



## POST-ABORTION RESOURCES

Don't walk through your grief alone. If you are grieving from an abortion or experiencing guilt from your decision, we are here for you and there is help. Email [care@lakesidechurch.com](mailto:care@lakesidechurch.com), and a female staff member will reach out to you in confidentiality and offer a listening ear, guidance, and support. You can also find support through some of the local resources listed below.

### ONLINE RESOURCES

- [Abortion Changes You – Healing Pathways](#)
- [Time of Grace Resources on Abortion](#)

### In-Person and Zoom Resources

- [RealOptions - Hope Reproductive Loss Support Group](#): *Weekly Zoom group call (Thursdays, 6:30pm) open to all who have been impacted directly or indirectly by reproductive loss of any kind.*
  - Email: [hope@realoptions.net](mailto:hope@realoptions.net) for details and for the Zoom link
  - Phone: 408-444-5472
- [Sierra Pregnancy + Health](#): *Grief care for pregnancy/reproductive loss of any kind.*
  - After abortion support: [click here](#) for more information and to schedule a phone consultation

### Training and Education

- [Reproductive Loss Network](#): *A biblical approach to educating, equipping, and encouraging helpers who support those affected by reproductive loss.*  
*Tanya Flores, co-founder.*
  - Phone: 916-769-7147
  - Email: [tanya@reproductivelossnetwork.org](mailto:tanya@reproductivelossnetwork.org)