

# ***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 the following:

- Regret
- Grief
- Sadness
- Anxiety
- Drug/alcohol abuse
- Emotionally numb
- Relational conflict
- Nightmares about the abortion
- “Anniversary” reactions
- Eating disorders
- Depression

If you have had an abortion, perhaps you have experienced some, or all of these symptoms. Making the decision to have an abortion is rarely easy. The process of making an abortion choice, experiencing the procedure and then living with the grief, pain, and regret can be traumatic.

## **We Want To Help.**

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

### **2021 Deeper Still Weekend Retreats**

**April 30-May 2**

**July 16-18**

**October 8-10**

**(Women only)**

Retreats are free and confidential. Space is limited and registration is required.

Registration information at [www.GoDeeperStill.org](http://www.GoDeeperStill.org)

(Click on “Retreats” tab at the top and scroll down to Central IL location)

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**Deeper Still**<sup>®</sup>  
*Central Illinois*