



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

We provide an environment that promotes healing and restoration for **women** and **men** who have suffered the loss of a child through abortion.

We 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.



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 both women and men on their personal journeys toward healing and restoration with in-person and virtual support through:

- 1-on-1 mentoring with someone who's been through the experience.
- Weekly support groups with other individuals who have experienced an abortion.
- Weekend retreats that offer a condensed format to gather and begin the initial steps toward healing.

**It's never too late to begin.
FREE AND CONFIDENTIAL**

**Hay apoyo disponible
para mujeres en español.**



DON'T WAIT. CALL OR TEXT.

King County: 253.272.1818

Pierce County: 253.267.8938

E-mail: HealingTide@carenetps.org
www.carenetps.org/abortion-recovery

All services are at NO COST TO YOU.