

A CH♥ICE to Heal

Abortion has touched many lives in some way, maybe even yours. Women have usually chosen abortion because they felt there was no other way to deal with their situation. They may have been alone, financially strapped, or already raising a young child. At the time of the unwanted pregnancy, abortion may have seemed like the only other choice. Abortion affects every life it touches and for many, it hurts deeply.

Maybe on the outside everything looks fine. You live your life. You go to work. You take care of the kids. You eat, sleep, and smile, just like anyone else. But on the inside, everything is not fine. Maybe you feel pain. Maybe you feel confused. Maybe you just don't "feel" anymore. You may be experiencing some of the common reactions after an abortion such as:

depression ~ nightmares ~ flashbacks ~ feelings of loss ~ self-destructive behavior ~ anger ~ broken relationships ~ loss of self-esteem ~ sexual problems ~ regret ~ guilt ~ secrecy ~ anxiety ~ drug or alcohol abuse

If abortion is affecting you or someone you know, come by and talk to us, email us or call us. Choices Pregnancy Center offers understanding and compassion in a confidential atmosphere. We are women who can relate to what you are going through. Please remember these four things:

- You are NOT alone
- There is HOPE
- There is HEALING
- There is RECOVERY

Make a difference – for yourself. Contact us today.