

**Abortion:** Relief is the most common immediate response following an abortion. However, as time passes, you may experience distress over the loss from an abortion. Many women have experienced an abortion. You are not alone if you have emotions that (even years later) are part of the grief process. Professional counselors tell us that many are unable to process the painful thoughts and emotions associated with their abortion on their own. Guilt, grief, anger are all common and need to be dealt with. Alternatives Medical Clinic has post-abortion resources if you are struggling with a previous abortion. 760-741-9796

Also see:

<http://www.abortionchangesyou.com/>

<http://www.abortionchangesyou.com/healing-pathways/healing>

<http://www.abortionchangesyou.com/find-help>

**Miscarriage:** Whether they are experienced immediately or later, the emotional and psychological reaction to pregnancy loss parallels any significant loss. The cycle of grief needs to be completed in order for healing to occur. Alternatives Medical Clinic has post-miscarriage resources if you are struggling with a previous miscarriage. 760-741-9796

Also see:

<https://www.parenting.com/article/healing-after-miscarriage>