

## RESOURCES AVAILABLE

**Forgiven & Set Free**  
Bible Study for ladies who have had an abortion.

**Healing a Father's Heart**  
Bible Study, for men who have experienced a partner's abortion.

Also available:

**The Path to Sexual Healing**

Bible Study, for those who have experienced sexual trauma

## ADDRESS

3452 Sheridan Rd. 5E Zion, IL 60099

## CONTACT US

FRCZ | 847-731-8360 |  
ZionCenter@yahoo.com  
www.FRCZion.org



## POST ABORTION GRIEF

FOR WOMEN



All services of the  
Family Resource Center of Zion  
are FREE and CONFIDENTIAL



## WITHOUT A DOUBT,

abortion can be one of the most traumatic experiences in a person's life.

YOU, THE FATHER, OR OTHER FAMILY MEMBERS MAY FEEL LIKE EMOTIONS ARE CRASHING DOWN ON YOU.

## THINK AGAIN!

You are NOT alone! Family Resource Center is here for you. You don't have to live in regret, you can be forgiven and set free.

## SYMPTOMS OF POST ABORTION STRESS

- Abusive Behavior
- Alcohol and/or drug use
- Avoids baby reminders (like baby showers, baby stores, etc.)
- Changes in relationships/marriage (70% of relationships/marriage break up within 1 year of an abortion, 90% within 5 years)
- Control issues
- Crying spells
- Difficulty in all types of intimacy
- Divides time into 'before' and 'after' the abortion
- Eating disorders
- Fails to bond with subsequent children
- Loss of interest in sex
- Loss of normal source of pleasure
- Marital stress
- Need of financial success
- Over protective of living children
- Promiscuity or frigidity
- Reduced motivation
- secretive



## POST ABORTION STRESS TRAUMA

The loss of pregnancy through abortion may be far in your past, but the memories remain. In many cases, the pain of loss may initially be buried but may surface in difficult relationships, depression, physical, psychological, or spiritual problems.

POST ABORTION STRESS TRAUMA is a condition which can occur in both men and women after the abortion experience due to unresolved psychological or spiritual aspects. It is the personal struggle to work through thoughts and feelings about abortion and previous pregnancy, and the goal to come to peace with those involved in the decision-making process and ultimate loss of life.

Family Resource Center is here to reach out to anyone that may be hurting due to an abortion. We acknowledge that this pain may not be recognized by other family members, friends or society. We KNOW your pain is real and your emotions exist. We are here to help.

Call or email today to begin your journey of healing.

