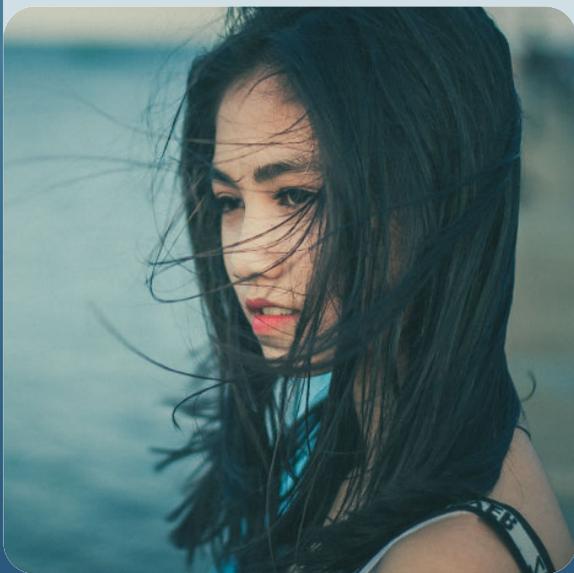


ALL SERVICES AT NO COST TO YOU!

“I tried everything to ignore the pain I felt following my abortion. I took drugs, drank alcohol excessively, had many sexual partners. Nothing worked, until now.”

“I thought I had dealt with it head on, but then I had other children. I was overprotective. I yelled at them for the smallest things. I struggled for a long time accepting the joy of their love, feeling that I was undeserving. I knew something was wrong.”



Serving King & Pierce Counties

Visit us at www.carenetps.org

Fall City* 425-440-3364
36017 SE Fish Hatchery Rd
Fall City, WA 98024

Federal Way 253-941-2664
1414 S 324th St, Suite B-105
Federal Way, WA 98003

Gig Harbor 253-858-5585
2727 Hollycroft St, Suite 130
Gig Harbor, WA 98335

Kenmore 425-398-5820
6524 NE 181st St, Suite 9
Kenmore, WA 98028

Lakewood 253-984-6222
10828 Gravelly Lake Dr SW, Suite 101
Lakewood, WA 98499

Puyallup 253-770-8697
11102 Sunrise Blvd. E, Suite 107
Puyallup, WA 98374

Seattle 206-926-7860
Mobile Medical Unit
Serves multiple locations

Tacoma 253-383-2988
1924 S Cedar St, Suite B
Tacoma, WA 98405

*Limited services: open 2nd & 4th Thursdays

**All services are at
NO COST TO YOU**

www.carenetps.org/abortion-recovery
253-272-1818 or **253-267-8938**
healingtide@carenetps.org

HT101 (112018)



Providing help through the pain,
grief, and loss from a past abortion.



King County: 253-272-1818

Pierce County: 253-267-8938

Email: healingtide@carenetps.org

www.carenetps.org/abortion-recovery

24/7 Helpline: 1-877-NOT-ALONE

We provide a safe place for healing and restoration for women and men who have suffered the loss of a child through abortion.

Do any of these questions resonate with you?

- Do you avoid the subject of abortion?
- Do you feel shame, grief, or guilt at the mention of the word abortion?
- Do you have lingering feelings of anger or resentment toward people who may have been involved in your abortion?
- Have you found that you avoid relationships or become co-dependent in them since the abortion?
- Do you feel unworthy of love?
- Are you overprotective of the children you have now?
- Do you use drugs and/or alcohol as a means of escape?
- Do you have an eating disorder or another self harm disorder?
- Do you have unrealistic fears?
- Do you feel a vague emptiness or a deep sense of loss?
- Do you suffer from periods of depression?

Abortion may cause a high-stress reaction to the experience.

Some may feel relief initially, but it's often common to suffer symptoms of post-abortion grief and loss. This may occur days, months, or even years afterward.

Understanding the impact of your loss is the first step toward abortion recovery.

We want to provide a safe and confidential environment that promotes healing and restoration for women and men.



If you are experiencing symptoms of post-abortion grief and loss, help is available through Healing Tide.

We offer a variety of ways to help you in your personal journey toward healing and restoration with:

- 1-on-1 mentorships with someone who's been through the experience.
- Weekly small groups where individuals who need help are connected with others who can help.
- Weekend retreats that offer a condensed format to gather and begin the initial steps toward healing.

We are here to invite you on a journey where you can begin to process your emotional pain and be restored to wholeness, experience hope, and live in peace. It's never too late to begin.