



MOVING FORWARD

After Abortion

**Explore your emotions and discover
what the healing process can look like.**



The Hidden Impact Of Abortion

Even when someone believes they've moved on, unresolved grief, shame, or regret can quietly shape their thoughts, faith, relationships, and sense of identity.

“I struggled with depression, low self-esteem, and marriage problems. I thought it all came from my past or relationships. I didn't realize the grip the abortion still had on my life. Talking about it was life-changing.”

*Mary

Many people quietly carry emotions tied to a past abortion —

sometimes without realizing it. You might feel a heaviness that appears out of nowhere, anxiety that doesn't make sense, moments of guilt or regret, trouble sleeping, or a tendency to avoid reminders of the past. These experiences are more common than most people realize and can appear months or even decades later.

Like Mary, you may also find yourself thinking:

“I should be over this by now...”

“I don't talk about it — I just stay busy...”

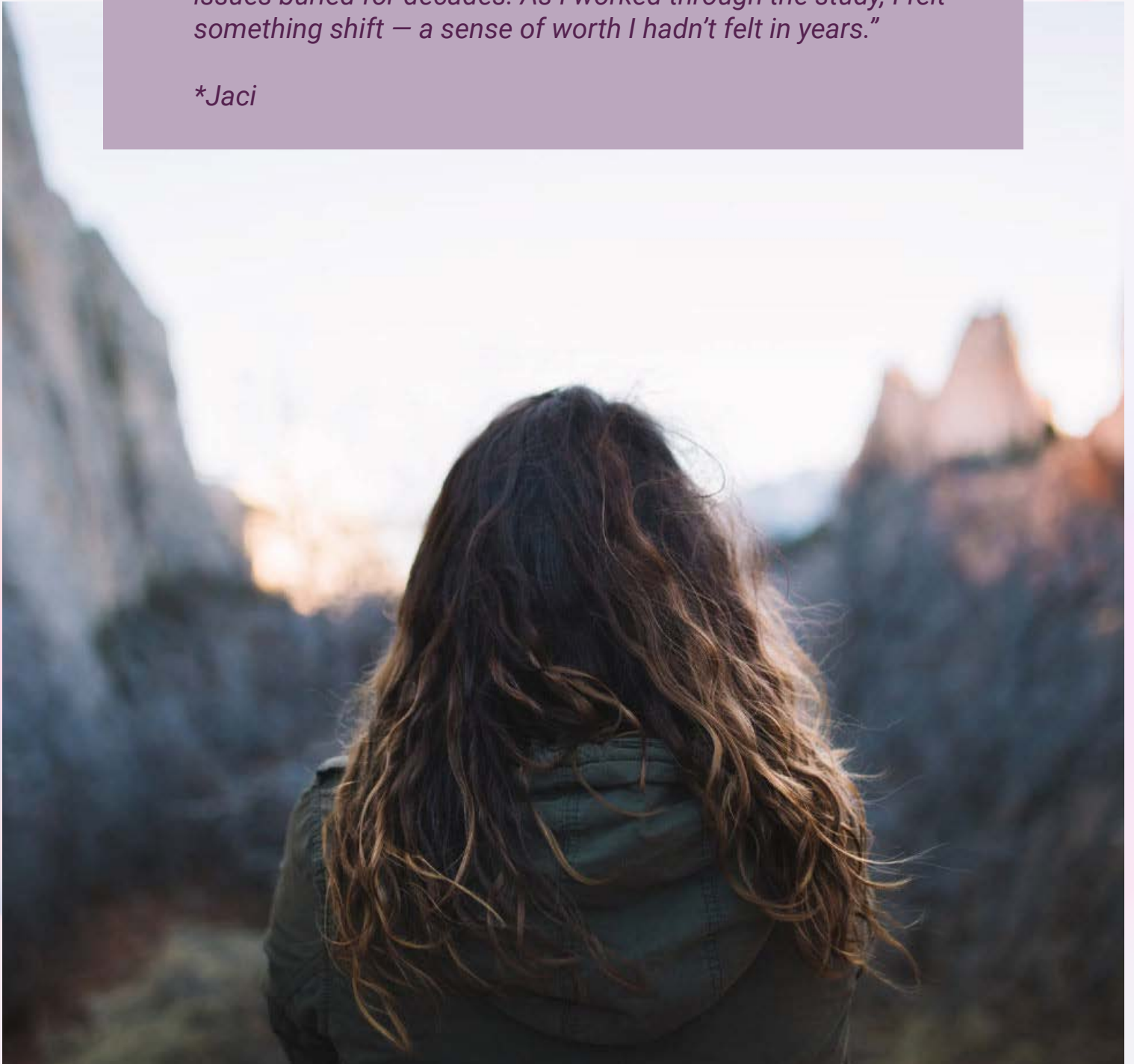
“I believe in forgiveness, but I'm not sure I've received it fully...”

You're Not Alone

If any of that feels familiar, you're not alone.
Many people share the same quiet struggles.

"I thought I was all good regarding the abortion years ago. But the wound went deeper. I carried anger I couldn't explain, and issues buried for decades. As I worked through the study, I felt something shift – a sense of worth I hadn't felt in years."

**Jaci*



What Healing Can Look Like

Healing after abortion is possible — emotionally, spiritually, and relationally. People often describe the experience as a gentle uncovering, a softening, or a renewed sense of peace.

Here's what freedom has looked like for others:

"I kept everything inside for 40 years. This group helped me finally move forward."

"I saw a spark in the leaders' eyes — I didn't understand it until I finished the program. Now I know: they were free. And now I'm free too."

For many, healing brings a renewed sense of God's compassion, an ability to breathe again, and the quiet belief that "maybe grace really is for me too."

Loved ones sometimes see the change before the person does:

"My wife never spoke of her abortion for 45 years. As she went through the group, things surfaced she didn't know she was carrying. I saw a difference in her — a lightness."

**Jim*

Many people of faith describe this process as finally receiving the grace they always believed was available to them — but never felt they could fully claim.




A Safe, Faith-Based Place To Begin

No matter where you are in your faith journey, this group can help. Bridges of Hope is a free, confidential support group where you can explore your emotions gently and privately – with leaders who understand both the emotional and spiritual dimensions of abortion.

- You don't have to share anything before you're ready.
- You don't have to have all the answers.
- You don't have to walk this journey alone.

As one participant said:

"I didn't realize how much I needed this until I started."



If any part of your heart wonders whether more peace, grace, or freedom is possible, we invite you to take a gentle next step.

Reach out to our team

or

Fill out this form

Becky's Journey From Fear to Freedom

For more than 25 years, *Becky never realized the impact of her abortion. She battled depression, low self-esteem, and marital tension but attributed these struggles to other events in her past or difficult relationships. Whenever memories of the abortion surfaced, she pushed them away — convinced she “should be over it” by now.

But when she saw an announcement for a Bridges of Hope group, something in her stirred. She held onto the bulletin for weeks before finally calling. The moment she sat down with the leaders, she unexpectedly began to sob — realizing how deeply the experience still lived within her.

As she walked through the group week by week, Becky discovered how much unspoken grief and shame had shaped her life.

Through gentle support and reflection, she began uncovering and releasing pain she didn't know she was still carrying.

By the end, she said:

“It was life-changing. I walked in with years of heaviness and came out understanding freedom. I finally believe I am forgiven.”

Her relationships softened.
Her faith deepened.
Her sense of worth returned.

For the first time in decades, Becky could imagine her future not through the lens of regret — but through the lens of grace, freedom, and hope.

**Names changed to protect privacy*



This same hope and freedom is possible for you too.

Reach out to us today.

[or Fill Out This Form](#)

Life NETWORK
Bridges OF Hope



Request More Information

Contact us confidentially for more information
at boh@elifenetwork.com or by phone
at 719-355-1177.