

If you have chosen to have an abortion and now you feel alienated from the Church, God and your community in Christ, don't despair. The Church wants to help you heal the pain and alienation. We want to help you make a second choice: to accept God's love and forgive yourself.

*"I didn't think anyone would understand how I felt. I was so relieved to be able to share my experience with someone who understood what I was going through."*



At Project Rachel, there are people with whom you can talk in confidence about your experience. You will not be condemned for your decision. Our trained volunteers will help you deal with the trauma of your experience, start you on the path to healing and help you to accept God's forgiveness. Know that under the circumstances, it is okay for you to feel regret, anxiety, sorrow or depression. You were probably told that this quick and painless procedure would solve your problems.

**Project Rachel is a Post-Abortive  
Healing Ministry in the Catholic Church.**

For many women it takes weeks, months or even years to come to terms with these feelings. By acknowledging the connection between your abortion and your current emotions, you have taken the first step in healing.

Take the next step and call our confidential helpline:

**(513) 784-0531**

**hopeandhealingcinci@gmail.com**

*Look into your heart, listen to the voice of God. He is asking you to help yourself by accepting His love and forgiveness.*

*"No one condemned me. They understood and helped me forgive myself."*



### **Are you Experiencing Post-Abortive Stress?**

1. Do you find yourself struggling to turn-off feelings connected to your abortion(s)? Are you trying to make yourself “forget” about it?
2. Are you affected by physical reminders of your abortion such as babies, pregnant women or baby clothes? Are you uncomfortable around children?
3. Are there certain times of the year when you find yourself depressed, sick or accident-prone? Could these occur around the anniversary date of the abortion or the month of the would-be birth?
4. Are you in a situation where you could find your self faced with another unwanted pregnancy?
5. Have you experienced a substantial increase in drug or alcohol use? Are you involved in self-destructive behaviors (e.g., eating disorders, abusive relationships, increased sexual activity)?
6. Have you experienced prolonged depression? Have you had any suicidal thoughts since your abortion?
7. Have you experienced any peculiar reactions such as nightmares, flashbacks or hallucinations related to the abortion experience?
8. Are you able to talk about abortion? When you begin to discuss abortion, are you overcome with strong feelings?
9. Did your attitude toward relationships change? Do you have difficulty with intimacy? Do you find yourself avoiding relationships or becoming more dependent on them?
10. If you have children now, do you smother them with your love or overprotect them? Are you unable to bond with the child or children you now have?
11. If you don't have any children, do you fear that you may never have them?

**If you answer “Yes” to any of these questions,  
please call (513) 784-0531.  
projectrachel@catholiccincinnati.org**



## **Time For a Second Choice**

***Choose To Accept  
God's Love  
And Forgive Yourself  
You Are Not Alone.***

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