You Are Not Alone...

Feelings of grief, anxiety, guilt, anger, depression, low self-esteem, shame and suicidal thoughts are some of the many symptoms of Post-Abortion Aftermath.

A.

Can I Be Forgiven?

Yes, you can. Abortion is not the unforgivable sin.

A.

Will I Ever Feel Better?

Yes! With help from caring people, you will begin to find freedom from this pain.

A.

Is There Help for Men?

Yes. Women aren't the only ones wounded by abortion. Help is available for men, too.

Project Rachel will help.

A.

To begin your healing journey, contact Project Rachel.

888-456-HOPE hopeafterabortion.com

Cover art by Beverly A. Stautz ©1999 USCCB. Used with permission. Content ©2005 Pro-Life Action League |773-777-2900 |prolifeaction.org.

Please give this card to someone who needs it.

"Neither do I condemn you."

John 8:11



