

STEPHANIE'S STORY

*“Through the **soar** retreat, the Lord gave me a chance to share what I have never shared with anyone like I did that weekend... things I have kept inside me for 24 years. And even though I did believe that I was forgiven by God, I was a prisoner in so many ways.*

Through the study guide, Scripture, and the other women and counselors, I do not feel the burden of a ‘secret’ anymore.

*I have gone from receptionist to counselor at the Life Centers Northeast Pregnancy Center and have been able to share with a couple of girls who are post-abortive. God is good, and I thank you all for the **soar** experience.”*

experience freedom



soar

A MINISTRY OF



Life Centers

(317) 280-2635

LIFECENTERS.COM

Women: Contact Mabelle

by calling (317) 923-9030, texting (317) 714-0919
or emailing mmontgomery@lifecenters.com

Men: Contact Bernie

at (317) 506-6468

All interaction is confidential.

Please call today.

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soar

spiritually oriented **abortion recovery**

Post-abortive? Need healing?

You are not alone.

Have you lost a child to an abortion?

Do you think about it? Does it cause you pain? Have you been able to find closure? Do you feel guilty or depressed? Are you engaged in self-destructive behaviors? Do you feel like you're just surviving?

You're not the only one.

It seems like it, because no one talks about it. Abortion is the subject everyone avoids. But the truth is, thousands of men and women have experienced what you are experiencing. They know that an abortion isn't something that's easy to forget or easy to deal with.

ABORTION SIDE-EFFECTS

- Regret
- Anger
- Guilt
- Shame
- Sense of loneliness or isolation
- Loss of self confidence
- Insomnia or nightmares
- Relationship issues
- Suicidal thoughts and feelings
- Eating disorders
- Depression
- Anxiety

<http://americanpregnancy.org/unplanned-pregnancy/abortion-emotional-effects/>



THERE IS HOPE

We will walk with you through this journey of recovery. If you have experienced abortion, this welcoming group will support you with real acceptance, compassion, and encouragement as you move towards freedom and healing.

BIBLICAL STUDY

The confidential 5-week program includes separate groups for both men and women. The program is based on Scripture and the book *Forgiven and Set Free* (for women's groups) or *Healing a Father's Heart* (for men's groups) by Linda Cochrane.

It finishes with a weekend retreat and is offered multiple times during the year. The leaders have experienced what you are going through and can offer practical wisdom for your situation.

THE GOAL

We want to help you thrive, not just survive. The program offers many tools to overcome effects of abortion, including guilt and grief.



*experience
hope*

“After carrying around this burden for 5 years, I sought out help from Life Centers. Some days the guilt and shame were more than I could handle. Soar gave me hope when I had none. Soar helped me see Jesus when I believed He had left me. It helped me fully understand God's true love and forgiveness.”

– Danielle



*experience
healing*

“As a man I tried to bury my emotions, but the hurt and pain from my mistakes were always there under the surface. I had two abortions in my 20's and lived with the guilt and shame for 20 years. It wasn't until I learned about the grace, peace and forgiveness that God wanted me to have that I began to heal. Praise God for the healing only He can give us.” – Bernie