



Celebrating 20 Years

P.A.T.H.S. has been operational for 20 years in December this year. That is a huge milestone and what a journey it has been and continues to be.

Numbers of not-for-profit counselling agencies have closed and others are struggling, even though their services are much needed by the community. That P.A.T.H.S. has survived this long is credit to the wonderful people who have contributed their time and expertise to both governance, co-ordination and provision of services.

It is also thanks to funders who have supported the work over the years. We have had regular funders and donors who have consistently encouraged us with their contributions. We have had others who have given money at different times for special projects, and private donors who have supported us faithfully. A huge thank you to you all.

There are too many people to thank individually for their involvement with P.A.T.H.S. over the last 20 years. From myself and the current Trust however, I would like to say a massive THANK YOU to everyone who has supported this outreach and service and made it possible.

In recent years I have needed to step out of various roles of responsibility and have felt heartened that others have stepped up to assume various roles.

Thank you to those who have served on the Trust, helped with administration, the Prayer Network and outreach. Thank you to Gay White for continuing on the Trust this year, and thanks to Karen Holmes and Averil Ewart-Jones for picking up the Trust's reins and holding the vision of P.A.T.H.S. for the foreseeable future.

Heartfelt thanks to our PCPs around the country for growing with us through the changes in the service
P.A.T.H.S. Newsletter

and continuing to be available and provide much needed counselling. The move to weblistings for PCPs will, hopefully in time, increase the number of clients able to access help, and with greater ease.

Thank you to those who facilitated support groups and connect groups, over many years. These are currently on hold as P.A.T.H.S. is going through another period of change. When the demand arises these can begin again, or we can refer and link people in with other support groups and programmes if that is more practicable.

Thank you to our Facebook teams past and present. The private Facebook group is a safe forum which helps to break the sense of isolation that many post abortive women feel. It is hoped that more sharing will happen as we move forward.

For me the journey over 20 years has definitely had its highs and lows. It has been a real faith journey and certainly had its share of struggles. As founder it has been a privilege to be a part of something so worthwhile.

I am reminded of cycles and seasons. This year P.A.T.H.S. has once more been going through a time of transition and change. We have returned to voluntary roles on the Trust and Co-ordination Team meantime to enable the work to continue.

P.A.T.H.S. is in good heart. The way forward is reliant on each and every one of us. And the question is how do we continue to grow P.A.T.H.S. as a service from this point?

The call to healing for those

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P.A.T.H.S. offers

- Phone and email support
- Face-to-face counselling
- Private Facebook Group and Connect Group
- Information
 - a. newsletter
 - b. website
 - c. information booklet
- Presentations, seminars education, training
- Remembrance Services
- Networking

Chairperson's Message

Greetings on behalf of P.A.T.H.S. Trust.

2017 has been an interesting one from the Trust. We have gone back to the basics this year of our core business. We have tried as much as possible to simplify and make our processes as efficient as we can. I am happy to report that we are now in a better financial position than we were at the beginning of the year. Our meetings have been pieced together with love, good heart, prayer, faith, humour and of course getting down to business.

One exciting project we completed this year was the leaflet for men. We have had lots of positive feedback about this leaflet and we are hoping that even by just seeing it men can feel that what happens for them after an abortion, their experience means something and is compassionately understood. That they are not alone and that when they are ready there is a safe place for them to go to talk about and make sense of their experiences.

The one thing that we could do with going forward is new people to come on to the trust. So if you have a heart for the unique work we do, or you know someone that does, and would like to enhance your skills and stretch yourself we would love to hear from you.

I can see 2018 being an exciting year to be part of P.A.T.H.S. We are looking at applying for funding to update our website and have it compatible with mobile phone usage which is the way of the future. We want to have it so that people can go on there and have short effective processes that they can easily follow and access themselves that can provide immediate relief and comfort. We want the website to be a youth friendly place as we expand our client base. Now that we have a solid base we want to increase the profile of P.A.T.H.S. so that everyone is aware there is somewhere safe to go for support, counselling and information after an abortion.

To assist us to do this we are also looking for a tech savvy, compassionate person with an interest in this area of work, to come on board as our Admin-Funding Person. Initially this would be a volunteer role but we are looking to apply for funding for it become a paid position. If this is something you would be interested in or if you know someone who might be interested please let us know.

Finally, thank you all for your ongoing support for P.A.T.H.S. We appreciate each one of you. A special thank you too to Carolina and Phil Gnad who are a driving force for P.A.T.H.S. Thank you to the Trust members Averil and Gay for all your work. A special thank you to Chrissie who has done so much for us this year. We appreciate all your hard work. Thanks also to Vic who has come on board voluntarily to help us with our face book page.

I wish your all a Merry Christmas, Happy New Year and hope that you have a wonderful summer. See you all in the New Year.

*Warm thoughts
Karen Holmes*

URGENTLY NEEDED!!!

Admin-Funding Person

As mentioned in the chairperson's report, we are seeking someone to fill this unique role. If you think you have the skills and a heart for this area of service and would be willing to step in and develop this role we would love to hear from you. Training can be given on the job. It is anticipated the role would be approximately 5 hours per week, flexible. At this stage as Karen said it is a voluntary role, however at some point, funding permitting, some remuneration will be possible.

This role is vital to the organisation. You would be making a real contribution, and helping to ensure the work continues. You will be part of a supportive team.

For more information or a role description email
admin@postabortionpaths.org.nz

PRAYER NETWORK

We are in the process of updating our Prayer Network. Prayer support is vital to our work and uplifting the people involved is really encouraging.

If you would like to join our prayer network and support us in this vital way could you also let us know and we can add you to our group.

Some current emails appear to not be working.

If you are changing or have changed your email please could you let us know

by emailing us at admin@postabortionpaths.org.nz

Averil emails intentions out for prayer at different times either following the Trust meetings or when we are involved in events.

We appreciate your support very much.



CO-ORDINATION REPORT

We have had a steady number of people accessing the service over the last six months. Most seeking help have approached us soon after their abortions. They usually need someone to talk to about their experience, though often do not engage in the longer term therapy for healing. Often once the immediate distress is relieved they move on, knowing that they can always come back down the track if they need to. Some join the Facebook Support Group which is currently going through some changes, as Maree Stace left. Vic Turner and Chrissie Burrow have come on board to help with the virtual group. We have appreciated Chrissie covering the phone and client emails too, and want to thank her for her heart and generosity of time. This has enabled client services to continue smoothly and with good care.

The new weblisting system for PCPs (P.A.T.H.S. Counselling Partners) has started. See the Counsellor Connect section in the Services information, on our website (see <http://www.postabortionpaths.org.nz/Services/CounsellorConnect.asp>). We are keen to run more seminars and recruit more counsellors. If anyone would like to host a seminar in 2018 email carolina@postabortionpaths.org.nz for more details. If there are counsellors who have done our training in the past and would like to consider a listing please email carolina@postabortionpaths.org.nz for more details.

We have some work to do to broadcast the new PCP system and promote it through health circles and the community. Our intention is to try to do a mailout in the main centres in the coming year and develop the P.A.T.H.S. Facebook Frontpage and boost that to reach more people. Then people seeking help can more readily find their way around the website and link in with a counsellor if they wish. Spread the word if you know people who may benefit from support, or others who work in areas where they encounter women or men who have had abortion experiences. We have brochures and bookmarks available to pass around.

Carolina offered some training in Hamilton in August which went well, and co-spoke at a NZ Medical Conference to a small contingent recently. She has just been accepted to present a paper or workshop at the International Christian Educators' Conference in Tauranga in April next year. There will be a P.A.T.H.S. seminar happening in Christchurch 1-2 March 2018 (see Page11)

On behalf of the P.A.T.H.S. Team I would like to wish you all a warm and peace filled Christmas. For those who struggle at this time kia kaha, stay strong and go gently. And soon it will be 2018!

- Carolina Gnad

MEN HAVE THEIR OWN EXPERIENCES and STORIES

Although the focus when talking about abortion is mostly on women, we have always been aware that abortion affects men as well. Men's experiences are real and also need to be heard.

Some men access help through our service, but certainly not as many as we imagined might want support. Men's experiences are so undervalued and underacknowledged in society. In the current climate it is increasingly hard for men to find and give voice to their experiences.

With each abortion there is a man involved. Scenarios for men may vary. He may have been supportive of the woman to have an abortion out of respect and deference to her wishes, or for self interest or self preservation; he may have left the decision for her to make; he may have wanted to keep the child and found he had no legal rights and little power to persuade her to keep the baby. There are as many scenarios as there are men with abortion in their history. Whatever the scenario, every man who has a story of abortion has feelings or aspects that may have impacted him. He may be left with questions as to what this meant then, and what it may mean now for himself. The memories may surface in future relationships, or when he has a family, or suffers another loss.

A man's reactions and behaviours may signal he is more affected than he realises or admits. Anger, risk taking behaviour, difficulty with intimacy, relationship issues, numbing through alcohol and drug misuse, or escaping through workaholicism, obsessiveness over fitness and needing to be in control. He may suffer depression and anxiety which he may be covering claiming he is okay, just getting on or displaying an "I don't care" attitude.

It can be a powerful thing to open up and tell your story. The hope is that some men may be willing to come forward and simply share what happened for them and where they are at with the experience. It is usually the first step in the journey of making sense of your experience and dealing with impacts.

If you are a man with an abortion experience, or know someone who may like to share their story, feel free to write in to chrissie@postabortionpaths.org.nz . Stories will be held in confidence and no publication or sharing of your story will happen without your consent. If anything is published or shared, in training areas for example, every endeavour will be made to protect people's identities.

HUSH DVD

Start a healthy conversation



When director Punam Kumar Gill and producers Drew and Joses Martin heard that the health information being given to women prior to an abortion was subject to the politics of the people involved, they determined to put aside individual ideology and take an honest, scientific look, at the highly disputed and politicised information around abortion's long term effects on women's health.

What is uncovered in the process for them is interesting and may be of interest to you.

If you would like to purchase your copy of this DVD visit the webstore at <https://goo.gl/MSvxhP>

This DVD will certainly stimulate lots of conversation which in my view is much needed. The taboo surrounding talking about abortion and the effects for those impacted, is certainly something that is still present and needs challenging in our society. As a society we don't want to talk about it... it is too contentious, we might offend, it makes us uncomfortable. This DVD will hopefully stimulate conversation on the subject and open up new awareness.

At some level as well, for those who are negatively impacted by a past or recent abortion experience this DVD may feel validating and affirming of their experience. It may support them to know that they are not alone, and that what they are feeling or going through is not unusual. It may help them to share their stories more openly, and if they are struggling they might feel encouraged to seek help, realising that this is a natural grief from an unnatural event.

In my experience, it is not only the experience of the actual abortion process or procedure, and the reality of what it does and means that affects people, it is the whole situation of who they are, their past, present and future self, their background, history, culture, spirituality and/or religion or views and beliefs, circumstances, relationships, and much more that contribute to effects. All these things contribute to feelings, conflicts and disconnect, and relate to the person's overall experience and the story we are hearing and responding to.

In terms of the link between abortion and breast cancer, what is presented makes sense, however there is divisiveness in the research from different quarters on this subject. Everyone claims to be working for the interests and wellbeing of women, so it is curious that there no agreement possible on these matters? Such are the politics of abortion!

My hope with this DVD is that we can open up this issue more and promote open discussion particularly around the needs in post abortion healing. We need to acknowledge that, with the numbers of women having abortions each year, we may be facing a significant problem in terms of the long term health, and mental health, problems for women.

- Carolina Gnad

OPPOSITION

As always when something around abortion and the effects of abortion comes out there will be opposition and efforts to discredit.

David A. Grimes, author of *Every Third Woman in America: How Legal Abortion Transformed Our Nation*; and former Chief of the Abortion Surveillance Branch at the Centers for Disease Control (CDC) is one such opponent discrediting the work in a blog post 9/2/16, entitled Hush: the Documentary — Hubris and Hypocrisy about Abortion. (https://www.huffingtonpost.com/david-a-grimes/hush-the-documentaryhubri_b_11527642.html)

Sophistry: First, the film alleges unique insights into gynecology and epidemiology, the study of the causes of disease. The director, Punam Gill, and producer, Joses Martin, claim to hold "the truth" about the health effects of abortion, despite their admission that, "We aren't scientists." The film discounts the world's medical and public health communities, which, after decades of careful study, agree that abortion is safe. Indeed, within three years after the landmark Roe v. Wade decision, the U.S. Institute of Medicine (now National Academy of Medicine) had established the safety and public health benefits of abortion. Over subsequent decades, researchers at the U.S. Centers for Disease Control and Prevention and World Health Organization have repeatedly confirmed this finding.

The criticisms continue and it leaves one feeling rather confused as to what to believe and what not to believe. Certainly much of what the Hush DVD portrays are experiences and questions we hear in our counselling rooms from clients. Many of our clients have short and long term impacts from their abortion/termination experiences. We need neither research nor documentaries to prove that to us. The evidence is before us in the person seeking support to cope with symptoms of depression, anxiety, and wanting to work through issues of loss and trauma, relationship issues, self esteem issues, relating to their experience and the situation surrounding them at the time of the pregnancy, decision-making, the procedure and beyond.

So what are we to make of the Hush DVD and the criticisms of it? Sifting and sorting what fits with our counselling experiences in any piece of research can be hard work. Different research may validate our experiences with clients, or may invite us to question things more. That is helpful. As if we are not wrestling with the issues there is something wrong.

For me personally, in terms of scientific veracity or truth of different studies I cannot comment - I am not a scientist or researcher. I do understand and appreciate how fraught research is around the effects of abortion/termination, because of methodological issues and limitations; and the biases of the researchers and the interpretations of various research. However I like to think I am able to filter some of it to see what makes sense and what matches my experiences of encounters with post abortive women over 20 years working in this area of healing. I intentionally keep focus on each of my clients' stories, and issues, and avoid using any research to validate or minimise a client's experience. I rather work with what is present in the room and what is significant for the client.

If clients have medical concerns they need to see a doctor and have it checked. It is not my place to make a call as to what is going on, or claim cause, or engender fear, nor am I to deny their concerns. If there are health concerns they ought to be addressed by the appropriate health professionals, and I can support them as best I can in dealing with these.

I have come to see and acknowledge how numbers of women adjust and cope with few problems after their abortion/termination experiences, and not all women experience high levels of grief or trauma, but there are numbers who struggle and seek help. Others I do believe, may be suffering or struggling but do not access help because either they do not know help is available, or the secrecy, stigma and shame is too much. For some too, if they are struggling afterwards, they may believe they deserve to suffer for what they have done, so are stuck in guilt and may be shame bound. The shame they carry may not be just relating to their abortion/termination experience, as some women who have had abortions also have histories of abuse and trauma. It is all very complex.

As a counsellor what is most important is that I can meet a post abortive woman where she is at, really hear her story without preconceived ideas or judgement, and support her in her process of unpacking her experience, journeying through grief and dealing with any trauma issues.

What Hush or any research invites me to is an openness of awareness in my reactions and responses to people who have abortion/termination experiences and to be cautious and sensitive in how I respond.

- Carolina Gnad



.....Continued from front page
Celebrating 20 Years

negatively impacted by abortion is what touches our hearts and draws us into the work and invites us to continue to offer ourselves in service to P.A.T.H.S. and those we are endeavouring to support. We each have qualities and strengths and together we can grow P.A.T.H.S. more and respond more effectively to the needs of those we serve.

For myself I wish to focus on the education and training role and I hope that there will be more opportunities to do presentations, workshops and seminars, to write articles and disseminate information as part of our outreach.

Thank you to all who have been and are part of the life and journey of P.A.T.H.S., and I look forward to continuing my association with each of you and with P.A.T.H.S. as a whole. Let us work together to continue to bring hope and healing, and be a voice for those impacted by or hurting after an abortion.

Soon we begin another year and what will it bring?
Watch this space.

- Carolina Gnad

ROLL BACK THE YEARS!



Far Left: Heather Hulse PCP. The Trust 2006. Left front: Jan Brodie, Carolina Gnad, Left back: Joan Blatchford Linda Liddicoat, Phil Gnad



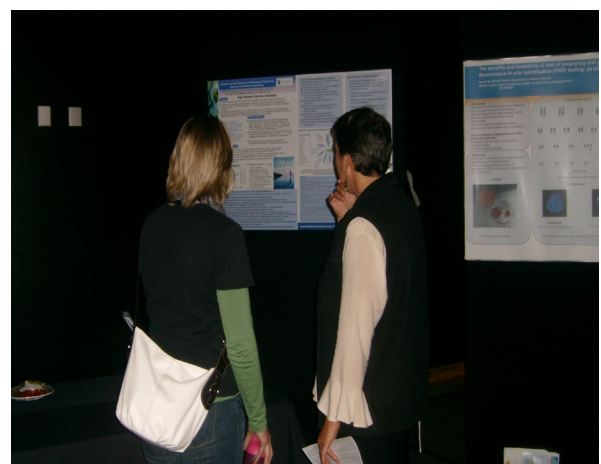
2007 Remembrance Service, Christchurch



Counsellors 2006. From left: Carolina Gnad, Teresa Adams, Sharon Henderson, Heather Hulse, Lynette Telford



Remembrance Service, Rangiora Baptist Church 2010. Music Team from left: Mike Bergin, Phil Gnad, Phillippa Pullar-Shaw, Irene Maguire,



Poster Presentation, Midwifery Conference 2010. Carolina Gnad discusses poster with conference attendee.



Project Rachel Training

2009 Hamilton



2010 Post Abortion Seminar, Christchurch



Some Christchurch PCPs 2013 from left Carolina Gnad, Avrael Semple, Maree Stace, Gay White, Heather Hulse, Karen Holmes, Averil Ewart-Jones



2017 Get together in Christchurch

From left: Averil Ewart-Jones (Trustee), Karen Holmes (Trust Chairperson), Carolina Gnad (Co-ordinator of Education and Training), Chrissie Burrow (Co-ordinator of Client Services), Vic Turner (Facebook Administrator) At back Rachelle Pickering (new PCP) and Avrael Semple (PCP)

YOU ARE NOT ALONE

P.A.T.H.S. PRIVATE FACEBOOK GROUP



Sometimes it is easier to share with others
within the privacy of an online group.

The P.A.T.H.S. Facebook Group is created as a safe place to be with others who have also had termination experiences, to share around things that were part of the experience or feelings or effects afterwards. It is a place of support and understanding. When we hear others' stories it can give us new insights into our own experiences, but also there is a sense of solidarity, for who else can appreciate what the experience was like or has meant than others who have gone through something similar?

The Facebook Group is monitored by two P.A.T.H.S. counsellors,
who offer support and information where appropriate
around aspects of termination experience to bring awareness and aid healing.

One client said: I felt so alone. Through the P.A.T.H.S private Facebook group I met others who had been through it. It helped knowing what I was going through was normal.

*To participate, register your interest with your P.A.T.H.S. counsellor
or ring 0800 728 470 or email chrissie@postabortionpaths.org.nz.*

We would love to see you there!

P.A.T.H.S. CONNECT GROUP



Connect Group is an informal opportunity
to meet with other women who have
experienced abortion or termination,
a place to connect, share and hear one another.

Currently a Connect Group will be run if there is sufficient interest shown.
Meeting themes and activities would vary depending on what participants want.

*For expressions of interest ring 0800 728 470 or send an email to
chrissie@postabortionpaths.org.nz*

It felt hard talking about my experience at first, but what I discovered was that sharing with others who understand has broken the silence and made me feel less alone.

Special Thanks to our Funders and Donors



- Frimley Foundation
- Voice for Life
- The Carmelite Sisters
- Galway Enterprises Ltd
- The Christine Taylor Foundation
- Elizabeth Ball Trust
- Private Donors

And to all our FRIENDS and supporters

**Special thanks to Harman & Co,
Christchurch lawyers for
their legal advice and assistance**

YOUR SUPPORT IS VITAL TO THE VIABILITY AND EFFECTIVENESS OF P.A.T.H.S.

With the number of women having abortions in this country chances are you or someone you know will be affected.

Abortion is not selective. Your mother, your daughter, your aunt, your niece, your friend, your neighbour..... may have been affected by an abortion or pregnancy termination experience.

Help us to help them. A small regular contribution, or an annual donation would be most welcome.

We encourage you to promote P.A.T.H.S. in your community and area. Download a copy of the newsletter and share it with friends, especially anyone you think may be impacted by an abortion/termination experience.

You can also support us by directing people to our website if they want more information about post abortion/termination issues, or to get a fuller sense of what P.A.T.H.S. is about and what we do.

Take time to care and learn more, so that you can be more informed and responsive.

P.A.T.H.S. Newsletter

FRIENDS of P.A.T.H.S.

Foster Real Interest in P.A.T.H.S., and Ensure Needs
are met & Development successful

Will you support us?

Join FRIENDS of P.A.T.H.S. & make a difference!

I would like to contribute

☐ \$10 ☐ \$20 ☐ \$50 ☐ \$100 ☐ \$500 ☐ Other

☐ Weekly ☐ Fortnightly ☐ Monthly ☐ Annually

Payment by

- ☐ Cheque (payable to P.A.T.H.S.)
- ☐ Auto payments (internet banking - to Westpac P.A.T.H.S. account number 03 1592 0130232 00)
- ☐ Payroll giving (see below)

Name:.....

Address:.....

.....

Phone:.....

Email:.....

I would like to help with

- ☐ Prayer
- ☐ Distributing flyers or bookmarks and brochures
- ☐ Counselling

Please send me:

- ☐ Brochures About P.A.T.H.S.
- ☐ Counselling/Support Group Flyers
- ☐ Information booklet - koha appreciated to cover cost
- ☐ P.A.T.H.S. Counselling Partners Info Pack

Send to P.A.T.H.S.,

PO Box 1557, Christchurch 8040

Payroll giving

A simple and effective way to support your favourite charity or helping organisation.

A scheme of the Charities Commission and IRD which allows employees to make donations straight from their pay to their specified charity.

As a registered charity (Number CC23333) P.A.T.H.S. is listed as a "donee organisation", and is therefore able to take donations through this scheme. The benefit to employees / donors are the immediate tax credits they receive.

For more information go the www.charities.govt.nz

or email Phil on admin@postabortionpaths.org.nz

HOPE for the HURTING

Guideposts for Healing After Abortion/Termination

A manual for counsellors, psychotherapists, psychologists, pastors or anyone journeying with someone through healing after an abortion/termination.

The manual offers insights into the possible impacts of abortion and signs and symptoms of negative reactions. It provides some reflections and counselling considerations.

The manual outlines 14 Guideposts or aspects to be worked with in the healing journey, developed from a proven psycho-spiritual process of post-abortion recovery originally developed by Victims of Choice, USA.

Spiral bound discounted price \$75 per copy
PDF version discounted price \$50 per copy
(includes licence to copy handouts for client use)



To order a copy please email Carolina at carolina@dawnings.co.nz

About the Author:

Carolina Gnad is a trainer, counsellor, spiritual director and supervisor. She has extensive experience in the pregnancy counselling and post abortion recovery areas. She is the founder of P.A.T.H.S. (Post Abortion Trauma Healing Service) and currently works for P.A.T.H.S. as Co-ordinator of Education and Training, and also works in private practice (www.dawnings.co.nz)

GUIDELINES for a POST ABORTION / TERMINATION THERAPEUTIC SUPPORT GROUP (Facilitator Guidebook)



Spiral bound \$100
PDF version \$75
Includes rights to copy
handouts for participants

The Guidelines are for those facilitating groups to assist with setting up and running therapeutic groups.

A NEW PATH My Story - My Healing Journey (Participant Workbook)

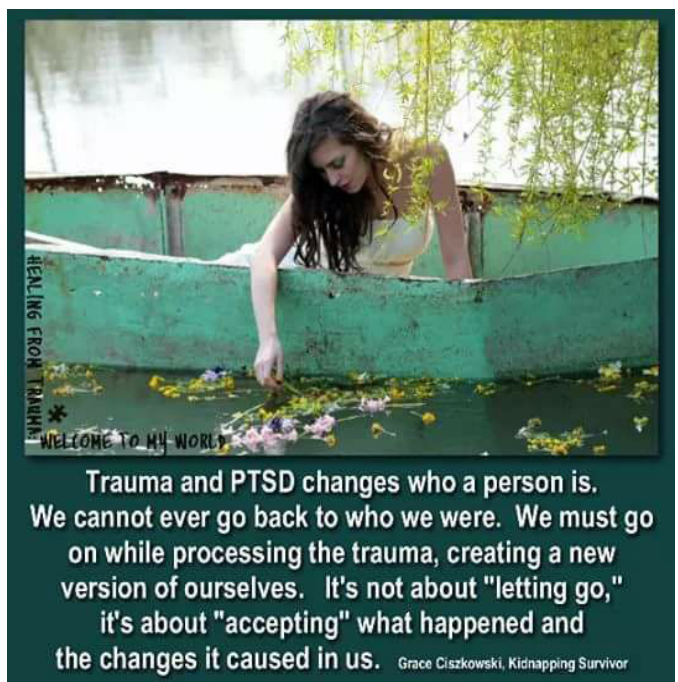


Spiral bound \$35 per copy
for individual use
PDF version \$25 per copy
for individual use

\$100 with rights to copy books
for group participants

The workbook for participants accompanies the group process and enables participants to explore more fully their personal experiences.

To order a copy please email Carolina at carolina@dawnings.co.nz



“Hope for the Hurting”

Impacts of abortion and introduction to a 14 Guidepost healing programme

Facilitator Carolina Gnad (Dip Nurs, Dip Couns, Cert Superv, Dip NFP Mngmt, Dip Rel Stud)

Carolina is founder of P.A.T.H.S. and currently works in private practice as a counsellor and supervisor, and co-ordinates education and training for P.A.T.H.S..

“The hurt and anger I was carrying was affecting me. I had become depressed and anxious and found it hard to cope with basic tasks. I was unsure about coming for help but realised once I began to share my story that there was a lot more going on than I had realised.”

“Things changed after my abortion. I had expected that now the problem was gone I would feel relief. But I was overcome with sadness which was difficult to explain.”

“I feel ashamed for having the abortion but more for being pregnant in the first place. How could I be so stupid. I have to live with this for the rest of my life and I don’t know if things will ever be better. I thought it was the best decision but now I feel awful.”

There are key elements and issues that need to be understood and addressed for post abortion recovery. This seminar is for counsellors, psychotherapists, psychologists, social workers, doctors, midwives, nurses, pastors and ministers and mental health support workers. Others who may encounter and support people who have had terminations or abortions will also benefit from this seminar.

DAY ONE: foundational DAY covers attitudes and beliefs, the context of abortion/termination in NZ, reasons and risks, possible effects, foetal development, men and abortion, needs in healing

DAY TWO: Overview of the new 14 Guideposts’ manual developed by Carolina

This step by step process will enable you to journey with those experiencing problems after their terminations or abortions. It helps you to look at how to engage with a person after abortion/termination, to see the person you are helping in the context of who they are, their past and their current life, to explore what happened in and around becoming pregnant and map out all aspects of the decision-making time. It journeys through the grief, deals with hurts and anger and offers a process of forgiveness. Finding closure and meaning, restoring relationships with the beloved little one, and moving on are all important steps to integrating the loss in a person’s life.

N.B. Day One is a prerequisite to Day Two and seminar is two full days. This is not merely an academic seminar, rather a reflective and interactive process.

When: Thursday March 1 and Friday March 2nd, 9.30 to 4pm each day

Where: The Arahura Centre, 406 Barrington Street, Christchurch

Cost: \$250 for two days (\$180 for students)

For more details email carolina@postabortionpaths.org.nz

If your agency, medical practice, clinic or church is interested in hosting a seminar please contact

carolina@postabortionpaths.org.nz for more information.

Wildflowers

Wellington Support Group



For those who feel the effects of abortion/termination
Contact Wendy Phone 027 254 9222
or email info@greenstoneddoors.co.nz

Living in Colour programmes for post abortion healing are available in some centres.

Visit <https://www.facebook.com/livingincolournz/>

Abortion / Termination Services in NZ

<http://www.abortion.gen.nz>

Post Abortion Trauma Healing Service



www.postabortionpaths.org.nz

Phone 0800 728 470

For friendly specialised post termination information & help

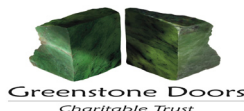
Also counselling for any perinatal loss.

Greenstone Doors - Wellington

Pregnancy help and post abortion support

Wendy Phone 027 254 9222

or email info@greenstoneddoors.co.nz



The Buttons Project

www.buttonsproject.org

"what happened mattered" ...

Share your story and / or send a button to remember a life lost to abortion / termination. The pain does not go away but acknowledgment and breaking the aloneness can help.

HELP for MEN

www.postabortionpaths.org.nz

<http://www.menandabortion.info/>

<http://www.fatherhoodforever.org/awareness.html>

THE P.A.T.H.S. PRAYER NETWORK

This is an email group of people who pray for the intentions of P.A.T.H.S. and needs of those we help.

If you would like to be part of this network email Averil at admin@postabortionpaths.org.nz



Rachel's Vineyard Retreats Healing for the Grief and Trauma of Abortion or Termination

Friday 23 to Sunday 25 March, 2018

The weekend offers a warm, safe and loving place with a trained and experienced retreat team who guide and support retreatants through a spiritual and psychological process.

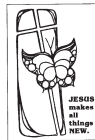
Visit www.rachelsvineyard.org.nz

Email rvnzretreats@gmail.com

Or contact Wendy 027 254 9222

Project Rachel

<http://www.catholic.org.nz/agencies/support.php>



Diocese of Christchurch

For support and Reconciliation after abortion
Catholic Diocese of Christchurch
Phone John Paul II Centre (03) 351 3227
88 Idris Rd, Bryndwyr

CRISIS PREGNANCY SUPPORT

Nelson 0800 004 277

Wairarapa starting up soon

Pregnant Need to talk?

Pregnancy Counselling Services

24 hours a day 7 days a week

Phone 0800 773 462

Text 0800 773 462



TABS (Trauma & Birth Stress)

www.tabs.org.nz

Support following a traumatic birth.

Esther Foundation Ministries

www.estherfoundationministries.co.nz

THE WELL

Healing meeting for women for Ministry and Personal Prayer Ministry also available
Phone Sue Doyle for details 0338444513



Elliott Institute (USA) prolife website

www.afterabortion.org

Guttmacher Institute (USA) pro-abortion website

www.guttmacher.org