

DIOCESE OF ROCKVILLE CENTRE  
Respect Life Office

Don't let your past be an  
obstacle between you and God.

You are not alone  
"Hope"

"Trust"

"Healing"

hope  
&  
healing  
after abortion

project rachel  
Peace Starts Here

"Restored"

"Forgiveness"

[www.hopeafterabortion.com](http://www.hopeafterabortion.com)  
1(888) 456-HOPE  
4673 Confidential Help

# Project Rachel

## Hope & Healing after Abortion

*"God alone is the Lord of life from its beginning.*

*"I would now like to say a special word to women who have had an abortion... do not give in to discouragement and do to lose hope...the Father of mercies is ready to give you His forgiveness and His peace in the Sacrament of Reconciliation." (Evangelium Vitae no. 99, John Paul II)*

Project Rachel is a network of specially trained, compassionate caregivers, including counselors and clergy, who are prepared to assist those who suffer from abortion loss.

## For anyone suffering abortion loss

- Project Rachel **Hope After Abortion** - [hopeafterabortion.com](http://hopeafterabortion.com)
- Call the Respect Life Office's **confidential phone line: 1-888-456-HOPE (4673)** En Español
- En Español: **[Esperanzaposaborto.org](http://Esperanzaposaborto.org)**
- Visit Respect Life Office website [respectlife.drvc.org](http://respectlife.drvc.org) for more information.

## For anyone suffering Crisis Pregnancy

One-call outreach program To provide assistance for an unexpected or crisis pregnancy call 1 (855) 301-4CHS or visit [www.chsli.org/pregnancy-support-services](http://www.chsli.org/pregnancy-support-services)

Visit [OPTIONLINE.ORG](http://OPTIONLINE.ORG) for Pregnancy Options & Resources

Call the 24-hour for National Hotline: 1-800-712-HELP (4357)

For more information or a list of [Crisis Pregnancy Centers](#) and [Maternity Residences](#) visit [respectlife.drvc.org](http://respectlife.drvc.org)