

## If you have suffered from abortion, you may be experiencing:

Guilt, shame, anxiety, depression, nightmares, substance abuse, eating disorders, suicidal thoughts. These are some of the symptoms of Post-Abortion Stress. The pain is real, but you do not have to suffer alone. Our God of Mercy wants to heal you and give you the peace He desires you to have. There are people dedicated to helping you— do not be afraid to reach out for help.



## The Sisters of Life walk in solidarity with those suffering after abortion on the journey of healing.

The Sisters host monthly Days of Prayer and Healing, monthly Gatherings, and Hope and Healing Weekend Retreats. These events are opportunities to experience the loving mercy of God in a safe and sacred space.

All retreats are led by the Sisters of Life and women who have experienced both the suffering of abortion and the joy of healing in Christ. The retreats are directed by faithful priests who have a sensitivity and a heart for those who suffer. They include witnesses of mercy, Scripture sharing, personal prayer, opportunity for Sacramental Confession, and the Holy Sacrifice of the Mass.



## Entering Canaan Days of Prayer and Healing for Women

*(Developed by Theresa Bonopartis with the Sisters of Life)*

### Entering Canaan DAYS OF PRAYER & HEALING

for Women

Saturday, February 27, 2016 *(in Spanish)*

Saturday, March 19, 2016

Saturday, April 30, 2016

Saturday, May 28, 2016

Saturday, June 18, 2016

Saturday, June 25, 2016 *(Long Island)*

Saturday, October 29, 2016 *(Long Island)*

### For more information or to register contact

**Sisters of Life at:**

866.575.0075

*(toll free)* | [hopeandhealing@sistersoflife.org](mailto:hopeandhealing@sistersoflife.org)

**or Theresa Bonopartis:**

877.586.4621

*(toll free)* | [Lumina@postabortionhelp.org](mailto:Lumina@postabortionhelp.org)

### Entering Canaan DAYS OF PRAYER & HEALING

for Men

TBA

### For more information or to register contact Lumina at:

877.586.4621

*(toll free)* | [Lumina@postabortionhelp.org](mailto:Lumina@postabortionhelp.org)  
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