



**Stop holding onto your pain -  
and replace it with forgiveness.**

*We are your sister,  
We are your wife,  
We are your daughter,  
We are your granddaughter,  
We are your niece,  
We are your friends –  
We are everywhere.*

*Statistics show that 1 in 4  
women have had an abortion. If  
you know someone who has  
experienced pain through abortion,  
please give them this information.*

*Encourage them to attend  
Forgiven and Set Free, where they  
can find hope and healing and peace  
through the mercy and love of God.*

## Who We Are

### About our facilitators:

Wendy Baulch is a woman saved by grace who is married to her best friend. She has a heart for this ministry and is dedicated to helping those whose hurting can only be healed through the hands of Jesus.

Teresa Ackerman is a dedicated wife, mother and grandmother. Her commitment to serving the Lord has given her the courage and desire to help women as they move from a life of grief towards a life of grace.



Please contact Wendy or Teresa regarding the next Bible study in your area.

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## PREGNANCY RESOURCE CENTER EAST



## HELP FOR THOSE SUFFERING FROM POST ABORTION TRAUMA

## ***FORGIVEN & SET FREE***

~ An abortion recovery Bible study ~

- 10-week study
- Confidential
- Comfortable setting
- Biblically based program



*There is only one true road to peace.*

*To comfort all who mourn and provide for those who grieve in Zion – to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. Isaiah 61:2-3*

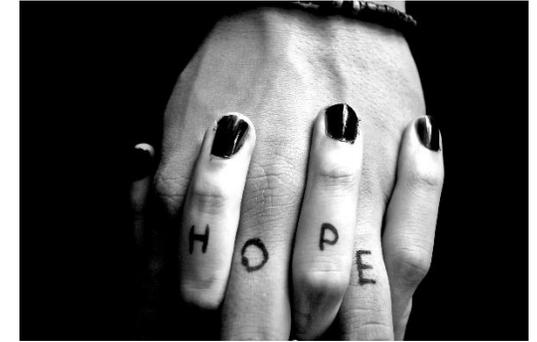
Can you relate to any of the following:

- Guilt/Shame
- Depression/Despair
- Frequent Crying
- Anger/Rage
- Increased promiscuity
- Eating disorders
- Desire to become pregnant again
- Self-hatred
- Self-destructive behaviors
- Thoughts of suicide
- Drug/Alcohol abuse
- Difficulty bonding to children
- Marital problems

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*If you can relate to any of these symptoms, you may be suffering from Post Abortion Trauma.*

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*There is hope. Let us help you find it.*

### **Forgiven & Set Free**

This study was developed out of Linda Cochrane's experience of being freed from the bondage of guilt and grief that followed her abortion.

*"As I read my Bible, Christ was faithful to touch my open wounds with the healing touch of his promises," she writes. "He promised to turn all my wailing into dancing and he has."*

Forgiven and Set Free guides suffering and hurting women to bring their emotional scars from abortion "out of the dark past and into his holy light," where true and lasting healing can take place. Appropriate Scriptures help women deal with issues such as:

- relief and denial
- anger
- forgiveness
- depression
- letting go
- acceptance