

Are you or someone you know experiencing any of these symptoms or problems?

- *Re-current distressing images or thoughts about the abortion experience*
- *Nightmares and/or insomnia*
- *Feelings of sadness*
- *Loss of interest in things you used to find pleasurable*
- *Elevated or irritable mood*
- *Anxiety*
- *Sexual dysfunction*
- *Intense feelings of guilt*
- *Irritability or anger outbursts*
- *Difficulty concentrating*
- *Relationship problems*
- *Drug and alcohol abuse*

If the answer is yes, you can contact the Catholic Charities, Diocese of Metuchen Family Service Center for an appointment with one of our trained therapists.

All calls are strictly CONFIDENTIAL.

**Call us toll free:
1-877-877-4300**

For general resources regarding post abortion healing, you may also contact the **Diocesan Office of Respect for Life at 732-562-1990 extension 1629**

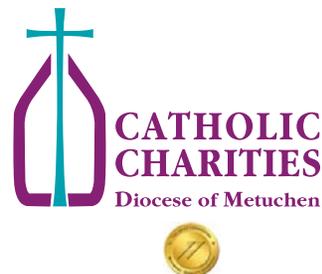
About Catholic Charities, Diocese of Metuchen

Catholic Charities, Diocese of Metuchen, is a non profit, social services agency dedicated to service, quality and outreach for members of the community who are poor, devalued or in need of help. The agency, including 29 sites and more than 120 programs, is committed to providing quality service to all those in need without regard for race, religion or ethnicity.

Through its work, the agency reaches out to men, women and children who might otherwise be ignored or passed over by the frenetic pace of the modern world. Through faith, Catholic Charities, Diocese of Metuchen works to inspire those who seek help and through hope, it strives to empower those who were once helpless to succeed.

Administrative Offices

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Perth Amboy, NJ 08861
Ph: 732.324.8200
Fax: 732.826.3549
www.ccdom.org



RACHEL'S HEALING MINISTRIES

Post-abortion Counseling Services



**In Ramah is heard the sound of moaning,
of bitter weeping!**

**Rachel mourns her children,
she refuses to be consoled
because her children are no more.**

Thus says the LORD:

**Cease your cries of mourning,
wipe the tears from your eyes.**

The sorrow you have shown shall have its reward...

There is hope for your future.

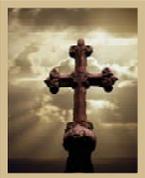
- Jeremiah 31:15-1



Rachel's Vineyard Weekend Retreats



These healing retreats are a beautiful opportunity for any person who has struggled with the emotional or spiritual pain of an abortion. The retreat is a very specific process designed to help you experience the mercy and compassion of God. It is also an opportunity to surface and release repressed feelings of anger, shame, guilt and grief. There are many rituals and exercises to help you grieve the loss of your unborn child and to receive and accept God's forgiveness. The retreat concludes with a Memorial Service and Mass of Resurrection. The weekend will help your soul find a voice, and transform the pain of the past into love and hope.



DATES: Retreats are held throughout the year. Call for details or visit the Rachel's Vineyard web site.

LOCATIONS: Retreats are held in a variety of locations throughout the State.

COST: Varies depending on the sponsoring Diocese.

Retreats are available in Spanish and English.



Project Rachel Outpatient Services

Private and confidential counseling is provided specifically designed to assist individuals in beginning and working through the healing process.

Individuals also have the opportunity, during the course of treatment, to meet with a specially trained Project Rachel priest who will guide you through the Sacrament of reconciliation

LOCATIONS: Counseling is provided in the Catholic Charities offices in the counties of Somerset, Warren, Middlesex and Hunterdon.

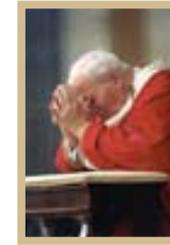
COST: There are no fees for this service.

CONTACT INFORMATION

For additional information on the Project Rachel Outpatient Services please call toll free: 877-877-4300 (English)
908-333-1232 (Spanish)

For information on the Rachel's Vineyard Weekend Retreats dates and locations, please visit www.rachelsvineyard.org

Or contact post-abortion healing helpline www.hopeafterabortion.com (sponsored by USCCB)



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I would now like to say a special word to women who have had an abortion...

The Church is aware of the many factors which may have influenced your decision, and she does not doubt that in

many cases it was a painful and even shattering decision. The wound in your heart may not yet have healed. Certainly what happened was and remains terribly wrong. But do not give in to discouragement and do not lose hope. Try rather to understand what happened and face it honestly. If you have not already done so, give yourselves over with humility and trust to repentance. The Father of mercies is ready to give you his forgiveness and his peace in the Sacrament of Reconciliation. You will come to understand that nothing is definitively lost and you will also be able to ask forgiveness from your child, who is now living in the Lord. With the friendly and expert help and advice of other people, and as a result of your own painful experience, you can be among the most eloquent defenders of everyone's right to life. Through your commitment to life, whether by accepting the birth of other children or by welcoming and caring for those most in need of someone to be close to them, you will become promoters of a new way of looking at human life.

*Pope John Paul II
Evangelium Vitae*