

Some Wounds  
don't heal with time  
without support



You deserve to be healed.



You matter. We CARE.

## After an abortion, you may feel...

relieved

Later, you may feel...



Those feelings are very common.

Abortion wounds can be deep and painful and may not heal over time without support.

If you could just forget about it or get over it, you would have done that long ago.



Maybe you have never talked about your experience or maybe you just realized that you need to talk about it.

Talk to someone who has been there and understands how you are feeling.



Listen to what our participants  
are saying:

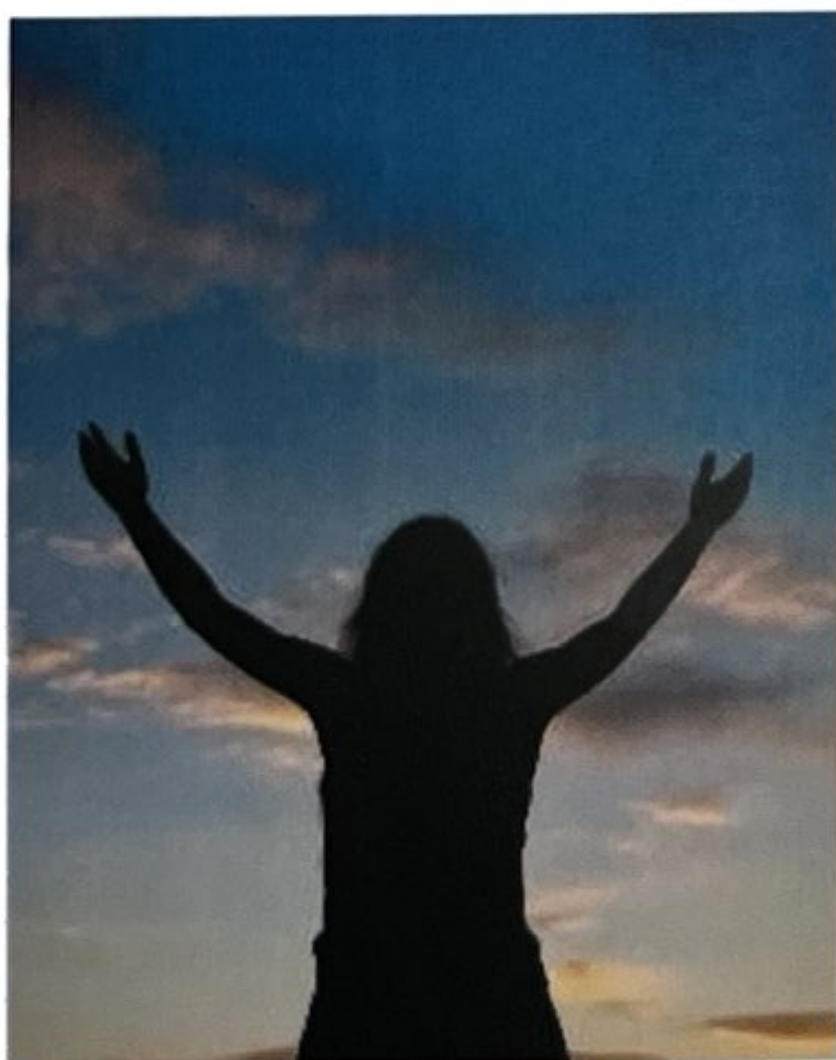
*"I sleep so much better at night now.  
Thank you so much!"*

*"I feel as though I have physically grown  
2 inches. I feel such a difference in the  
way I stand and walk and I hold  
my head a little higher."*

*"Today I can honestly say that I feel  
forgiven and I feel whole. I hope that one  
day I am able to share my story  
and help someone else."*

*"I discovered a lot about myself and  
found closure and healing."*

*"It's one of the best things I ever did for  
myself!"*



# You are not alone.

Healing isn't a one and done experience.

It's a process of grieving and  
finding closure.

Healing looks different for everyone.



If you are ready to work through your pain  
and grief and begin the healing process,  
we have support for you.



If you are struggling  
with a past abortion,  
you are not alone.

Take that first step and contact us today.

- Group or one-on-one support.
- Available for women and men.
- Help in person or online.

All of our services are  
free and confidential.

For more information:

Call or text 318-402-2094,  
email [afterabortion@altcpc.com](mailto:afterabortion@altcpc.com)  
or scan the QR Code and  
complete the contact form



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