

Many women regret their abortions. If you have an abortion in your past and would like to talk to someone or are seeking help, there are local and national programs available to help.

Local Resources

aR - Restore, Reclaim, Recover!

www.pdhc.org

Confidential 24-hour hotline (614) 721-2100

Discover a path to recovery at Connection Nights, currently held every first Tuesday of the month at the PDHC administrative office (665 E Dublin-Granville Rd - Columbus, OH 43229). Join other women on the journey to restoration. Embrace your future with women who understand.

Bethesda Healing - An Experience of Hope

www.bethesdahealing.org/ * 2744 Dover Rd.

- Columbus, OH 43209

Confidential ministry support lines: (614) 309-0157

or (614) 309-2651 (24/7x365)

Español: (614) 309-0810

Through a community of love and acceptance, all men and women wounded by abortion are invited and supported. Together they share a rich healing journey through fellowship, prayer, the Sacraments, a structured scriptural/experiential manual, retreats, and days of recollection. In unity with the Sisters of Life, N.Y.; experienced Bethesda leadership; trained companions; and compassionate clergy; minister to all who come. The door is opened to receive and celebrate the forgiveness, mercy, and hope of Jesus, The Good Shepherd, Who “left the ninety-nine to go after the one who was lost.”

Catholic Social Services: Project Rachel

www.colscss.org/project-rachel-2/

(614) 221-5891

Project Rachel provides post abortion reconciliation and spiritual healing. a professional counselor, specially trained in this field, will assist participants, individually and confidentially, with unresolved feelings and conflicts in a healthy and healing manner. If the participant wishes, a referral to a priest for the Sacrament of Reconciliation is available.

National Resources

Rachel's Vineyard

<http://rachelsvineyard.org/>

Rachel's Vineyard is a safe place to renew, rebuild and redeem hearts broken by abortion. Weekend retreats offer you a supportive, confidential and non-judgmental environment where women and men can express, release and reconcile painful post-abortion emotions to begin the process of restoration, renewal and healing. *Help available in Spanish, German, French & Italian.*

Silent No More

<http://silentnomoreawareness.org/>

Reach out to people hurt by abortion, encouraging them to attend abortion after-care programs. Invite those who are ready to break the silence to join us in speaking the truth about abortion's negative consequences and the hope found in healing.

Men and Abortion Network (MAN)

<http://www.menandabortion.net/MAN/resources.htm>

Resources for men.

Note: These are programs that are not managed by GCRTL or our staff. They are known community or national partners, provided as a general resource to help you or a loved one. If you have a post abortion program you would like us to share, please [email](#) our office.