

Meets once a month  
on Saturday mornings

# Mantle of Hope



## Healing support after abortion

We offer a confidential safe place where anyone hurting from abortion can come for understanding & support, healing, prayer and love.

## After An Abortion

Although abortion trauma is largely ignored by society, we as a Christian community recognize that abortion wounds the body, soul and spirit.

**SYMPTOMS** Anxiety \* Stress \* Withdrawal \* Isolation Self-hatred \* Inability to forgive self \* Fear of punishment from God \* Guilt \* Depression \* Sorrow \* Grief \* Regret Despair \* Shame \* Unworthiness \* Self-condemnation Anniversary reaction (related to due dates or date of abortion) \* Aversion to children and/or pregnant women \* An inability to trust and form lasting relationships.

**IMPACT** -Post Abortion Syndrome (PAS) is recognized by those serving women (and men) who experience the residual pain of abortion or abuse through evidence of self-reported and observed symptoms of emotional and behavior instability. Though all women are affected emotionally and spiritually and often relationally by an abortion, most repress the feelings of grief, anger, shame and guilt for months or years. It would appear that the longer a woman represses or suppresses these emotions, the greater the possibility of personality, mood and relational changes. Depression, anxiety, anger and alienation often color a woman's self-image following an abortion or abuse.

The symptoms described in Post Abortion Syndrome are indicators of Post Traumatic Stress Disorder. Many medical and mental health professionals fail to recognize the painful aftermath of abortion in women who seek help. Many women experience exacerbation of depression or anxiety at anniversary months of either the abortion procedure or the proposed birth date of the child who was aborted.

If you or someone you know is seeking relief from the symptoms of PTSD, we invite you to contact us. There is help!



## Healing - An experience of Hope

Healing is a process and takes time, but given attention, care and time, the wounded soul will heal. We are here to support you during the healing process/journey. Know you are already in our prayers! **You are Not Alone!**

- *"When I had no more strength within myself, I turned everything over to God. Only through Christ have I learned to forgive myself and begin to heal."* -Mary
- *"My shame is a secret. No one can understand."* -Louise
- *"I feel like such a bad person."* -Rose
- *"It's my soul that hurts."* -Daphne

## Mantle of Hope

All gatherings are at the

### Mt Claret Retreat Center

4633 N. 54<sup>th</sup> St

Phoenix, AZ 85018

Please RSVP to attend & bring a facial covering due to Covid risk/requirements.

Text or call for more information:

Tiana: 623-293-8176, Karen 480-329-6795  
or Wendy: 480-298-3245

## 2021 Schedule

Saturday mornings: 9:30 - 11am

1/9; 2/6; 3/6; 4/10; 5/8; 6/12; 7/10  
8/7; 9/11; 10/2; 11/13; 12/4

