

## There is Hope After Abortion.



The physical, emotional, and spiritual pain of abortion is undeniable. Because it is such a traumatic event, many who experience an abortion develop a form of post-traumatic stress disorder known as [Post-Abortion Syndrome \(PAS\)](#).

**Project Rachel** and **Project Joseph** provide healing and hope to **women and men** wounded by abortion through the following:

- **Free, confidential, professional counseling** for anyone who has been wounded by an abortion experience
- [Monthly spiritual support group meetings](#)
- [Women's Retreats](#) and [Men's Retreats](#), based on the [Entering Canaan](#) model.
- [Spiritual Direction or Reconciliation](#)

To learn more about healing after abortion, please call (314) 792-7565 or email [ProjectRachel@archstl.org](mailto:ProjectRachel@archstl.org) or [ProjectJoseph@archstl.org](mailto:ProjectJoseph@archstl.org). Trustworthy caring persons will

answer your call. We make every effort to ensure that you will be comfortable with those serving you.

You may also contact our Spiritual Support Coordinators directly. For Project Rachel, contact Marisol Pfaff during office hours at [ihnpfaff@swbell.net](mailto:ihnpfaff@swbell.net) or 314-792-7451. For Project Joseph, call or email Chuck Raymond at (314) 974-8767 or [craymjr@sbcglobal.net](mailto:craymjr@sbcglobal.net).