



## POST-ABORTION HEALING – PROFESSIONAL COUNSELING AND RETREATS

### Helpful resources for women and men suffering from abortion loss:

**Professional counseling** and a comprehensive approach is available through St. Raphael Counseling. See their website at [StRaphaelCounseling.com](http://StRaphaelCounseling.com) or call 720-377-1359.

“Project Rachel is a ministry of the Catholic Church in the U.S. to those who have been involved in abortion,” according to the U.S. Conference of Catholic Bishops. “It is a diocesan-based network of specially trained priests, religious, counselors and laypersons who provide a team response of care for those suffering in the aftermath of abortion. In addition to referring for Sacramental Reconciliation, the ministry provides an integrated network of services, including pastoral counseling, support groups, retreats and referrals to licensed mental health professionals. It is open to all . . . people of all faiths or no faith.” For more information, go to [hopeafterabortion.com](http://hopeafterabortion.com) or call 888-456-HOPE (4673). For Project Rachel in the Archdiocese of Denver, call 720-377-1351.

**Weekend retreat formats** are available through Rachel’s Vineyard\*, described as “a safe place to renew, rebuild and redeem hearts broken by abortion.” See the website at [rachelsvineyard.org](http://rachelsvineyard.org) or call 877 HOPE 4 ME (877-467-3463).

Rachel’s Vineyard is a weekend retreat event. Abortion creates deep wounds on many levels. Therefore, the Respect Life Denver office stands with the U.S. Bishops to recommend the comprehensive healing program of Project Rachel. If you choose to begin your healing process with Rachel’s Vineyard, please know that longer term counseling might be necessary. St. Raphael Counseling stands ready to walk with you through your journey.

*“The Sacrament of Reconciliation offers spiritual healing and helps us to restore our broken relationship with God.”*  
— Denver Archbishop Samuel J. Aquila

*“God is always waiting for us; he never grows tired. Jesus shows us this merciful patience of God so that we can regain confidence, hope - always!”*  
— Pope Francis