

## AFTER AN ABORTION...

**A**n abortion can be one of the most traumatic experiences in a person's life.

Both, before and after abortion, feelings of fear, anxiety, guilt, panic and helplessness are common. Not only the woman who undergoes the abortion, but also the affected partner, relatives, close friends and even medical personnel may suffer from some or all of these symptoms.

If you are in this position, we want to invite you to participate in Project Rachel, a post-abortion healing program offered by certified counselors.

"After the abortion, I never would have believed things could get better. But, amazingly, since my post-abortion counseling I have experienced hope and healing and self-forgiveness."

-Janice



## WHAT WE DO

**P**roject Rachel is a sensitive, discreet and confidential approach, available to help anyone (subsidies are available).

It begins with a call to the *Project Rachel* confidential phone line. A staff member will help you to assess your need for psychological counseling. Counselors are available in different locations throughout Southern Alberta. Alternately, you might choose to attend a weekend retreat—an opportunity to journey with others who are also seeking healing from a past abortion experience under the guidance of a professional counselor.

*Project Rachel* provides you with an opportunity to move forward in a caring and peaceful atmosphere toward reconciliation with yourself and the people around you.



## ABOUT PROJECT RACHEL

**P**roject Rachel is a program of healing for women and men who have had a post abortion experience.

For many, abortion is a source of grief and regret. For some, the choice of having an abortion has left them feeling that they are no longer accepted in their family or community.

For others, having to live with the choice made by a loved one can be a source of great pain, profound loss or even anger.

Project Rachel seeks to invite all those whose lives have been touched by an abortion to a journey of healing; no matter when the abortion happened, and regardless of age, social status, political persuasion, or faith.



**AFTER EFFECTS  
OF POST-ABORTION DISTRESS  
INCLUDE**

**Depression**

**Eating and sleeping disorders**

**Flashbacks**

**Loss of self-esteem**

**Nightmares**

**Self-blame**

**Anger**

**Denial**

**Guilt**

**Prolonged grief**

**Relationship and Intimacy Issues**



**CONTACT US!**

For further information please call our  
**confidential line**

**403-218-5506 in Calgary  
or  
(Toll Free) 1-877-597-3223**

Or contact us at:

***Project Rachel*  
120-17th Avenue S.W.  
Calgary, AB, T2S 2T2**

**or  
[info@projectrachelsa.ca](mailto:info@projectrachelsa.ca)**

You may also want to visit our website:  
**[projectrachelsa.ca](http://projectrachelsa.ca)**



**Post-Abortion  
Healing  
for women and men**