



Resource List: Hope & Healing After Abortion

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at focusonthefamily.com.

Included

[Books](#)

[Broadcasts & DVDs](#)

[Online Booklets, Q&As, and Resource Lists](#)

[Referrals](#)

Books

[Cradle My Heart: Finding God's Love After Abortion](#) by Kim Ketola (2012) • 9780825439285 •

Explore the hurt in your heart and the healing that God offers—a path toward emotional and spiritual restoration.

[Forgiven and Set Free: A Post-Abortion Bible Study for Women](#) by Linda Cochrane (2015) • 9780801016622 •

Cochrane developed this study from her experience of being freed from the bondage of guilt and grief that followed her abortion.

[Healing a Father's Heart: A Post-Abortion Bible Study for Men](#) by Linda Cochrane and Kathy Jones (1996) • 9780801057229 •

Men will find comfort and encouragement as they seek freedom from painful emotions that can impact their relationships with others—and with God.

[I'll Hold You in Heaven](#) by Jack Hayford (2003) • 9780800796617 •

"Healing and Hope for the Parent Who Has Lost a Child Through Miscarriage, Stillbirth, Abortion or Early Infant Death"

[A Solitary Sorrow](#) by Teri and Paul Reisser (2000) • 9780877887744 •

"Finding Healing and Wholeness After Abortion"

[Surrendering the Secret: Healing the Heartbreak of Abortion](#) (2008)

This Bible study helps women experience healing within a safe community as they learn to release their shame and pain, and find freedom and joy in Christ.

[Leader Guide](#) • 9781415864692 •

[Learner Guide](#) • 9781574943320 •

[Tilly](#) by Frank E. Peretti (2003) • 9781581345605 • fiction

Peretti explores the realities of unfulfilled emotions stemming from an aborted life, as well as the trauma and denial that abortion introduces into family relationships.

Broadcasts & DVDs

Embracing God's Gift of Life (Laura Hughes) • 2350000013530 •

Hughes shares about the compassion, love, and support she received as a pregnant teen. She also talks about her daughter having an abortion after an unplanned teen pregnancy—and about the forgiveness available to all men and women through Christ.

Finding Healing and Hope After an Abortion (Patricia Layton) • 9781683320272 •

Layton was a single mom about to marry when she discovered she was pregnant. She chose an abortion, which wreaked pain and havoc on her marriage, her family, and herself. Seven years later, when she became a Christian, she discovered that God cared about her past abortion and wanted to heal her life. Her ministry to post-abortive women helps them take hold emotional, physical, and psychological healing.

Hope for Women Facing an Unplanned Pregnancy (Amy Ford, Joanna Brown) • 9781624718373 •

Ford and Brown were active participants in their Christian faith, but both found themselves pregnant and unmarried as teens. They share about dealing with the consequences of these pregnancies, and they offer hope to others going through the same experience. They also challenge the Church to be an accepting place of refuge and encouragement to these girls so they will not only choose life for their *babies* but also have the support team they need to move forward in *their* lives.

How Abortion Impacts Men (Stephen Arterburn) • 2350000013608 •

Arterburn candidly shares how he pressured his college girlfriend into an abortion—and how the guilt and shame haunted him as he and his wife struggled with infertility. He also explains how “exceptions” to anti-abortion laws (rape and the health of the mother) don't hold up.

A Mother's Heart Redeemed by God (Jennifer Polimino) • 9781624710605 •

Polimino shares her prodigal story of growing up in a Christian home, being molested at age 12, date-raped at 15, and having an abortion at 16. Her life continued in a downward spiral until a believer invited her back to church. Today she's married with two children, forgiven by God, and encouraging women with her story of hope and healing.



Life After Abortion (2010) • 736211639615 • (not currently available through Focus on the Family)

This documentary shares the stories, struggles, and healing of those who've experienced abortion.

Focus on the Family Booklets, Q&As, and Resource Lists

Healing the Hurt by Focus on the Family

- media.focusonthefamily.com/heartlink/pdf/new-healing-the-hurt-2018.pdf

This booklet provides encouragement and specific guidance for women who have experienced an abortion.

Q&As

- FocusOnTheFamily.com/FamilyQuestions

Browse our Q&As for advice and encouragement, including:

- [Post-Abortive Symptoms](#)
- [Post-Abortion Emotional Struggles](#)
- [Finding Emotional Healing After Abortion](#)
- [Understanding a Post-Abortal Friend](#)
- [Referrals for Post-Abortion Ministries and Training](#)
- [Post-Abortive Woman Wants to Help Others Overcome Guilt](#)
- [Man Overcoming Abortion Guilt Wants to Help Others](#)

Resource Lists

- [FocusOnTheFamily.com/ResourceLists](https://www.focusonthefamily.com/resource-lists/)

Find recommended resources and referrals listed by topic, including:

Comfort and Encouragement • RL003 •

Referrals

Focus on the Family Counseling Consultation Line

If you need someone to talk to, [Focus on the Family](https://www.focusonthefamily.com/counseling-consultation/) offers a free phone counseling consultation with a licensed counselor. Call 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they'd love to speak with you.

Focus on the Family's Christian Counselor Network

Search for licensed Christian counselors in your area: [FocusOnTheFamily.com/FindACounselor](https://www.focusonthefamily.com/find-a-counselor/)

Abortion Changes You

P.O. Box 600533

San Diego, CA 92160

[abortionchangesyou.com](https://www.abortionchangesyou.com)

- If abortion has touched your life or the life of someone you love, this organization offers a safe place to begin the healing process.

OptionLine

text HELPLINE to 313131

800/712-HELP (4357)

[optionline.org](https://www.optionline.org)

- This organization provides referrals to [After Abortion Support](https://www.afterabortion.org).

Project Rachel

Archdiocese of Boston

5 Wilson Street

Natick, MA 01760

508/651-3100

[projectrachelboston.com](https://www.projectrachelboston.com)

- Project Rachel is a ministry for women and men seeking healing and reconciliation after abortion.