

## Resources for Parishes, Schools and Youth Ministries regarding abortion and the movie Unplanned

### **Pregnancy Help:**

**(877) 398-7734**

**OptionsForPregnancy.com**

Referrals to pregnancy clinics for medical care and life-affirming counseling. Resources for housing, medical insurance, maternity & baby items, childcare, adoption resources, and more.

### **Healing after Abortion:**

**(877) 301-9684**

**ByYourSideLA.org**

**weare@byyourside.org**

Trained Merciful Companions offer healing conversations and referrals for mental health, support group and/or retreat resources for women and men in need of healing from abortion.

### **Get Involved in Building a Culture of Life:**

**(213) 637-7632**

**Archdiocese Office of Life, Justice & Peace**

**archla.org/respectlife**

Opportunities for service, advocacy, education and prayer

## 3 Ways to Help a Friend Who has Experienced Abortion

- 1. Listen.** Women are often told that abortion is their best solution, so they can feel isolated when they feel sorrow and regret. You may be the first person to hear the story of abortion. Listen without judgment. Be a friend. Allow the story to be told completely.
- 2. Strengthen.** Help your friend know that she or he can find healing from the pain following abortion. Encourage your friend to draw upon faith, family and friends that give strength. Offer life-affirming resources for healing, such as [ByYourSideLA.org](http://ByYourSideLA.org).
- 3. Accompany.** Recognize that the process of healing will take time and will be different for everyone. Pray with your friend. Offer to listen. Support the journey to forgiveness. Encourage the healing of relationships to overcome the isolation abortion often brings.