



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

We provide an environment that promotes healing and restoration for **women, men and couples** 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, men and couples 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.**  
253.267.8938

**E-mail:** [HealingTide@carenetps.org](mailto:HealingTide@carenetps.org)  
**or** [HealingTideMen@carenetps.org](mailto:HealingTideMen@carenetps.org)

[carenetps.org/abortion-recovery](https://carenetps.org/abortion-recovery)

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

