

MEETING OPTIONS

Group: A support group with no more than six participants.

Mini-Groups: A group of no more than three participants.

One-on-One: Just yourself meeting with the post abortion leader and co-leader.

GOD KNOWS EVERYTHING
ABOUT ME AND HE
LOVES ME ANYWAY...

A Client

HOW TO REGISTER?

Call 419-578-7350
ask for Michelle McCaulley or Nicki McLeod

Text: 567-697-5576

Email: nmcleod@pregnancycenter.org

Complete the card enclosed and turn it in today or mail it to 716 N. Westwood Ave, Toledo, Ohio 43607. Attention Nicki McLeod.

We will contact you to talk about the best meeting option and time.

YOUR INFORMATION IS CONFIDENTIAL

HOW DO I KNOW IF I HAVE BEEN AFFECTED BY A PAST ABORTION?

On the inside of this brochure you will find a list of questions designed to help you discover if a past abortion is affecting your life.

Shame can be an intense feeling that we often keep hidden from others, living in a secret fear of condemnation, judgement, and sorrow. We are here to help you discover healing and freedom from feelings of remorse, despair, self-hatred, frustration, hopelessness, failure, and more.

In our post abortion ministry you will discover you are not alone as you meet with trained facilitators who have faced the same pain, and found freedom.

A Ministry of The Pregnancy Center



716 N. Westwood Avenue
(near Nebraska Avenue)
Toledo, Ohio 43607

419.578.7350
pregnancycenter.org

Beautiful
finding hope and healing from a past abortion

SYMPTOMS OF POST-ABORTION DISTRESS

Symptoms may not necessarily appear together, nor will any particular woman experience all of them.

Regret	Remorse
Unable to forgive yourself	Grief
Emotionally numb	Hopelessness
Crying spells	Range
Embarrassed	Anguish
Sorrow	Panic
Unworthiness	Self-hatred
Self-condemnation	Despair
Feel degraded	Feel rejected
Anger	Dreams about losing child
Depression	Flashbacks
Anxiety	Feel inferior
Loneliness	Fear failure
Bitterness	
Confusion	

BEHAVIORAL CHANGES

Secretive
Sleep disturbances
Divides time into "before" or "after" the abortion
Avoids baby reminders
Reduced motivation
Loss of normal sources of pleasure
Alcohol / drug abuse
Suicidal impulses
Marital stress
Withdraws from others
Over-protective of living children
Fails to bond with subsequent children

POST ABORTION DISTRESS TEST

Answering yes to the majority of these questions may be an indication that our classes can help.

1. ____ Do you find yourself struggling to turn off the feelings connected to your abortion(s), perhaps telling yourself over and over to forget about it?
2. ____ Are you affected by physical reminders of your abortion, i.e., babies, pregnant women, sound of a vacuum; or are you uncomfortable around children?
3. ____ Have you experienced a desire to be pregnant again, perhaps wishing to replace your aborted child?
4. ____ Have you experienced any new or increased self-destructive behaviors (promiscuity, abusive relationships, eating disorders, drug/alcohol abuse)?
5. ____ Have you experienced any reactions such as nightmares, flashbacks, or hallucinations (such as hearing a baby cry) that relate to your abortion experience?
6. ____ have you experienced periods of prolonged depression?

7. ____ Have you had any suicidal thoughts since your abortion(s)?

8. ____ Are you unable to talk about your abortion(s)?

9. ____ Do you fear that you will never be able to have children, or more children?

10. ____ Do you tend to look at your life in terms of "before" and "after" the abortion?

11. ____ Have you experienced a numbing of your emotions - an inability to feel strongly?

12. ____ Do you feel sad or depressed on the anniversary date of the abortion or the anniversary of the due date of the baby?

13. ____ Are you bothered by feelings of guilt or shame?

14. ____ Do you grieve for the loss of your baby?

15. ____ Are you having trouble forgiving others who were involved in the decision to abort or in your abortion(s)?

16. ____ Do you have mothering problems with any of your living children (for example, over-protective, difficulty with physical affection, failure to bond, etc.)?