



Mending Hearts

Healing and Encouragement
for Abortion-Related Regret

Are you or someone you know struggling with a past abortion? Regretting a past choice can impact your life in ways you never expected.

If you're tired of trying to get over it, pretending it never happened, or wish the painful emotions would stop—we're here to offer you support and hope.

Mending Hearts is a ten week recovery study based on Biblical principles. In a compassionate and confidential setting, we will help you explore spiritual and emotional issues that often accompany an abortion experience. *Mending Hearts* is offered one-on-one or in a group setting with trained facilitators.

Healing and recovery from abortion-related trauma is possible. If you'd like to speak with someone regarding our program, please call one of our centers.

REAL OPTIONS • MANCHESTER
603-623-1122

REAL OPTIONS • NASHUA
603-883-1122



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