

## Journey of Resolving Grief

- “ I didn’t know the gift I was going to get. • J.J.
- “ When people around me would talk about abortion I used to clam up. I was so afraid someone would find out I’d had an abortion, and yet I could list off a hundred reasons why I was better off without that child. • B.K.
- “ I worked hard at concealing my abortions from certain people in my life. Some could know I’d had four abortions, but not everyone. I used to fear that I would never be able to have children. After all, I had aborted four babies. Why would God give me another? • T.E.
- “ I had all the ingredients for a good life, but just couldn’t figure out why it wasn’t working. So much denial that my abortion had anything to do with it. I felt trapped by a sense of shame that I was unable to break free from. • J.C.

### A Man’s Reflection:

- “ It was transforming. All the trauma as a man—shame, all the hurt that I caused, not only to the people I loved but to myself—that was keeping me from being the husband and father I needed to be. • K.C.

Call or text  
for appointment

509.444.9035

You may also  
contact us by email:  
[info@pathoflifespokane.org](mailto:info@pathoflifespokane.org)

We will respond within 24 hours  
during regular business hours.

ALL CORRESPONDENCE  
IS CONFIDENTIAL.

 **Path of Life**

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## Post Abortion Recovery



It’s time to get out  
of the valley, and stand  
on the mountaintop.

 **Path of Life**



*One in four women (and men) have experienced an abortion...*

Do you ever wonder:

- Why your relationships are difficult and uncomfortable for no apparent reason?
- Why you sense something is wrong with you?
- Why you feel incomplete or empty?

After an abortion, many dismiss this unsettled emptiness and may simply ignore it. We often believe that having an abortion will allow for a stress-free, guilt-free future. It seemed like the best, or maybe only option to an impossible situation.

Even reading this you may be thinking everything is fine...

BUT are you willing to gaze a bit deeper and take a closer look?

At Path of Life our experienced volunteers walk with you as you seek healing and restoration for yourself, with God and others through support groups for women or men. Path of Life facilitators provide confidential help, giving you the opportunity, time and space to examine your individual experience.

You can know healing through the Truth that comes from meeting God and his love for you in your circumstances.

## Path of Life

exists to offer Christ-centered hope and resources for sexual health and relational wholeness.

### **For men and women:**

- Unplanned Pregnancy
- Post-Abortion Recovery
- Unwanted Same Sex Attraction/Gender Identity
- Relationship Resource— Including Pregnancy Loss