



## DO YOU HAVE AN ABORTION WOUNDED HEART

While some women and men say they have no regrets after having an abortion, many do admit to experiencing some of the following:

- ◆ Regret
- ◆ Grief
- ◆ Sadness or Depression
- ◆ Anxiety
- ◆ Drug/Alcohol abuse
- ◆ Feeling emotionally numb
- ◆ Relational conflict
- ◆ Nightmares related to the abortion
- ◆ “Anniversary” reactions
- ◆ Fear of “bad things going to happen”
- ◆ Overprotective or Detached from your children
- ◆ Eating Disorders

If you have had an abortion, perhaps you have experienced some, or all, of these symptoms. If so, you may be experiencing post-abortion syndrome, which can resemble post-traumatic stress disorder. The process of making an abortion choice, undergoing the procedure, and then living with the grief, pain, and regret can be traumatic. Many women and men simply don't relate their distress to the abortion.

### We Want to Help.

Deeper Still is a biblically based healing retreat for post abortive women and men. Deeper Still exists to bring lasting healing, freedom, and hope to women and men who have been hurt by an abortion decision.

Testimony from a Deeper Still participant: **“There are no words to describe the overall experience at the Deeper Still retreat. I am still experiencing so much freedom, so much joy. I’ve been set free by the grace of God. Bless you all for helping me to find this freedom.”**

### Confidential, Free Weekend Retreats

Upcoming Retreat Dates: September 9-11, 2022

April 21-23, 2023

Registration info available at [www.deeperstillarkansas.org](http://www.deeperstillarkansas.org)

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