

AbAnon is a free eight-week healing program for those who have experienced emotional trauma after an abortion. These groups are led by experienced, trained facilitators who understand the effects this trauma has on relationships, mental health and the well-being of each participant.



For more information go to: www.srtservices.org/AbAnon

SRT
AbAnon™

ABORTION ANONYMOUS

PAST ABORTION?

Common emotions include:



Sadness



Despair



Guilt



Shame



Regret

Other Symptoms May Include:

- Nightmares/trouble sleeping
- Pregnancy complications
- Overly stressed
- Long-term health effects
- Depression/suicidal thoughts
- Flashbacks
- Attonement marriage/child
- Difficulty making decisions
- Disproportionate Anger
- Trust issues
- Engaging in high-risk behaviors
- Addictions



To join a group go to: www.srtservices.org/AbAnon