secret	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	7-9 WKS	< 2 HRS	>= 4 HRS	1-2 HRS	3 Days 2 Nights						
Transforming Your Story	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	7-9 WKS	2-3 HRS	1-2 HRS	1-2 HRS	
Where Do Broken Hearts Go	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4-6 WKS	< 2 HRS	<= 1 HR	1-2 HRS	

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Descriptions

AbAnon - The Power of Your Story:

AbAnon - The Power of Your Story is a resource offered by SRT Services. AbAnon is a free eight-week healing program offered to those who have experienced emotional trauma after an abortion. Our gender specific groups are provided both online and in person. These groups are led by experienced, trained facilitators who understand the effects this trauma can take on relationships, mental health and the well-being of each participant.

Abortion Changes You

Website driven self-guided healing resource to guide one through meaningful, intentional activities that work through the tasks of grieving after an abortion. Exploring your feelings after an abortion is an important part of working through your abortion experience. People will experience a variety of emotions and at different levels of intensity. The website tools and exercises can be used to help you explore your emotions regarding abortion.

CPR: Choice, Processing and Resolution

CPR helps women begin the process of grief. It is designed to present simple concepts to help understand how a past abortion might be impacting emotional states today. It addresses ONLY the grief component and is designed for those who are just beginning their healing journey.

Deeper Still

Deeper Still holds healing retreats across the county for men and women with abortion wounded hearts. They also have an outreach to the Chinese community as well as Spanish speaking retreats available. Deeper Still has found that a retreat setting is the most conducive venue to help women go to deep places of healing in a short amount of time. Here are a couple of reasons: You get away from familiar routines & responsibilities for a whole weekend. You can stay focused on the necessary healing tasks without disengaging. You are part of a safe and confidential community.

Forgiven and Set Free

No matter what drives a woman to end a pregnancy, there are physical, psychological, and spiritual side effects most don't anticipate. But there is hope. Author Linda Cochrane has been there. With understanding and gentleness, she guides hurting women to bring their emotional scars into God's holy light where healing can take place. This 8-session Bible study can be done individually or as a guided group study. A group discussion guide follows each chapter.

Her Choice to Heal

Her Choice to Heal is designed to help women find a way to God's healing after this devastating choice. Written by a post-abortive woman, it includes testimonies of strength, healing and hope. Sydna compassionately leads you on the difficult journey through denial, anger, and grief, to forgiveness, redemption, and letting go. Her Choice to Heal offers a roadmap to healing - practical suggestions, resources for help, space to journal, with the encouragement and hope found in Christ alone. Self guided healing is also offered on the website www.ramahinternational.org

Keys to Hope and Healing

If you have been affected by an abortion experience, this entry level abortion healing booklet can help you. Many women and men after abortion have gone through a range of emotions and differing experiences and are now on the path to hope and healing. You will find their stories and the path they took in this booklet. Religious and secular format, in English and Spanish for men and women.

Living in Color

Living in Color (2nd Edition) is a post-abortion recovery and healing program designed for use by a small, facilitator-led support group. However, it is equally suitable for a person making her recovery journey alone, or in the company of a mentor, pastor or counselor. A Living in Color Facilitator's Guide is available for those leading support groups from www.pregcare.com.

Rachel's Vineyard

Rachel's Vineyard is a safe place to renew, rebuild and redeem hearts broken by abortion. Weekend retreats offer you a supportive, confidential and non-judgmental environment where women and men can express, release and reconcile painful after abortive emotions to begin the process of restoration, renewal and healing.

Save One

We offer help for men, women, and families after abortion. We help by walking you through a simple Bible study. This SaveOne study is for girls and women seeking deliverance from the pain and guilt of an abortion. This is a guide as well as a workbook, researched and written by founder, Sheila Harper, who had an abortion when she was a teenager. It is a revealing look at after abortion pain and guilt. It will help you pinpoint the debilitating issues of forgiveness, anger, and wrong thoughts. Offered by 362 chapters in the United States as well as 28 nations. SaveOne's resources have been translated into 23 languages.

Surrendering The Secret

This study offers an 8 step biblical healing model. Surrendering the Secret is a study designed to bring women together who understand the need for seeking peace with the past and desire a better understanding of God's plan for making the most painful losses of our past work for His glory! We provide a supportive and confidential environment that facilitates healing and restoration from a past abortion and brings a sense of hope and purpose for the future.

Transforming Your Story

Transforming Your Story provides a road map from pain to healing and transformation. Whether individually or in a group, readers are guided to a place of hope and wholeness through Biblical stories of redemption, personal experiences of women who have found healing, journal prompts and symbolic activities and suggestions. A Facilitator's Companion is available for group leaders as well.

Where Do Broken Hearts Go

Following an abortion there can be a stressful, soul-searching period extending for years or decades. Author and abortion survivor Jane Abbate doesn't judge or point fingers. She helps women and men to face reality and move forward in their lives with purpose and fulfillment. Explore 19 emotions frequently connected with abortion and find healing and hope.