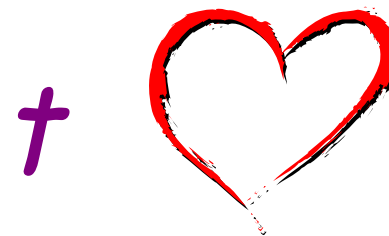


*Post Abortion  
Support and Education*



*First Presbyterian Church  
Augusta  
Women's Ministry*

*"Therefore,  
there is now  
no  
condemnation  
for those who  
are in  
Christ Jesus"  
Romans 8:1*



# Healing & Hope & Healing

Post Abortion Stress or Syndrome (PAS) is the inability to resolve emotional disturbances occurring from having had an abortion.

How do you know where you need healing the most?

- \* Do you find yourself struggling to turn off the feelings Connected to your abortion, perhaps telling yourself over and over to forget about it?
- \* When abortion is mentioned in public, do you find that you react physically, (tightening your stomach muscles, clenching your jaw, breaking out into a sweat, or holding your breath)?
- \* Do you find yourself rationalizing why you are better off without that child in your life today?
- \* Have you felt a vague, sort of emptiness leading to a deep sense of loss?
- \* When talking about abortion, are you overcome with sorrow, anger, or guilt?
- \* Has your attitude toward relationships changed? Do you find yourself avoiding relationships or becoming more dependent in them? Do you have difficulty with intimacy?

It may be an immediate or delayed reaction which can surface at anytime in a person's life. When it does occur, it can be confusing, painful, and overwhelming.

# & Hope & Healing & Hope

Both men and women are invited to join a confidential post-abortion Bible study where you will find understanding and support. Using prayer, fellowship, scripture and the workbook, "Forgiven and Set Free, A Post Abortion Bible Study" by Linda Cochran, we look to Jesus Christ as our guide, our comfort, and our Savior.

This 12 week Bible study for men and women (separate confidential groups) covers topics such as denial, guilt, anger, forgiveness, depression and shame. By God's grace, you will reach a level of acceptance and freedom. The healing process takes time and is helped by the support and understanding of others who listen and care.

If abortion has personally touched your life and  
you are hurting, your feelings are normal.

You are not alone.

For more information please call:

Chris 706-823-2455

Emily 706-823-6407